

	Energy (kCal)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)	Iron (mg)	Vitamin C (mg)
SALAD & HEARTY BOWLS										
Excludes dressing and protein										
Mad Caesar	148	8	2	660	17	3	2	5	2	79
Crispy Taco Salad	405	25	6	298	37	13	4	14	3	63
The Santa Fe	221	8	3	379	30	6	4	10	2	51
Piri-Piri Bowl	366	13	2	555	45	7	15	7	3	90
Bibimbowl	232	2	0	608	35	5	14	5	2	73
Thai Chili Bowl	265	10	4	325	41	7	11	9	3	79
Maple Farm Bowl	279	8	3	645	32	6	7	9	3	77
DRESSINGS										
Based on 50g serving										
Caesar	236	26	2	209	1	0	0	1	0	0
Carrot Ginger	195	19	2	455	6	1	3	2	0	1
Maple Chipotle	235	23	2	130	8	1	3	1	0	0
Avocado Tomatillo	45	5	0	68	1	0	1	0	0	0
Piri-Piri	186	20	2	196	4	1	0	1	0	10
Chili Peanut	135	12	2	290	7	1	3	5	1	1
Mad Thai Vinaigrette	60	1	0	915	6	0	11	2	0	0
Mexican Caesar	254	27	3	278	0	1	0	1	1	0
Creamy Cilantro	190	20	2	160	1	1	1	1	0	0
Mad Hot Sauce Based on 15g serving	11	1	0	41	1	0	1	0	0	0
Gochujang Based on 15g serving	12	0	0	5	3	0	2	0	0	0

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PROTEINS										
Based on 1 serving										
Lemon-Herb Chicken	230	15	3	539	13	1	0	11	1	1
Piri-Piri Chicken	220	14	3	705	14	2	1	10	1	3
Luisa's Chicken	242	17	3	608	15	1	0	10	1	1
Cilantro-Lime Tofu	87	5	1	27	3	0	0	9	2	0
Piri-Piri Tofu	81	5	5	109	3	1	1	6	1	7
Beef Barbacoa	165	13	5	79	2	0	0	12	1	0
BURRITOS										
All burritos are made with white tortilla and contain gluten. Includes dressing and protein.										
The Barranquilla	1023	48	10	1880	107	12	3	31	7	20
The El Dorado	954	44	12	1408	94	11	3	32	7	16
The Flaming Batata	943	33	7	1470	1413	12	10	22	7	49
The Smoking Gun - Chicken	1029	47	10	1945	107	13	3	32	7	21
The Smoking Gun - Tofu	885	37	8	1356	95	12	3	30	7	20
The Vida Verde	887	36	6	1234	103	12	4	27	8	24
The Daikon Dynasty - Chicken	967	40	8	1600	117	16	17	29	7	58
The Daikon Dynasty - Tofu	823	29	6	1010	104	15	17	27	7	57
BURRITO BOWLS										
Excludes dressing and protein										
The Barranquilla	320	13	4	640	43	10	3	13	3	52
The El Dorado	320	13	4	640	43	10	3	12	3	52
The Flaming Batata	465	14	3	724	52	10	10	13	4	82
The Smoking Gun	320	13	4	640	43	10	3	12	3	52
The Vida Verde	355	14	2	649	52	12	4	10	3	45
The Daikon Dynasty	338	16	2	311	48	12	15	6	2	70

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LIL' BOWLS										
Nutritional information includes dressing and protein										
Lil' Piri-Piri Bowl	467	26	4	978	51	4	2	14	2	56
Lil' Buddha Bowl	378	18	3	942	43	4	8	13	2	6
Lil' Taco Bowl	532	29	4	1074	54	9	1	18	3	7
Lil' Kid Option (no dressing)	348	18	3	880	37	4	3	12	2	3
SOUPS										
Based on 12 oz serving										
Coconut Curry Chowder	238	17	12	952	24	3	7	7	3	0
Moroccan Chicken Soup	136	3	0	136	20	10	3	10	3	0
SANDWICHES										
All sandwiches are made with focaccia bread and contain gluten. Includes dressing and protein										
Fajita Barbacoa	670	29	9	1045	75	4	9	26	6	25
Piri-Piri Chicken	624	22	4	1373	86	6	3	21	7	28
Tofu Banh Mi	499	13	2	880	74	5	6	22	7	8
Smashed Chickpea (no dressing)	556	19	2	1171	87	8	4	17	11	10
SMOOTHIES										
Very Berry	345	2	0	12	89	8	62	3	1	59
Green Machine	306	2	0	62	71	6	43	6	2	197
Nutty by Nature	487	18	3	144	81	9	50	11	2	20
SNACKS										
Portuguese Custard Tart	230	9	5	200	33	0	22	3	0.75	0
Apple Blossom Pastry	330	16	8	240	42	2	17	4	10	4
Cinnamon Toast Churro	380	16	12	85	57	1	34	5	2	0
Cookies & Cream	390	16	12	110	57	1	32	5	2	0
Triple Chocolate Salted Caramel	380	19	15	150	54	2	32	5	3	0
Oatmeal Chocolate Chip	380	16	12	75	57	4	28	5	2	0
Rosemary Focaccia	350	5	1	630	64	3	1	12	5	0

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