

	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
Smoky Chipotle Bowl	517	31	5	878	51	12	9	16	4	57
The Santa Fe	221	8	3	379	30	6	4	10	2	51
Piri-Piri Bowl	349	13	2	522	41	6	9	7	3	67
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
Bombay Spice Bowl	340	6	1	991	64	8	5	9	4	31
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	226	15	2	660	15	1	0	10	1	2
Cilantro-Lime Tofu	97	8	2	29	4	1	0	11	3	0
Piri-Piri Tofu	91	8	6	115	4	2	1	8	2	8
Beef Barbacoa	165	13	5	79	2	0	0	12	1	0
Paneer Sabzi	128	9	3	238	6	0	3	6	0	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 Spicy Satay - Chicken	1112	38	9	1798	113	15	11	31	7	47
The Spicy Satay - Tofu	983	36	7	1167	102	15	11	32	9	45
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 Spicy Satay	585	38	8	647	47	13	11	13	3	60

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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	622	25	6	1041	70	3	3	25	6	2
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
Cake Pops	135	6	4	48	20	1	15	2	0	0
Ginger Molasses	320	13	1	380	48	1	28	4	2	0
Sea Salt Chocolate Chip	240	10	6	200	34	1	20	3	1	0
Oatmeal Raisin	330	14	9	210	50	2	33	4	2	0
Rosemary Focaccia	350	5	1	630	64	3	1	12	5	0

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