

Updated : Nov 16, 2023

	Energy (kCal)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)	Iron (mg)	Vitamin C (mg)
<b>SALAD &amp; HEARTY BOWLS</b>										
Nutritional information excludes dressing and proteins										
Mad Caesar	403	35	4	975	19	5	3	7	3	82
Crispy Taco Salad	263	12	4	258	29	9	4	13	2	55
The Santa Fe	198	7	4	370	28	6	5	10	0	54
Piri-Piri Bowl	540	13	2	25	55	5	8	13	19	127
Bibimbowl	266	5	1	711	48	6	10	6	2	66
Thai Curry Salad	279	9	2	409	50	7	11	12	3	32
Maple Farm Bowl	308	11	4	511	45	7	3	10	3	71
<b>Dressings</b>										
Based on 50 g serving										
Caesar	240	26	2	200	1	0	0	1	2	2
Carrot Ginger	195	20	3	495	4	1	2	2	0	1
Maple Chipotle	240	23	2	225	8	1	6	1	0	0
Avocado Tomatillo	72	7	1	66	2	1	1	1	2	4
Gochujang Based on 15g serving	18	0	0	183	4	0	0	0	0	0
Piri-Piri	186	20	2	196	4	1	0	1	0	10
Chili Peanut	134	11	2	254	5	2	1	5	1	1
<b>Proteins</b>										
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
Red Curry Chicken	209	13	3	493	13	1	0	11	1	1
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
Battered Haddock	192	8	1	531	16	1	0	17	2	0

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<b>BURRITOS</b>										
All burritos are made with white tortilla and contain gluten										
The Barranquilla	1082	60	13	2322	108	12	6	31	7	25
The El Dorado	1085	60	17	2163	107	16	12	34	6	28
The Flaming Batata	1008	48	8	1522	124	13	4	20	6	32
The Smoking Gun - Chicken	1088	60	13	2459	109	12	6	32	6	23
The Smoking Gun - Tofu	944	50	11	1870	96	11	5	30	7	21
The Vida Verde	1031	56	8	1508	108	12	6	28	8	27
The Daikon Dynasty - Chicken	1116	64	10	1828	114	10	17	25	7	37
The Daikon Dynasty - Tofu	972	54	8	1238	102	10	17	23	7	36
The Fish 'N' Chips	916	38	8	2027	112	7	3	31	6	21
<b>BURRITO BOWLS</b>										
All burritos are made with whole grain tortilla and contain gluten										
The Barranquilla	887	57	12	2002	77	13	5	26	5	54
The El Dorado	880	55	15	1851	76	16	11	28	4	57
The Flaming Batata	803	43	7	1211	93	13	3	15	4	61
The Smoking Gun - Chicken	894	57	12	2139	77	13	5	26	5	52
The Smoking Gun - Tofu	739	45	10	1558	65	12	4	25	5	50
The Vida Verde	826	51	6	1196	77	12	5	22	6	57
The Daikon Dynasty - Chicken	851	52	7	1293	81	11	13	22	6	68
The Daikon Dynasty - Tofu	696	40	5	711	69	11	12	21	4	66
The Fish 'N' Chips	712	34	6	1690	81	7	2	26	4	51
<b>SOUPS</b>										
Based on 12 oz serving										
Coconut Curry Chowder	238	14	9	1020	24	3	10	7	3	0
Moroccan Chicken Soup	204	3	0	986	34	10	3	10	3	0
<b>SANDWICHES</b>										
Based on 12 oz serving										

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Fajita Barbacoa	658	27	9	999	75	5	10	26	6	26
Piri-Piri Chicken	623	22	4	1373	86	6	3	22	7	28
Tofu Banh Mi	499	13	2	880	74	5	6	22	7	8
Smashed Chickpea	555	19	2	1171	87	8	3	17	11	8

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<b>SMOOTHIES</b>										
Very Berry	360	1	0.3	25	93	10	32	4	20	60
Green Machine	200	1	0.3	50	49	6	24	5	15	110
Nutty by Nature	550	18	3.5	125	96	10	60	12	10	40
<b>SNACKS</b>										
Dark Chocolate Brownie	330	21	15	80	39	6	23	4	15	0
Portuguese Custard Tart	190	8	2.5	35	26	0	17	3	8	0
Apple Blossom Pastry	360	19	9	400	44	0	19	3	10	4
Cinnamon Toast Churro	360	14	10	150	58	2	32	4	3	0
Triple Chocolate Salted Caramel Cookie	380	19	15	150	54	2	32	5	3	0
Oatmeal Chocolate Chip Cookie	380	16	12	75	57	4	28	5	1.75	0
Rosemary Focaccia	356	6	1	1470	63	3	1	11	5	0

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