GOURMET TO GO

Item	Calories	Protein	Fat	Net Carbs	Dietary Fiber	Total Sugars	Sodium
Overnight Oats	380	10g	15g	52g	6g	15g (including 7g added)	45mg
Roasted Veggies	440	7g	30g	34g	8g	9g (including 0g added)	1000mg
Kale Detox Salad	285	10g	20g	27g	9g	10g (including 3g added)	350mg
Grilled Chicken Salad	365	28g	24g	12g	3g	7g (including 3g added)	750mg
Tuna Salad	300	30g	20g	4g	1g	2g (including 0g added)	1200mg
Chicken Salad Wrap	450	28g	24g	32g	6g	7g (including 3g added)	915mg
Austin Chicken Wrap	500	36g	20g	46g	9g	7g (including 0g added)	420mg
add smoked paprika aioli	**add 215 calories**	**add 0g**	**add 24g**	**add 1g**	**add 0g**	**add 0g**	**add 500mg**
Krush Cobb Salad	400	42g	20g	7g	4g	3g (including 0g added)	400mg
add red wine vinaigrette	**add 230 calories**	**add 0g**	**add 25g**	**add 1g**	**add 0g**	**add 0g**	**add 400mg**
Austin Chicken Salad	370	32g	17g	25g	6g	7g (including 0g added)	170mg
add smoked paprika aioli	**add 215 calories**	**add 0g**	**add 24g**	**add 1g**	**add 0g**	**add 0g**	**add 500mg**
Salted Caramel Bites	230	5g	15g	30g	3g	18g (including 0g added)	3mg
Truffle Brownie Bites	325	10g	20g	28g	6g	15g (including 13g added)	65mg
Chocolate Chip Protein Bites	220	17g	6g	25g	5g	10g (including 2g added)	100mg
Chia Pudding	300	5g	25g	21g	10g	6g (including 2g added)	50mg
Apricot Trail Mix	300	5g	13g	41g	5g	24g (including 3g added)	30mg
Sea Salt Popcorn	25	0g	3g	0g	0g	0g	200mg
Coconut Popcorn	25	0g	3g	0g	0g	0g	200mg
Truffle Popcorn	25	0g	3g	0g	0g	0g	200mg

GLUTEN FREE BAKERY

Item	Calories	Protein	Fat	Net Carbs	Dietary Fiber	Total Sugars	Sodium
Apple Spiced Munchkins (per 1)	80	1g	2g	13g	1g	7g (including 0g added)	80mg
Chocolate Zucchini Muffin	250	2g	12g	30g	5g	15g (including 14g added)	275mg
Paleo Banana Muffin	190	7g	11g	17g	5g	7g (including 0g added)	280mg
Brownie (recommendation-share for 4 ppl)	460	6g	23g	63g	1g	50g (including 34g added)	170mg
Blueberry Muffin	280	3g	11g	47g	2g	25g (including 0g added)	250mg
Granola (1/2 cup serving)	290	8g	13g	34g	5g	13g (including 2g added)	60mg

BREAKFAST ALL DAY

Item	Calories	Protein	Fat	Net Carbs	Dietary Fiber	Total Sugars	Sodium
Smashed Avocado Toast	370	12g	20g	40g	10g	2g (including 0g added)	1500mg
Breakfast Wrap	490	30g	27g	33g	7g	5g (including 0g added)	1000mg
Power Protein Wrap	735	55g	40g	43g	7g	2g (including 0g added)	1150mg
w/o wrap	**465**	**42g**	**30g**	**9g**	**6g**	**2g (including 0g added)**	**600mg**
Sweet Potato Hash	360	6g	7g	70g	12g	26g (including 0g added)	100mg
with smoked paprika aioli	**add 215 calories**	**add 0g**	**add 24g**	**add 1g**	**add 0g**	**add 0g**	**add 500mg**
Berry Nutty Steel Cut Oats	400	10g	10g	65g	11g	14g (inlcuding 2g added)	500mg

WEEKEND SPECIALS

Item	Calories	Protein	Fat	Net Carbs	Dietary Fiber	Total Sugars	Item
Farmers Frittata	540	32g	37g	17g	3g	7g (including 0g added)	1150mg
Veggie Frittata	415	27g	28g	13g	4g	6g (including 0g added)	1010mg
Bacon Egg & Cheese Croissant	620	28g	43g	29g	1g	5g (including 0g added)	1100mg
Oatmeal Pancakes	700	15g	24g	132g	9g	40g (including 25g added)	1250mg

SIGNATURES

Item	Calories	Protein	Fat	Net Carbs	Dietary Fiber	Total Sugars	Sodium
Austin Chicken (without dressing & base values)	590	40g	40g	24g	5g	7g (including 0g added)	800mg
with smoked paprika aioli	**add 215 calories**	**add 0g**	**add 24g**	**add 1g**	**add 0g**	**add 0g**	**add 500mg**
Coconut Shrimp (without dressing & base values)	300	30g	15g	12g	5g	4g (including 0g added)	170mg
with coconut peanut vinagrette (do	**add 330 calories**	**1g**	**36g**	**add 4g**	**add 0g**	**add 2g (including 1g added)**	**add 370mg**
Spicy Korean BBQ (without dressing & base values)	285	30g	11g	18g	5g	6g (including 0g added)	950mg
spicy korean BBQ sauce	**add 115 calories**	**add 1g**	**add 9g**	**add 8g**	**add 0g**	**add 6g (incluidng 2g added)**	**add 660mg**
Mexi Steak (without dressing & base values)	430	42g	16g	30g	11g	5g (including 0g added)	560mg
with chipotle lime crema	**add 130 calories**	**add 0g**	**add 13g**	**add 2g**	**add 0g**	**add 1g (including 0g added)**	**add 200mg**
Thai Tofu (without dressing & base values)	230	16g	13g	16g	5g	6g (including 0g added)	145mg
with thai vinagrette	**add 115 calories**	**add 1g**	**add 12g**	**add 2g**	**add 0g**	**add 0g**	**add 715mg**
Krush Crunch Chicken Burrito Bowl (with white rice)	650	45g	31g	68	14g	4g (including 0g added)	1750mg
with chiptole lime crema	**add 130 calories**	**add 0g**	**add 13g**	**add 2g**	**add 0g**	**add 1g (including 0g added)**	**add 200mg**

with chili sauce	**add 30 calories**	**add 0g**	**add 2g**	**add 3g**	**add 0g**	**add 0g**	**add 800mg**
ADD YOUR BASE:	**Calories**	**Protein**	**Fat**	**Net Carbs**	**Dietary Fiber**	**Total Sugars**	**Sodium**
White Rice - 1 cup	add 200 calories	add 4g	add 1g	add 45g	add 0g	add 0g	add 10mg
Brown Rice - 1 cup	add 200 calories	add 5g	add 1g	add 45g	add 4g	add 0g	add 10mg
Quinoa- 1 cup	add 220 calories	add 8g	add 3g	add 39g	add 5g	add 0g	add 30mg
brown rice noodles - 1 cup	add 190 calories	add 3g	add 1g	add 42g	add 2g	add 0g	add 30mg
Mixed Greens	add 15 calories	add 1g	add 0g	add 1g	add 2g	add 0g	add 35mg
Vista Hermosa Flour Tortilla	add 270 calories	add 4g	add 10g	add 34g	add 2g	add 0g	add 500mg
Gluten Free Wrap	add 100 calories	add 0g	add 2g	add 27g	add 2g	add 0g	add 250mg

SALADS & VEGGIE BOWLS

Item	Calories	Protein	Fat	Net Carbs	Dietary Fiber	Total Sugars	Sodium
Beach Greek Salad (no protein)	220	8g	15g	14g	5g	5g (including 0g added)	400mg
add red wine vinagrette	**add 230 calories**	**add 0g**	**add 25g**	**add 1g**	**add 0g**	**add 0g**	**add 400mg**
Fountain of Youth Salad (no protein)	275	10g	12g	34g	6g	10g(including 2g added)	750mg
add balsamic vinagrette	**add 270 calories**	**add 0g**	**add 20g**	**add 2g**	**add 0g**	**1g(including 0g added)**	**add 330mg**
Fall in Love Bowl	600	25g	17g	96g	27g	17g (including 0g added)	2600mg
add spicy ponzu sauce	**add 205 calories**	**add 2g**	**add 22g**	**add 2g**	**add 0g**	**add 0g**	**add 900mg**
Krush Cobb Salad	400	42g	20g	7g	4g	3g (including 0g added)	400mg
add red wine vinaigrette	**add 230 calories**	**add 0g**	**add 25g**	**add 1g**	**add 0g**	**add 0g**	**add 400mg**
Egg Drop Stir-Fry Rice	430	17g	10g	70g	6g	8g (including 0g added)	125mg
add spicy ponzu sauce	**add 205 calories**	**add 2g**	**add 22g**	**add 2g**	**add 0g**	**add 0g**	**add 900mg**

BONE BROTH & SOUP

Item	Calories	Protein	Fat	Net Carbs	Dietary Fiber	Total Sugars	Sodium
Chicken Bone Broth 16oz (2 8oz servings) per serving:	80	19g	0g	1g	<1g	0g	600mg
Chicken Bone Broth 32oz (4 8oz servings) per serving:	160	38g	0g	2g	1g	0g	1200mg
Chicken Noodle Bone Broth	230	27g	6g	18g	2g	2g (including 0g added)	300mg
Powerful Greens Soup (Small 8oz)	120	8g	4g	14g	6g	3g (including 0g added)	1000mg
Powerful Greens Soup (Large 16oz)	240	16g	9g	28g	13g	7g(including 0g added)	2000mg

TACOS & SANDWICHES

Item	Calories	Protein	Fat	Net Carbs	Dietary Fiber	Total Sugars	Sodium
Grilled Organic Chicken Sandwich	585	40g	28g	47g	7g	8g (including 0g added)	1500mg
with paprika aoili	**add 215 calories**	**add 0g**	**add 24g**	**add 1g**	**add 0g**	**add 0g**	**add 500mg**
Sweet Potato Burrito	850	30g	34g	127g	21g	13g (including 0g added)	1300mg
with chili sauce (double serving) (3oz)	**add 60 calories**	**add 0g**	**add 4g**	**add 6g**	**add 0g**	**add 2g (inlcuding 0g added)**	**add 1500mg**
Chicken Street Tacos	380	22g	10g	44g	5g	1g (including 0g added)	480mg
with chili sauce (1oz)	**add 20 cals**	**add 0g**	**add 1g**	**add 2g**	**add 0g**	**add 1g(inlcuding 0g added)**	**add 530mg**
Cauliflower Tacos	230	6g	2g	46g	9g	19g (including 2g added)	450mg
with lemon herb vinagrette	**add 200 calories**	**add 0g**	**add 20g**	**add 2g**	**add 0g**	**add 0g**	**add 250mg**
Salmon Tacos	350	16g	17g	28g	6g	5g (including 2g added)	500mg
with chipotle lime crema	**add 130 calories**	**add 0g**	**add 13g**	**add 2g**	**add 0g**	**add 1g (including 0g added)**	**add 200mg**
Grilled Chicken & Veggie Panini	600	40g	45g	15g	3g	6g (including 0g added)	1850mg
with flour tortilla	**add 270 calories**	**add 4g**	**add 10g**	**add 34g**	**add 2g**	**add 0g**	**add 500mg**
with gluten free tortilla	**add 100 calories**	**add 0g**	**add 2g**	**add 27g**	**add 2g**	**add 0g**	**add 250mg**

KIDS

Item	Calories	Protein	Fat	Net Carbs	Dietary Fiber	Total Sugars	Sodium
Cheese Quesadilla	360	16g	18g	36g	5g	6g (including 0g added)	800mg
Buddha Bowl	270	7g	2g	55g	5g	1g (inlcuding 0g added)	30mg
add grilled chicken	**add 170 calories**	**add 35g**	**add 3g**	**add 0g**	**add 0g**	**add 0g**	**add 60mg**
add grilled steak	**add 180 calories**	**add 33g**	**add 5g**	**add 8g**	**add 0g**	**add 0g**	**add 75mg**
add seared tofu	**add 120 calories**	**add 13g**	**add 6g**	**add 2g**	**add 0g**	**add 0g**	**add 20mg**

ACAI BOWLS

Item	Calories	Protein	Fat	Net Carbs	Dietary Fiber	Total Sugars	Sodium
Paradise	400	5g	15g	61g	10g	30g (including 5g added)	80mg
Health Nut	400	6g	10g	62g	8g	35g (including 4g added)	300mg
Elvis	360	5g	13g	61g	6g	32g (including 10g added)	10mg
Plain Serving Acai (base/KYO)	160	2g	4g	30g	4g	14g (including 3g added)	10mg

SMOOTHIES

Item	Calories	Protein	Fat	Net Carbs	Dietary Fiber	Total Sugars	Sodium
Berry Bliss	300	10g	1g	64g	10g	40g (including 0g added)	40mg
Mexican Coffee	250	6g	9g	42g	6g	20g (including 4g added)	90mg
Green Dream	250	2g	5g	55g	11g	30g (including 0g added)	150mg
Nutty Buddy	365	22g	12g	45g	8g	32g (including 0g added)	60mg
St Barths	270	7g	0g	62g	4g	50g (included 0g added)	8mg
Chocolate Hulk	370	18g	20g	33g	9g	20g (including 0g added)	250mg
Klassic	215	10g	3g	39g	5g	30g (including 6g added)	160mg
Emerald Green Protein	290	24g	3g	40g	13g	34g (including 0g added)	350mg
Vanilla Chai	280	17g	13g	35g	7g	15g (including 0g added)	230mg
Zen & Glow Smoothie	240	12g	5g	41g	4g	30g (including 0g added)	15mg

COFFEE AND TEA

Item	Calories	Protein	Fat	Net Carbs	Dietary Fiber	Total Sugars	Sodium
Drip Coffee	0	0g	0g	0g	0g	0g	0mg
Iced Coffee	0	0g	0g	0g	0g	0g	0mg
Cold Brew	10	0g	0g	0g	0g	0g	0mg
Matcha Latte	140	4g	7g	12g	0g	9g (inlcuding 4g added)	45mg
Homemade Wellness Tea	125	2g	0g	30g	6g	10g (including 4g added)	0mg
Iced Coconut Latte	70	0g	5g	0g	1g	2g (inlcuding 2g added)	45mg
Hot Green Tea/Black Tea	0	0g	0g	0g	0g	0g	0mg

COLD-PRESSED JUICES (13oz)

Item	Calories	Protein	Fat	Net Carbs	Dietary Fiber	Total Sugars	Sodium
Celery Juice	50	3g	0g	10g	6g	8g (including 0g added)	300mg
Fighter	148	3g	0g	18g	1g	30g (including 0g added)	70mg
Fix Me Up	84	2g	0g	19g	0g	18g (including 0g added)	140mg
Flex Appeal	93	4g	0g	20g	1g	19g (including 0g added)	100mg
Smooth Sailing	130	3g	0g	32g	2g	29g (including 0g added)	165mg
Toniq	84	3g	0g	19g	0g	19g (including 0g added)	70mg
Truly Green	56	4g	0g	8g	0g	6g (including 0g added)	195mg
Truth Be Told	84	3g	0g	19g	0g	18g (including 0g added)	65mg
The Alkalizer	190	3g	1g	45g	9g	17g (including 0g added)	7mg
Krush Turmeric Glow	205	3g	1g	47g	8g	18g (including 0g added)	110mg
Youth & Beauty Time Machine	100	2g	0g	26g	5g	17g (including 0g added)	210mg
Wellness Shot	83	2g	1g	18g	5g	2g (inlcuding 0g added)	3mg

Immunity Shot	55	1g	0g	13g	3g	7g (including 0g added)	30mg
Rejuvenation Shot	60	0g	0g	15g	3g	9g (including 0g added)	1mg

DRESSINGS

1 Serving = 1.5 fl oz	Calories	Protein	Fat	Net Carbs	Dietary Fiber	Total Sugar	Sodium
Red Wine Vinaigrette	230	0g	25g	1g	0g	0g	400mg
Balsamic Vinaigrette	270	0g	20g	2g	0g	1g (including 0g added)	400mg
Smoked Paprika Aioli	215	0g	24g	1g	0g	0g	500mg
Lemon Herb Vinaigrette	200	0g	20g	2g	0g	0g	250mg
Coconut Peanut	165	0g	18g	2g	0g	2g (inlcuding 1g added)	185mg
Thai Vinaigrette	115	1g	12g	2g	0g	0g	715mg
Chipotle Lime Dressing	130	0g	13g	2g	0g	1g (including 0g added)	200mg
Ponzu	205	2g	22g	2g	0g	0g	900mg
Krush Hot Sauce	10	0g	1g	0g	0g	0g	75mg
Spicy Korean BBQ	115	1g	9g	8g	0g	6g (including 2g added)	660mg
Chili Sauce	30	0g	2g	3g	0g	0g	800mg
Apple Cider Vinaigrette	125	0g	13g	0g	0g	0g	450mg
MM Lemon Honey Cumin Dressing	65	0g	0g	17g	1g	15g (including 2g added)	750mg

SUMMER SPECIALS & MEDICAL MEDIUM

	Calories	Protein	Fat	Net Carbs	Dietary Fiber	Total Sugar	Sodium
Chimichurri Steak Panini	570	50g	24g	43g	4g	4g(including 0g added)	1200mg
add red wine vinaigrette	**add 230 calories**	**add 0g**	**add 25g**	**add 1g**	**add 0g**	**add 0g**	**add 400mg**
with flour tortilla	**add 270 calories**	**add 4g**	**add 10g**	**add 34g**	**add 2g**	**add 0g**	**add 500mg**
with gluten free tortilla	**add 100 calories**	**add 0g**	**add 2g**	**add 27g**	**add 2g**	**add 0g**	**add 250mg**
Cowboy Caviar Salad	350	13g	12g	69g	21g	26g (including 17g added)	1700mg
MM Apricot Bites (per 3 bites)	265	5g	15g	32g	6g	20g (including 0g added)	7mg
Heavy Metal Detox Smoothie	400	10g	2g	80g	9g	50g (including 0g added)	45mg
BBQ Chicken Sandwich	760	35g	50g	50g	6g	17g (including 11g added)	1600mg
Salmon Avocado Wrap	500	27g	53g	29g	8g	16g (including 1g added)	600mg
Liver Rescue Salad	120	4g	0g	21g	7g	13g (including 0g added)	82g
add MM Orange Vinaigrette	add 22 calories	add 0g	add 0g	add 5g	add 7g	add 5g (including 0g added)	add 38mg
Herb Potato Salad	340	5g	16g	49g	8g	14g (including 0g added)	
Everything Potatoes	265	6g	5g	49g	5g	3g (including 0g added)	1000mg
Liver Rescue Smoothie	315	9g	0g	65g	13g	44g (including 0g added)	0g
MM Watermelon Juice 13oz	240	4g	0g	57g	2g	44g (including 0g added)	7mg

Summer Cooler Juice 13oz	100	2g	0g	27g	2g	20g (including 0g added)	175mg
Watermelon Spears	70	1g	0g	17g	1g	14g (including 0g added)	2mg
Kids Fruit Cup	60	1g	0g	15g	1g	12g (including 0g added)	0mg

OUR BREADS		
GF Bread Regular Sliced, Organic, free of 9 allergens	Filtered Water, Whole Grain Sorghum*, Tapioca Flour*, Palm Done Right (TM) Palm Oil*, Prebiotic from Tapioca Starch*, Xanthan Gum, Psyllium Husk*, Acacia Fiber*, Apple Cider Vinegar*, Yeast, Salt, Rowan Berry Extract, Sunflower Lecithin* *ORGANIC	HERE
Vista Hermosa Flour Tortilla 12", GMO-free verified, vegan	Organic Wheat Flour, Cassava Root, Avocado Oil, Water & Sea Salt	HERE
GF Quinoa 11" GMO- free verified	Tapioca Starch, Water, Quinoa Flour, Potato Starch, Avocado Oil, Guar Fiber, Contains 2% or less of: Oat Fiber, Sunflower Lecitin, Citric Acid, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Salt, Sodium Bicarbonate, Cultured Corn Syrup Solids, Cellulose Gum, Xanthan Gum, Sodium Acid Pyrophosphate.	HERE
Bedrock Bakers English muffin	water, cassava flour, sunflower seed flour, potato starch, organic tapioca syrup, yeast, sea salt	HERE
Violife Vegan Cream Cheese	Filtered Water, Coconut Oil, Potato Starch, Salt (Sea Salt), Glucono-Delta-Lactone, Flavor (Vegan Sources), Olive Extract, Vitamin B12.	HERE