

GLUTEN FREE BAKERY

Item	Calories	Protein	Fat	Net Carbs	Total Sugars	Sodium
Apple Spiced Munchkins (1)	80	1g	2g	14g	7g (including 0g added)	80mg
Seasonal Baked Donut (Apple Cinnamon Donut)	275	3g	8g	45g	25g (including 0g added)	200mg
Chocolate Zucchini Muffin	250	2g	12g	35g	15g (including 14g added)	275mg
Paleo Banana Muffin	160	5g	8g	13g	7g (including 0g added)	160mg
Superseed Muffin	400	10g	20g	40g	18g (including 4g added)	200mg
Brownie (recommendation- share for 4 ppl)	450	5g	20g	60g	50g (including 30g added)	170mg

GOURMET TO GO

Item	Calories	Protein	Fat	Net Carbs	Total Sugars	Sodium
Overnight Oats	380	10g	15g	45g	15g (including 6g added)	30mg
Roasted Veggie	130	6g	5g	15g	4g (including 0g added)	800mg
Kale Detox Salad	285	10g	20g	11g	10g (including 3g added)	350mg
Grilled Chicken Salad	365	24g	20g	10g	7g (including 3g added)	1500mg
Tuna Salad	300	30g	15g	3g	2g (including 0g added)	1400mg
Quinoa Veggie Burger	150	8g	22g	34g	4g (including 0g added)	1300mg
add smoked paprika aioli	add 215 calories	0g	24g	0g	0g	500mg

LOVE AT FIRST LIGHT (breakfast)

Item	Calories	Protein	Fat	Net Carbs	Total Sugars	Sodium
Smashed Avocado Toast	370	7g	20g	30g	0g	1500mg
Breakfast Acai Bowl	625	22g	30g	50g	30g (including 3g added)	600mg
Breakfast Wrap	490	30g	27g	26g	5g (including 0g added)	1000mg
Sweet Potato Hash	360	6g	7g	58g	10g (including 0g added)	100mg
with smoked paprika aioli	add 215 calories	0g	24g	0g	0g	500mg
Berry Nutty Steel Cut Oats	400	10g	10g	55g	14g (including 2g added)	490mg

TRUE LOVE; Signature Bowl, Salad, Wrap

Item	Calories	Protein	Fat	Net Carbs	Total Sugars	Sodium
Austin Chicken (without dressing & base values)	590	40g	40g	18g	7g (including 0g added)	800mg
with smoked paprika aioli	add 215 calories	0g	24g	0g	0g	500mg
Coconut Shrimp (without dressing & base values)	300	30g	15g	7g	4g (including 0g added)	170mg
with coconut peanut vinaigrette (double serving)	add 330 calories	1g	36g	3g	2g (including 1g added)	370mg
Spicy Korean BBQ (without dressing & base values)	285	30g	11g	13g	6g (including 0g added)	950mg
spicy korean BBQ sauce	115	1g	9g	7g	6g (including 2g added)	660mg
Mexi Steak (without dressing & base values)	430	42g	16g	19g	5g (including 0g added)	560mg
with chipotle lime crema	add 130 calories	0g	13g	2g	1g (including 0g added)	200mg

Thai Tofu (without dressing & base values)	230	16g	13g	9g	6g (including 0g added)	145mg
with thai vinagrette	add 115 calories	1g	12g	1g	0g	715mg
Add your base:	Calories	Protein	Fat	Net Carbs	Total Sugars	Sodium
Brown Rice - 1 cup	add 200 calories	5g	1g	40g	0g	10mg
Quinoa- 1 cup	add 220 calories	8g	3g	35g	0g	30mg
brown rice noodles - 1 cup (2 oz dry)	add 200 calories	8g	1g	36g	2g (including 0g added)	500mg
Mixed Greens	add 15 calories	1g	0g	1g	0g	35mg
Whole Wheat Wrap	add 130 calories	4g	3g	18g	0g	250mg
Gluten Free Wrap	add 100 calories	0g	2g	22g	0g	250mg

SUPER SALADS

Item	Calories	Protein	Fat	Net Carbs	Total Sugars	Sodium
Beach Greek Salad (no protein)	220	8g	15g	10g	5g (including 0g added)	600mg
with red wine vinagrette	add 230 calories	0g	25g	0g	0g	400mg
Fountain of Youth Salad (no protein)	275	9g	10g	28g	10g(including 2g added)	750mg
with balsamic vinagrette	add 270 calories	0g	20g	2g	1g(including 0g added)	330mg
Success Salad (no protein)	280	7g	6g	40g	20g(including 10g added)	185mg
with lemon herb vinagrette	add 200 calories	0g	20g	1g	0g	250mg

BONE BROTHS AND SOUPS

Item	Calories	Protein	Fat	Net Carbs	Total Sugars	Sodium
Naked Chicken Bone Broth 16oz (2 8oz servings) per serving:	7	1g	0g	0g	0g	200-450mg
Naked Chicken Bone Broth 32oz (4 8oz servings) per serving:	15	2g	0g	0g	0g	450-900mg
Chicken Noodle Bone Broth	230	27g	6g	15g	2g (including 0g added)	1300mg

LOVE HANDLES

Item	Calories	Protein	Fat	Net Carbs	Total Sugars	Sodium
Grilled Organic Chicken Sandwich	585	40g	28g	40g	8g (including 8g added)	1500mg
with yogurt ranch	add 50 calories	2g	3g	3g	2g (including 0g added)	150mg
Sweet Potato Burrito	930	30g	34g	87g	13g (including 0g added)	1300mg
with chili sauce (double serving) (3oz)	add 60 calories	0g	4g	5g	2g (including 0g added)	1500mg
Mediterranean Cauliflower Flatbread	380	5g	20g	40g	7g (including 0g added)	690mg
Chicken Street Tacos	380	22g	10g	39g	1g (including 0g added)	480mg
with chili sauce (1oz)	add 20 cals	0g	2g	2g	1g(including 0g added)	530mg
Cauliflower Tacos	300	10g	4g	38g	19g (including 2g added)	450mg
with lemon herb vinagrette	add 200 calories	0g	20g	1g	0g	250mg
Salmon Tacos	350	16g	17g	23g	5g (including 1g added)	500mg
with chipotle lime crema	add 130 calories	0g	13g	2g	1g (including 0g added)	200mg

KIDS AT HEART

Item	Calories	Protein	Fat	Net Carbs	Total Sugars	Sodium
Cheese Quesadilla	360	17g	18g	29g	0g	800mg
Buddha Bowl	270	10g	5g	60g	1g (inlcuding 0g added)	350mg
add grilled chicken	add 170 calories	35g	3g	0g	0g	60mg
add grilled steak	add 180 calories	33g	5g	0g	0g	75mg
add seared tofu	add 120 calories	13g	6g	4g	0g	20mg
Penne a la Broccoli	270	7g	5g	45g	1g (including 0g added)	740mg
Monkeying Around	565	8g	8g	120g	20g (including 4g added)	320mg

ACAI BOWLS

Item	Calories	Protein	Fat	Net Carbs	Total Sugars	Sodium
Paradise	400	5g	15g	55g	30g (including 0g added)	80mg
Health Nut	500	10g	20g	70g	40g (including 3g added)	35g
Elvis	360	5g	13g	55g	32g (including 10g added)	10mg
Plain Serving Acai (base/KYO)	160	2g	4g	26g	14g (including 0g added)	10mg

SMOOTHIES

Item	Calories	Protein	Fat	Net Carbs	Total Sugars	Sodium
Berry Bliss	300	10g	1g	55g	40g (including 0g added)	40mg
Mexican Coffee	250	6g	9g	30g	20g (including 4g added)	20mg
Green Dream	250	2g	5g	40g	30g (including 0g added)	150mg
Nutty Buddy	365	22g	12g	37g	32g (including 0g added)	60mg
St Barths	270	7g	0g	58g	50g (included 0g added)	8mg
Chocolate Hulk	370	18g	20g	25g	20g (including 0g added)	95g
Klassic	235	9g	2g	42g	30g (including 4g added)	160mg

COFFEE AND TEA

Item	Calories	Protein	Fat	Net Carbs	Total Sugars	Sodium
Drip Coffee	0	0g	0g	0g	0g	0mg
Iced Coffee	0	0g	0g	0g	0g	0mg
Cold Brew	10	0g	0g	0g	0g	0mg
Matcha Latte	140	4g	7g	12g	9g (inlcuding 4g added)	45mg
Homemade Wellness Tea	125	2g	0g	25g	10g (including 4g added)	0mg
Iced Coconut Latte	70	0g	5g	0g	2g (inlcuding 2g added)	45mg
Hot Green Tea/Black Tea	0	0g	0g	0g	0g	0mg

COLD-PRESSED JUICES (13oz)

Item	Calories	Protein	Fat	Net Carbs	Total Sugars	Sodium
Celery Juice	50	3g	0g	9g	8g (including 0g added)	300mg
Fighter	148	3g	0g	32g	30g (including 0g added)	70mg
Fix Me Up	84	2g	0g	19g	18g (including 0g added)	140mg
Flex Appeal	93	4g	0g	19g	19g (including 0g added)	100mg
Smooth Sailing	130	3g	0g	30g	29g (including 0g added)	165mg
Toniq	84	3g	0g	19g	19g (including 0g added)	70mg
Truly Green	56	4g	0g	8g	6g (including 0g added)	195mg
Truth Be Told	84	3g	0g	19g	18g (including 0g added)	65mg
Wellness Shot	83	2g	1g	14g	2g (including 0g added)	3mg
Immunity Shot	55	1g	0g	10g	7g (including 0g added)	30mg

DRESSINGS:

1 Serving = 1.5 fl oz	Calories	Protein	Fat	Net Carbs	Total Sugar	Sodium
Red Wine Vinaigrette	230	0g	25g	0g	0g	400mg
Balsamic Vinaigrette	270	0g	20g	2g	1g (including 0g added)	400mg
Smoked Paprika Aioli	215	0g	24g	0g	0g	500mg
Lemon Herb Vinaigrette	200	0g	20g	1g	0g	250mg
Yogurt Ranch	50	2g	3g	3g	2g (including 0g added)	150mg
Coconut Peanut	165	0g	18g	1g	2g (including 2g added)	185mg
Thai Vinaigrette	115	1g	12g	1g	0g	715mg
Chipotle Lime Crema	130	0g	13g	2g	1g (including 0g added)	200mg
Ponzu	205	2g	22g	1g	0g	900mg
Krush Hot Sauce	10	0g	1g	0g	0g	75mg
Spicy Korean BBQ	115	1g	9g	7g	6g (including 2g added)	660mg
Chili Sauce	30	0g	2g	2g	0g	800mg