

NUTRITIONAL INFORMATION

2025



protein bar & kitchen

	ITEM NAME	PROTEIN	CALS	TOTAL FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	NET CARBS	TOTAL CARBS	DIETARY FIBER	SUGARS	DIETARY PREFERENCES
ACAI BOWLS + PARFAITS	Triple Berry Acai	4g	510	14g	1.5g	0g	0mg	40mg	91g	98g	7g	71g	Vegetarian; Vegan; Gluten-Free
	Chia Berry Parfait	17g	330	10g	1.5g	0g	5mg	75mg	43g	50g	7g	26g	Vegetarian; Gluten-Free
	Honey Granola Parfait	16g	310	10g	1.5g	0g	5mg	75mg	37g	44g	7g	22g	Gluten-Free
	The Elvis Acai	12g	780	30g	4g	0g	0mg	100mg	113g	124g	11g	85g	Gluten-Free
	Green Machine	20g	490	26g	4g	0g	0mg	300mg	43g	52g	9g	25g	Vegetarian; Gluten-Free
	Sundae Fundae	23g	600	37g	8g	0g	0mg	210mg	44g	55g	11g	24g	Vegetarian
	Power Berry Crunch	17g	650	19g	4.5g	0g	0mg	80mg	103g	113g	10g	74g	Vegetarian; Gluten-Free
	Beach Bowl	6g	420	12g	4g	0g	0mg	40mg	70g	80g	10g	41g	Vegetarian; Gluten-Free
BIGGIES	Mexicali Bowl- Biggie	58g	720	33g	7g	0g	150mg	1230mg	46g	55g	9g	7g	Gluten-Free
	Chicago Med Bowl- Biggie	44g	670	27g	3.5g	0g	155mg	910mg	60g	68g	8g	17g	Gluten-Free
	Saigon Chicken Bowl- Biggie	41g	660	29g	4g	0g	150mg	470mg	56g	61g	5g	16g	Gluten-Free
	Saigon Tofu Bowl- Biggie	26g	620	30g	30g	3.5g	0mg	550mg	58g	65g	7g	16g	Gluten-Free; Vegan
	Japanese BBQ Salmon- Biggie	56g	950	54g	8g	0g	80mg	2250mg	60g	68g	8g	25g	
	Spinach & Pesto Bowl- Biggie	59g	830	46g	9g	0g	150mg	880mg	44g	51g	7g	0g	Gluten-Free
	Buffalo Bowl- Biggie	51g	580	21g	6g	0g	140mg	2370mg	45g	52g	7g	2g	Gluten-Free
	Black Bean Bowl- Biggie	63g	720	26g	6g	0g	150mg	1060mg	59g	74g	15g	3g	Gluten-Free
BOWLS/BAR-RITOS	Basic Black Bean Bowl	44g	600	22g	6g	0g	95mg	980mg	58g	73g	15g	3g	Gluten-Free
	Black Bean Burrito	43g	710	22g	6g	0g	95mg	1030mg	85g	100g	15g	2g	
	Buffalo Bowl	29g	400	16g	5g	0g	90mg	2280mg	33g	38g	5g	2g	Gluten-Free
	Buffalo Burrito	35g	570	17g	5g	0g	90mg	2550mg	68g	78g	10g	2g	
	Mexicali Bowl	39g	600	29g	7g	0g	75mg	1160mg	44g	53g	9g	7g	Gluten-Free
	Mexicali Burrito	45g	820	32g	7g	0g	100mg	1430mg	88g	103g	15g	7g	
	Spinach & Pesto Bowl	39g	690	41g	8g	0g	70mg	800mg	42g	49g	7g	0g	Gluten-Free
	Spinach & Pesto Burrito	40g	730	33g	7g	0g	95mg	860mg	67g	77g	10g	0g	
	Chicago Med Bowl	28g	570	23g	3g	0g	80mg	830mg	59g	67g	8g	17g	Gluten-Free
	Chicago Med Burrito	39g	860	30g	4g	0g	80mg	1100mg	106g	120g	14g	17g	
Saigon Bowl	18g	540	26g	3g	0g	0mg	430mg	63g	57g	6g	16g	Gluten-Free, Vegetarian; Vegan	

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BREAKFAST	Saigon Burrito	29g	840	33g	4g	0g	0mg	700mg	103g	115g	12g	16g	Vegetarian; Vegan
	Japanese BBQ Bowl	33g	690	36g	5g	0g	40mg	1850mg	60g	68g	8g	25g	
	Spring Pro Bowl	31g	750	52g	7g	0g	165mg	570mg	40g	47g	7g	3g	Gluten-Free
	Baja Salmon Bowl (ORD Only)	36g	650	30g	4g	0g	40mg	920mg	58g	63g	5g	19g	Gluten-Free
	Baja Salmon Burrito (ORD Only)	47g	940	37g	5g	0g	40mg	1190mg	104g	115g	11g	19g	
	Seasonal Pro Bowl (Salt Lake City)	33g	620	33g	3.5g	0g	65mg	1920mg	47g	54g	7g	7g	Gluten-Free
	Morning Mexicali Scramble	22g	320	21g	6g	0g	385mg	660mg	9g	14g	5g	2g	Vegetarian; Gluten-Free
	Morning Mexicali Burrito	34g	540	25g	7g	0g	390mg	980mg	43g	52g	9g	4g	Vegetarian
	Sunrise Pesto Scramble	20g	240	17g	4.5g	0g	380mg	470mg	2g	3g	1g	0g	Vegetarian; Gluten-Free
	Sunrise Pesto Burrito	27g	440	22g	5g	0g	380mg	650mg	34g	39g	5g	0g	Vegetarian
	Bacon, Egg & Cheese Scramble	36g	350	21g	7g	0g	625mg	820mg	4g	4g	0g	2g	Gluten-Free
	Bacon, Egg & Cheese Burrito	40g	550	26g	8g	0g	630mg	1010mg	36g	40g	4g	2g	
CHILIS/SOUPS	Morning Goddess Scramble	19g	270	20g	5g	0g	375mg	470mg	4g	6g	2g	3g	Vegetarian; Gluten-Free
	Morning Goddess Burrito	25g	470	24g	5g	0g	375mg	650mg	36g	42g	6g	3g	Vegetarian
	Quinoa Chicken Chili Bowl	32g	400	13g	5g	0g	80mg	1250mg	38g	46g	8g	2g	Gluten-Free
COFFEE	Quinoa Chicken Chili Cup	14g	180	6g	2.5g	0g	35mg	520mg	18g	21g	3g	1g	Gluten-Free
	Keto Coffee	1g	140	15g	10g	0g	20mg	0mg	1g	1g	0g	0g	Gluten-Free; Keto
	Hot Beauty Brew Latte	31g	170	2.5g	0g	0g	20mg	270mg	6g	7g	1g	4g	Keto
	Matcha Latte	0g	130	7g	6g	0g	0mg	30mg	17g	17g	0g	17g	Vegetarian; Vegan; Gluten-Free
	Mocha Latte	3g	200	8g	5g	0g	0mg	60mg	32g	34g	2g	26g	Vegetarian

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KIDS MENU	Kids Pesto Bowl	23g	300	19g	5g	0g	55mg	780mg	12g	14g	2g	0g	Gluten-Free
	Kids Taco Bowl	28g	490	28g	6g	0g	65mg	1230mg	31g	39g	8g	3g	Gluten-Free
	Kids Chickie Cheese Dilla	29g	380	23g	5g	0g	70mg	1130mg	14g	20g	6g	0g	
	Kids Chunky Monkey	17g	320	2g	0g	0g	5mg	290mg	53g	58g	5g	46g	
	Kids Strawberry Fields	1g	120	2g	0g	0g	0mg	75mg	24g	26g	2g	17g	Gluten-Free
	Kids Chicken Tenders	30g	340	18g	3g	0g	60mg	600mg	15g	18g	3g	3g	
	Mini Mango	2g	150	0.5g	0g	0g	0mg	0mg	34g	38g	4g	30g	Vegetarian; Vegan; Gluten-Free
OATMEAL	Almost Naked Oatmeal	14g	360	10g		0g	0mg	105mg	54g	63g	9g	9g	Vegetarian; Vegan
	Peanut Butter Acai Oatmeal	13g	460	17g	3g	0g	0mg	140mg	63g	72g	9g	24g	Vegetarian; Vegan
	Overnight Oats	17g	370	6g	1g	0g	5mg	150mg	60g	70g	10g	33g	Vegetarian
SALADS/WRAPS	Superfood Vegan Salad	21g	510	28g	2.5g	0g	0mg	500mg	37g	48g	11g	19g	Vegetarian; Vegan; Gluten-Free
	Superfood Vegan Wrap	30g	780	34g	3.5g	0g	0mg	740mg	82g	98g	16g	19g	Vegetarian; Vegan
	Salmon Caesar Salad	39g	690	55g	12g	0g	95mg	920mg	8g	12g	4g	6g	Gluten-Free
	Salmon Caesar Wrap	47g	940	60g	13g	0g	95mg	1170mg	52g	60g	8g	5g	
	Chicken Caesar Salad	33g	640	50g	11g	0g	105mg	1160mg	10g	18g	8g	6g	Gluten-Free
	Chicken Caesar Wrap	42g	910	56g	12g	0g	105mg	1420mg	55g	67g	12g	5g	
	Southwest Salad	40g	620	31g	7g	0g	90mg	950mg	50g	57g	7g	10g	Gluten-Free
	Southwest Wrap	43g	770	31g	6g	0g	90mg	1100mg	78g	92g	14g	10g	
	Cobb Salad	45g	530	33g	11g	0g	225mg	1420mg	12g	19g	7g	9g	Gluten-Free
	Cobb Wrap	52g	940	55g	12g	0g	225mg	1680mg	56g	67g	11g	7g	
	Green Goddess Salad	32g	570	42g	7g	0g	70mg	940mg	15g	21g	6g	7g	Gluten-Free
	Green Goddess Wrap	42g	850	49g	8g	0g	70mg	1210mg	60g	72g	12g	7g	
	Sonoma Salad	27g	480	27g	5g	0g	75mg	530mg	30g	36g	6g	18g	Gluten-Free
	Sonoma Wrap	37g	770	34g	6g	0g	75mg	790mg	76g	87g	11g	17g	

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SHAKES	PB&J	21g	330	17g	2.5g	0g	5mg	270mg	23g	28g	5g	21g	Vegetarian; Gluten-Free
	The Perk	24g	190	5g	1g	0g	35mg	300mg	11g	14g	3g	6g	Vegetarian
	Hippie Shake	28g	580	25g	4g	0g	5mg	210mg	61g	72g	11g	19g	Vegetarian; Gluten-Free
	Jokes Acai'd	20g	420	4g	0g	0g	5mg	65mg	74g	70g	4g	61g	Vegetarian; Gluten-Free
	Wrigley Peeled	26g	520	32g	6g	0g	30mg	280mg	34g	41g	7g	25g	Vegetarian; Gluten-Free
	Keto Shake	28g	530	40g	9g	0g	5mg	310mg	18g	26g	8g	10g	Vegetarian; Gluten-Free; Keto
	Very Berry	20g	290	5g	0g	0g	0mg	120mg	39g	43g	4g	29g	Vegetarian; Gluten-Free
	Baywatch	16g	330	3g	1g	0g	0mg	190mg	60g	65g	5g	47g	Vegan; Vegetarian; Gluten-Free
	Velvet Cocoa	15g	320	18g	4.5g	0g	0mg	180mg	23g	30g	7g	11g	Vegetarian
	Big Date	15g	330	10g	3.5g	0g	0mg	120mg	44g	51g	7g	26g	Vegetarian; Gluten-Free
SMOOTHIES	Avo Matcha	15g	240	9g	1g	0g	0mg	170mg	27g	30g	3g	25g	Vegan; Vegetarian; Gluten-Free
	Gr8 Greens	3g	240	1g	0g	0g	0mg	45mg	59g	62g	3g	47g	Vegetarian; Gluten-Free
	Mango Cure	4g	250	0g	0g	0g	0mg	25mg	60g	62g	2g	33g	Vegetarian; Vegan; Gluten-Free
	Berry Banana	4g	330	8g	0.5g	0g	0mg	120mg	60g	66g	6g	41g	Vegetarian; Vegan; Gluten-Free
	Sonic Refresher	2g	180	1g	0g	0g	0mg	35mg	42g	46g	4g	36g	Vegetarian; Vegan; Gluten-Free
	Out Of Office	12g	330	4.5g	2g	0g	0mg	15mg	59g	62g	3g	45g	Vegetarian; Vegan; Gluten-Free
	Mango Acai	0	0	0	0	0	0	0	0	0	0	0	Vegetarian; Vegan; Gluten-Free