



## Nutritional Information

Fresh Salads	Total Cal	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat	Cholesterol
Chicken Avocado Greens	503	288	32	3.4	0	88
Vegan	379	157	17.4	2.2	0	0
Tuna Nicoise	570	344	38.2	6.3	0	174
Sandwiches	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Carbs
Chicken Feta	570	249	28	11	0	138
Creek Kofta	613	159	17.6	4.3	0	135
Moroccan Sausage	652	355	40	14.1	0	96
Flying Avocado	656	324	36	11	0	118
Bowls	Total Cal	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat	Cholesterol
Mother Earth	668	396	44	6.6	0	0
Marrakech Express	615	187	21	5.1	0	143
Harissa Chicken	608	271	30	4.8	0	96
Toppings*	Total Cal	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat	Cholesterol
Brown Rice	120	9	1	0	0	0
Quinoa	109	27	3	0	0	0
Cucumber	15	0	0	0	0	0
Olives	15	9	1	0	0	0
Onions	16	0	0	0	0	0
Tomatoes	18	0	0	0	0	0
Avocado	120	108	12	0	0	0
Whole Egg	65	36	4	1	0	186
Lemon Wedge	2	0	0	0	0	0
Cilantro	1	0	0	0	0	0
Basil	10	0	0	0	0	0
Arugula	25	0	0	0	0	0
Spinach	22	0	0	0	0	0
Romaine Lettuce	17	0	0	0	0	0
Hemp Seeds	51	39	4.3	0	0	0
Caramelized Onions	25	9	1	0	0	0
Cheese*	Total Cal	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat	Cholesterol
Manchego Cheese	120	90	10	6	0	25
Feta Cheese	38	27	3	2	0	12
Smoked Gouda Cheese	110	81	9	6	0	30
Meats*	Total Cal	Calories from Fat (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)
Turkey (4oz)	128	30	3.4	0.1	0	62
Kofta (5oz)	303	88	9.7	3.6	0	135
Chicken (4oz)	266	117	13	3	0	88

Merguez (5oz)	343	216	24	10	0	83
Dressings*	Total Cal	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat	Cholesterol
Avocado Vinaigrette	90	90	10	1.5	0	0
Harissa Mayo	158	147	16.4	3	0	9
Lemon Cilantro Vinaigrette	63	60	6.8	1	0	0

\* calories are based on typical serving amounts for each item

Sodium	Carb (g)	Protein (g)	Dietary Fiber	Sugar
1113	17	39	9.4	3.4
284	33	9	9.1	11.5
1403	30	25	3.3	2.6
Fiber	Sugar	Protein	Cholesterol	Sodium
1877	30	49	4.3	3.8
1035	33	54	5.8	3.5
1148	44	31	8.5	7.2
610	35	48	11.2	3.1
Sodium	Carb (g)	Protein (g)	Dietary Fiber	Sugar
540	60	17	15.9	6.9
1207	54.4	52	3.7	8.9
1333	46.6	40	2.7	3.9
Sodium	Carb (g)	Protein (g)	Dietary Fiber	Sugar
155	21	3	3	0.7
155	21	4	2.8	0.9
2	3	0	0	1
250	1	0	0	0
1	3	0	0	1
5	3	0	1	2
0	12	1	9	1
62	0	5	0	0
0	0	0	0	0
2	0	0	0	0
2	1	1	0	0
27	3	2	1	0
19	4	3	2	0.5
8	3	1	2	1
0	1	3.1	0	0
155	2	0	0	1
Sodium	Carb (g)	Protein (g)	Dietary Fiber	Sugar
170	2	7	0	0
130	1	2	0	0
200	1	0	0	1
Sodium (mg)	Carb (g)	Protein (g)	Dietary Fiber	Sugar
1360	9	15	0.6	4
725	4.4	47	0	1
952	2.6	35	0.7	1.2

768	2.4	20	0	0
Sodium	Carb (g)	Protein (g)	Dietary Fiber	Sugar
12	2	0	0	2
230	2	0	0	1
162	1	0	0	0