

Item	Calories	Total Fat (g)	Sat Fat (g)	Cholesterol(mg)	Sodium (mg)	Carbohydrates(g)	Protein (g)	Fiber (g)	Sugar (g)
WRAPS									
Sesame Thai Wrap	787	33	4.5	55.2	851	91.3	35.3	7.6	6.4
Carnitas Wrap	685	19.2	6.9	55	1552.5	95.7	31.3	13.6	5.2
Chipotle Chicken Wrap	787	33.4	10.3	83.5	1295.8	83.9	36.1	9.4	3.6
Chicken Caesar Wrap	603	23	6.21	60.4	1460	66.5	33.4	7.6	4.1
Mediterranean Chicken	551	22.6	5.7	50.6	1239	57.2	29.3	7.1	3.5
Spicy Buffalo Chicken	549	22.2	7.3	65.5	965.8	55.1	32.2	7.4	2.7
Fish Taco Wrap	645	27	5.7	77.6	1092.8	70.6	30.3	9.7	4.3
PROTEIN BOWLS									
Carnitas Protein Bowl	736	16.1	6.5	64.5	1155	113.8	33.8	13.7	7.5
Chipotle Protein Bowl	632	26.4	7.9	103.1	807	63.5	34.3	6.6	4
Latin Citrus Protein Bowl	591	9.6	0.7	56.1	1120.9	94.1	33.1	10.8	7.8
Sesame Thai Protein Bowl	613	31.5	3.7	55.2	405	58.2	27.5	6.1	4.3
Thai Red Curry Protein Bowl	466	14.6	3.5	40	468	58.6	29.2	6	6
SIGNATURE SALADS									
Mediterranean Chicken Salad	444	30.4	6.1	56.7	1407.2	17.7	25.9	4	5.9
Southwest Taco Salad	572	26	12.7	39.1	1333.2	66.4	21.3	14.5	8.2
Chicken Caesar Salad	301	14.4	4.2	61.4	878	17.7	25.6	3.4	3.7
Spicy Asian Salad	239	8.5	0.6	40.5	712.6	21.9	23.9	4.7	10.8
Fandangled Salad	391	21.4	3.3	50.6	391	28.3	24.1	4.4	19.8
PANINIS & MELTS									
Baja Turkey Jack	677	30.2	10.4	100.2	1685	53.8	42.7	3	0.6
Tuna Melt	903	37.5	11.3	111.8	2109	65.9	73.9	4.2	2.2
Club Panini	575	16.7	8.1	94.3	1770	57.5	46.1	2.5	0.6
Turkey Cranberry	658	24.8	9.7	90.3	1569.1	60.5	45.2	2	2
Three Cheese Panini	533	19.2	12.2	65.8	986.6	59	26.6	2.4	1.1

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SANDWICHES									
Tuna Salad	665	25.2	3.2	71.3	1562	50.9	61.4	4.3	4.7
Oven Roasted Turkey	311	3.6	0	44.3	1094.8	44.3	30.6	2.2	2.5
California Avocado & Cucumber	301	8.9	1	0	417.4	52.6	10	7	5
Chicken Salad	411	16.5	2.5	45.6	630.7	46.4	19.9	2.9	6.3
California Club	365	7.8	0.5	53.8	1208.2	44	33.5	3.6	2.5
SOUPS – 8 oz.									
Chili-Cado with Quinoa	356	11.8	4.5	20.3	851.6	47.4	19.3	11.6	3.7
Tomato Basil	260	21	14	65	900	15	5	3	3
Vegetarian Chili	120	2.8	0.46	0	602	20.3	5.5	5.5	4.63
Chicken Noodle	91	3	1	20	901	14	6	1	2
Butternut Squash	222	13	8	51	546	25	3	2	11
Hearty Vegetable	74	2	0	0	731	12	2	2	3
Italian Wedding	157	8.3	3.2	14	907	11	6.5	2	2
Cheesey Chicken Tortilla	150	6	3	30	1470	13	9	0	4
Organic Lentil and Chickpea	170	2.5	0	0	790	27	9	8	5
Organic Kale & Sweet Potato	70	0	0	0	800	15	2	3	4
Turkey Chili	250	9	2.5	65	700	19	22	5	4
Parmesan Kale and Italian Sausage	222	13.8	7.4	50	916	13	9.2	1	1
Southwest Chicken & White Bean	210	1.5	0	45	680	25	25	8	2
SALADS – 7 oz									
Fruit Salad	66	0.3	0	0	21.7	16.3	1.3	1.9	13.9
Super Food Slaw	223	17.5	2.7	5.4	349	16.8	2.6	3	10.5
Pasta Salad	210	22.1	2.87	0	315.6	29.6	5.5	1.76	1.9
Mediterranean Orzo	226	4.52	1.22	6.07	229.51	40.3	7.52	2.06	
Nutty Broccoli	293	16.7	2.851	10.8	193	33.5	6.29	3.52	
Taboule	140	8	0.5	0	320	14	2	2	

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BREAKFAST ITEMS									
Breakfast Bowl	336	17.9	9.6	62.6	1195	22.6	23.6	3.3	4
Classic Breakfast Burrito	570	21	8.1	34.8	1123	65.1	28.1	7.3	1
Mediterranean Breakfast Burrito	477	18.2	5.8	16.2	1209	53.7	21.7	6.5	1.6
Santa Fe Burrito	719	39.3	12.3	76.9	2102	58.4	31.6	9	6.4
Sensible Starter	259	7.2	4.1	20.3	665	31.4	15.6	1.5	1.1
Yogurt Parfaits w/Fruit & Granola	251	6.3	1.5	7.6	169.1	42	7.5	2.7	27.9
Breakfast Sandwich	308	13.3	5.2	55.8	964.8	28.1	19.8	1	2.3

nature's table | Nutrition - Smoothies (20oz)

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Fruit Smoothies									
Siesta Cooler	255	0.1	0	0	30	62.1	0.5	2.3	56.9
Hawaiian Crush	371	5.1	4	0	39.1	80.1	0.7	2.8	53.4
Tropical Oasis	241	0	0	0	24.6	59.3	0.7	2.8	53.4
Pom Beach	295	0	0	0	35.5	73.9	0.7	2.9	65.8
Mango Fusion	316	0	0	0	29.8	78.4	0.8	2.8	73.2
Pom Bomb	335	1.4	0.3	0	35.3	80.1	1	3.7	71.2
Yogurt Smoothies									
Rain Forest Rhumba	426	1.7	0.3	0	220.2	87.2	9.3	5	71.2
Survival Kit	348	0.1	0	0	205.4	72.7	8.8	3.4	58.2
Cocolada	476	5.1	4	0	219.3	93.1	8.8	3.1	80.3
Peanut Butter Cup	801	30.1	6.2	0	507.8	100.5	25.5	5	83
Berry Passion	400	0	0	0	212.2	84.5	8.5	0.9	74
PB& Berries	689	30.4	6.2	0	487.4	73.9	24.6	6.5	57.6
NSA Smoothies									
Bananaberrie	170	0.2	0	0	27.5	41.7	0.9	3.9	35.4
Mango Mama	146	0.2	0	0	23.6	36.7	0.4	1	34.2
Vegetable Smoothies									
Kale & Spin w/ Yogurt	423	0.6	0.1	0	241.8	90.8	10.7	1.9	77.1
Kale & Spin w/ Fruit Juice	308	0.5	0	0	61.4	75.3	2.5	1.6	69.4
Kale & Spin w/ NSA	166	0.5	0.1	0	56.8	40.1	2.5	1.6	34.3
Juices (12oz)									
Pineapple, Apple, Kale, & Ginger	203	0.5	0.1	0	12.8	52	3	6.2	36.8
Just Carrot	372	2.2	0.3	0	626	86.9	25.4	8.4	43
Carrot, Green Pepper & Celery	211	1.2	0.2	0	353.8	49	5.1	14.7	24.7
Carrot, Apple and Ginger	276	1.1	0.1	0	313	66	4.2	16.7	38.6