



NUTRITION GUIDE

MENU ITEM	CALORIES	FAT	CHOLESTEROL	SODIUM	FIBER	SUGAR	PROTEIN	CARBS	VEGAN / GF
SUPERFOOD	320	6g	-	145mg	15g	8g	12g	28g	V/GF
ENSENADA	115	6g	-	220mg	8g	7g	3g	20g	GF
COBB	220	15g	173g	310mg	5g	2g	13g	7g	GF
CAESAR	243	15g	23g	755mg	2g	1g	13g	15g	
GREEK	140	9g	15g	907mg	5g	3g	6g	12g	GF
FARMHOUSE	277	17g	33g	610mg	6g	4g	13g	18g	
ICHIBAN	540	17g	60g	150mg	9g	4g	42g	32g	
ZA'ATAR	490	16g	67g	705mg	7g	5g	37g	50g	
HARVEST	496	18g	52g	159mg	18g	39g	35g	68g	GF
BAJA	549	21g	60g	564mg	11g	7g	36g	75g	GF
RAINBOW	427	13g	10g	258mg	16g	7g	20g	48g	V/GF
CALIFORNIA	583	25g	50g	760mg	10g	3g	38g	55g	
BUFFALO	417	13g	52g	965mg	6g	1g	28g	50g	
BLT	590	24g	80g	1123mg	7g	2g	43g	56g	
VEGAN	475	19g	10g	499mg	14g	4g	20g	48g	V
SOCAL	680	28g	60g	602mg	11g	3g	39g	51g	



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DRESSINGS	CALS	FAT	CHOLESTEROL	SODIUM	FIBER	SUGAR	PROTEIN	CARBS	VEGAN / GF
OLIVE OIL AND LEMON	180	22 g	-	-	-	-	.1 g	-	V/GF
SMOKED JALAPENO	170	15 g	10 mg	180 mg	-	-	-	-	GF
BALSAMIC VINAIGRETTE	185	17 g	-	140 mg	-	3.5 g	-	5 g	V/GF
TAHINI GODDESS	200	8 g	-	425 mg	1 g	-	-	2 g	V/GF
CILANTRO CITRUS	195	18 g	16 mg	420 mg	1 g	.5 g	-	1 g	GF
BUTTERMILK RANCH	230	18 g	15 mg	575 mg	-	1 g	1 g	1 g	GF
MAPLE DIJON	285	23 g	-	325 mg	-	10 g	-	10 g	V/GF
CREAMY CAESAR	140	10 g	8 mg	300 mg	-	.5 g	1 g	1 g	GF
GREEK	225	25 g	-	430 mg	-	-	-	-	V/GF
BLUE CHEESE	185	17 g	15 mg	310 mg	-	.5 g	2 g	1 g	GF
BBQ SAUCE	75	-	-	355 mg	1 g	16 g	-	18 g	V/GF
CAJUN REMOULADE	185	13 g	10 mg	495 mg	1 g	7 g	-	8 g	GF
GINGER PEANUT	195	19 g	-	485 mg	2 g	2 g	2.5 g	2 g	V
LEMON BASIL	230	20 g	-	320 mg	-	3 g	-	4 g	V/GF
OLIVE OIL	376	43g	-	-	-	-	-	-	V/GF
LEMON JUICE	7	-	-	11g	-	1g	-	2g	V/GF
BALSAMIC VINEGAR	37	-	-	9g	-	6g	-	6g	V/GF
RED WINE VINEGAR	8	-	-	3g	-	-	-	-	V/GF