

Item	Calories	Total Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Protein (g)	Fiber (g)	Sugar (g)
<b>WRAPS</b>									
Sesame Thai Wrap	779	39	6.1	55.7	936	77.8	30.7	10.4	6.4
Carnitas Wrap	654	28.8	7	63.2	1594	68.7	28.8	10.2	3.9
Chipotle Chicken Wrap	764	33.2	10.3	83.5	1295.8	77.4	35.5	9.2	3.6
Chicken Caesar Wrap	654	26.8	8.2	70.2	1692	66.9	37.6	7	4.3
Mediterranean Chicken	635	30.9	6.3	50.6	1593	57.6	29.7	7.9	3.9
Spicy Buffalo Chicken	579	25	9.3	80.7	1035.3	55.3	33.7	7.4	2.7
Texas Club	709	35.6	9.6	104.8	1728	52.9	42.6	6.8	2.9
Turkey Swiss and Slaw	757	38.6	10.7	92.4	1596	62.9	38.6	8.2	11.2
<b>PROTEIN BOWLS</b>									
Carnitas Protein Bowl	701	22.5	4.5	63.2	1256	91.7	31	10.4	5.6
Chipotle Protein Bowl	681	26.4	7.8	83.5	893	73.85	34.3	5.63	2.8
Latin Citrus Protein Bowl	565	6.46	0.55	40.5	830	91.4	31.5	9.45	6.2
Sesame Thai Protein Bowl	691	32.8	3.62	55.6	531	73.4	29.4	7.4	5.8
Greek Protein Bowl	534	21.3	2.6	5	888.7	74.2	13	6.7	13
<b>SIGNATURE SALADS</b>									
Mediterranean Chicken Salad	372	24	5	56.7	1181	13.2	24.8	4.5	4.7
Southwest Taco Salad	526	28.1	9.3	51.03	1116	50.3	16.8	8.5	4.2
Chicken Caesar Salad	378	16.5	3.9	60.1	1184	31.4	28.1	3.2	4.8
Fiesta Salad	445	21.1	1.5	42.9	588	38.7	21.4	5.5	5
Fandangled Salad	323	15.1	2.8	50.6	373	24.6	24.2	5.8	15
<b>TOASTED SANDWICHES</b>									
Baja Turkey Jack	707	31.8	8.6	89.3	1923	62.4	43.4	3	3.6
Chicken Tapenade	695	30.3	8.8	75.2	1820	65.6	40	2.7	4.1
Tuna Melt	894	37.5	11.3	111.8	2109	65.9	73.9	4.2	2.2
Turkey Club	602	15.8	6.5	94	1581	70.5	49.8	4.8	2.8
Turkey Cranberry	894	30.9	8.6	91.4	1376	112.7	44.7	5.8	37.3
Three Cheese and Tomato	571	20.3	12.2	65.8	773	71	29.3	4.6	3.3
BBQ Pork & Slaw	770	34.9	12.7	104.2	2133	78.9	36.8	3.6	19.3

Item	Calories	Total Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Protein (g)	Fiber (g)	Sugar (g)
<b>SANDWICHES</b>									
Tuna Salad	518	22.1	2.7	71.4	982	45.8	31.7	3.2	10.1
Oven Roasted Turkey	325	3.8	0	44.3	1061	44.3	31.4	2.5	8.7
California Avocado & Cucumber	353	12.3	0	0	374.5	54.6	11.9	6.3	10.6
Chicken Salad	586	29.5	4.3	49.8	748	49.8	32.9	3.5	13.9
California Club	489	16.5	0.5	64.3	1277	51.2	39.7	4.8	8.7
<b>SOUPS – 8 oz.</b>									
Chili-Cado with Quinoa	341	17	5.4	28	901	35.5	16.8	8.12	0.1
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
Cheesy 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
<b>SALADS – 7 oz.</b>									
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	
<b>PLANT-BASED PROTEIN</b>									
Plant-Based Chick'n	280	18	4.5	0	840	21	11	3	0

Item	Calories	Total Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Protein (g)	Fiber (g)	Sugar (g)
<b>BREAKFAST ITEMS</b>									
Breakfast Bowl	330	21.1	9.3	312.5	862.2	12.8	23.8	1.1	0.6
Classic Burrito	629	29.7	11.7	312.5	354.1	60.1	31.6	7	1.5
Mediterranean Burrito	544	27.5	6.9	263.9	1403	52.8	20.1	7.1	1.6
Santa Fe Burrito	675	38.7	12.3	82.8	1643.8	51.8	29.7	7	2
Sensible Starter	238	8.1	4.1	20.3	519.3	28.3	14.6	1.5	2.6
Yogurt Parfaits w/Fruit & Granola	251	6.3	1.5	7.6	169.1	42	7.5	2.7	27.9
Breakfast Sandwich w/ Egg Whites	308	13.7	5.4	58.5	960.3	27.8	19.3	1	2.4
Healthy Start Bowl	248	16.7	8.2	289	661	9.3	18.3	2	3.3
Breakfast Panini	394	16.3	6.6	294	800	37.3	26.7	2.2	1.1
Breakfast Quesadilla	689	38.9	18.6	232	1526	55.5	35.5	6	2.8
Avocado Toast	224	11.2	0	0	174	28.9	6.4	3.6	4.3
Bagel	298	1	0	0	457.6	63.7	9.9	2	8
Breakfast Potatoes	359	13.8	4.1	0	911.3	55.2	5.5	5.5	2.8

# nature's table | Nutrition - Smoothies (22oz)

Item	Calories	Total Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Protein (g)	Fiber (g)	Sugar (g)
<b>FRUIT SMOOTHIES 22oz</b>									
Siesta Cooler	299	0.07	0.01	0	37.7	73.4	0.3	1.8	67.2
Hawaiian Crush	313	2.6	2	0	33.2	71.9	0.3	1.9	66.8
Tropical Oasis	242	0.07	0	0	25.9	60.1	0.3	1.6	55
Pom Beach	288	0.14	0.02	0	34	72.1	0.3	1.6	67.4
Mango Fusion	319	0.15	0	0	31.2	79.6	0.4	1.6	75.1
Purple Rain	331	0.6	0.14	0	37.8	81.6	0.27	2.3	72.6
<b>YOGURT SMOOTHIES 22oz</b>									
Rain Forest Rhumba	439	0.78	0.14	16.27	243.5	97.5	6.8	2.7	78.5
Avocado Ginger Snap	556	10.4	0.05	16.27	234.7	108.1	9.25	3.5	84.1
Survival Kit	363	0.07	0.05	16.27	228.9	81.44	6.8	1.8	63.6
Cocolada	438	2.6	2	16.27	235.9	94.6	6.8	1.9	77
Peanut Butter Cup	865	30.1	6.2	16.27	529.8	125.1	22.5	7.3	101.2
Berry Passion	414	0.14	0.02	16.27	236.7	94.7	6.8	1.6	77.6
PB& Berries	716	30.2	6.2	16.27	511.9	84.9	22.8	5.1	65.9
<b>NSA SMOOTHIES 22oz</b>									
Bananaberrie	151	0.44	0.04	0	25.3	37.2	0.17	1.7	32.8
Mango Mama	175	0.56	0.09	0	25.9	43.4	0.68	1.4	40.6
<b>VEGETABLE SMOOTHIES 22oz</b>									
Kale & Spin w/ Yogurt	443	0.3	0.05	16.27	250.1	100.9	7.9	1.8	85.1
Kale & Spin w/ Fruit Juice	318	0.3	0.05	0	47.5	78.4	1.5	1.8	74.9
Kale & Spin w/ NSA	166	0.63	0.08	0	42.2	40.5	1.4	1.8	36.7

# nature's table | Nutrition - Smoothies (32oz)

Item	Calories	Total Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Protein (g)	Fiber (g)	Sugar (g)
<b>FRUIT SMOOTHIES 32oz</b>									
Siesta Cooler	425	0.1	0.01	0	50.9	105	0.2	2.9	95
Hawaiian Crush	444	2.64	2	0	46	104.7	0.5	2.8	96.3
Tropical Oasis	369	0.14	0.02	0	39.3	91.5	0.61	2.7	84
Pom Beach	394	0.21	0.02	0	46.6	98	0.3	1.9	92.5
Mango Fusion	448	0.3	0.07	0	44.6	111.6	0.8	2.8	104
Purple Rain	457	0.63	0.14	0	51	113	0.4	3.5	100.5
<b>YOGURT SMOOTHIES 32oz</b>									
Rain Forest Rhumba	614	0.95	0.14	24.4	357.7	136	10.2	3.9	109.3
Avocado Ginger Snap	746	10.6	0.11	24.4	350.4	150.6	12.9	4.2	117.8
Survival Kit	553	0.1	0.01	24.4	343.4	124	10.1	2.9	96.5
Cocolada	632	2.6	2	24.4	350	138.6	10.3	2.8	112
Peanut Butter Cup	1297	45.1	9.3	24.4	795	187	33.7	10.9	151
Berry Passion	582	0.21	0.02	24.4	351	131.8	10.03	1.9	107.9
PB& Berries	1091	45.3	9.3	24.4	769	132	34.3	8.5	101.3
<b>NSA SMOOTHIES 32oz</b>									
Bananaberrie	235	0.7	0.05	0	37.9	58	0.34	3.1	50.8
Mango Mama	270	0.8	0.13	0	39	67	1.1	2.4	62.4
<b>VEGETABLE SMOOTHIES 32oz</b>									
Kale & Spin w/ Yogurt	646	0.5	0.1	24.4	364	147	11.7	2.8	123.1
Kale & Spin w/ Fruit Juice	452	0.5	0.09	0	60.6	111.7	1.9	2.7	106.4
Kale & Spin w/ NSA	261	0.92	0.13	0	55.3	64.3	1.9	2.7	58.5
<b>ACAI BOWLS</b>									
Acai Bowl Small No Toppings	96	1.6	0.4	0	12	20	0	1.6	12
Acai Bowl Large No Toppings	144	2.4	0.6	0	18	30	0	2.4	18
Acai Bowl Traditional	307	6.9	3.3	0	52.2	60.8	1.8	4.1	38.5