

	calories	total fat	calories from fat	saturated fat	trans fat	cholesterol	sodium	carbohydrates	fiber	sugar	protein	vitamin a
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 classic : small burrito

cilantro lime rice	95.6	0.0	0.0	0.0	0.0	0.0	315.0	20.9	0.0	0.0	1.8	1.1
black beans	42.8	0.0	0.1	0.0	0.0	0.0	116.7	7.6	2.0	0.2	2.8	201.5
corn salsa	59.1	1.2	10.5	0.0	0.0	0.0	212.8	12.5	1.0	6.5	1.8	144.4
jack cheese	101.3	8.1	72.9	5.1	0.0	30.4	172.1	1.0	0.0	0.0	7.1	303.7
sour cream	48.4	3.9	34.9	2.7	0.0	15.6	37.6	1.8	0.0	1.0	1.0	165.3
flour tortilla	210.3	4.1	36.6	1.6	0.0	0.0	46.0	29.3	2.4	0.8	4.9	0.0
grilled chicken	60.0	2.0	20.0	0.0	0.0	50.0	85.0	0.0	0.0	0.0	10.0	0.0
total	617	19	175	9	0	96	985	73	6	9	29	816

 classic : regular burrito

cilantro lime rice	159.3	0.0	0.1	0.0	0.0	0.0	315.0	34.9	0.0	0.1	3.0	1.9
black beans	85.5	0.0	0.2	0.0	0.0	0.0	116.7	15.2	4.1	0.4	5.6	403.0
corn salsa	118.2	2.3	20.9	0.0	0.0	0.0	212.8	25.0	2.0	13.0	3.7	288.8
jack cheese	151.9	12.1	109.4	7.6	0.0	45.6	172.1	1.5	0.0	0.0	10.6	455.6
sour cream	96.7	7.8	69.8	5.4	0.0	31.1	37.6	3.6	0.0	2.0	1.9	330.5
flour tortilla	310.2	6.0	54.0	2.4	0.0	0.0	46.0	43.2	3.6	1.2	7.2	0.0
grilled chicken	120.0	4.0	40.0	0.0	0.0	100.0	85.0	0.0	0.0	0.0	20.0	0.0
total	1042	32	294	15	0	177	985	123	10	17	52	1480

 classic : burrito bowl

cilantro lime rice	191.2	0.0	0.1	0.0	0.0	0.0	315.0	41.9	0.0	0.1	3.6	2.2
black beans	85.5	0.0	0.2	0.0	0.0	0.0	116.7	15.2	4.1	0.4	5.6	403.0
corn salsa	118.2	2.3	20.9	0.0	0.0	0.0	212.8	25.0	2.0	13.0	3.7	288.8
jack cheese	151.9	12.1	109.4	7.6	0.0	45.6	172.1	1.5	0.0	0.0	10.6	455.6
sour cream	96.7	7.8	69.8	5.4	0.0	31.1	37.6	3.6	0.0	2.0	1.9	330.5
flour tortilla	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
grilled chicken	120.0	4.0	40.0	0.0	0.0	100.0	85.0	0.0	0.0	0.0	20.0	0.0
total	763	26	240	13	0	177	939	87	6	16	45	1480

 bangkok : small burrito

bok choy	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
cilantro lime rice	95.6	0.0	0.0	0.0	0.0	0.0	315.0	20.9	0.0	0.0	1.8	1.1
cucumber	2.6	0.0	0.3	0.0	0.0	0.0	0.6	0.5	0.2	0.3	0.1	15.3
shredded carrots	7.4	0.0	0.3	0.0	0.0	0.0	16.4	1.8	0.6	0.7	0.2	3621.6
almonds	81.5	7.0	63.1	0.5	0.0	0.0	0.3	3.1	1.7	0.6	3.0	0.1
thai-style peanut sauce	75.0	4.2	37.5	0.8	0.0	0.0	400.2	6.7	0.0	5.0	1.7	0.0
asian vinaigrette	70.9	5.2	46.4	1.0	0.0	0.0	223.4	6.4	0.0	5.2	0.0	0.0
flour tortilla	210.3	4.1	36.6	1.6	0.0	0.0	46.0	29.3	2.4	0.8	4.9	0.0
grilled chicken	60.0	2.0	20.0	0.0	0.0	50.0	85.0	0.0	0.0	0.0	10.0	0.0
total	603	22	204	4	0	50	1087	69	5	13	22	3638

 bangkok : regular burrito

bok choy	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
cilantro lime rice	159.3	0.0	0.1	0.0	0.0	0.0	315.0	34.9	0.0	0.1	3.0	1.9
cucumber	3.4	0.0	0.4	0.0	0.0	0.0	0.6	0.6	0.2	0.4	0.2	20.4
shredded carrots	14.9	0.1	0.7	0.0	0.0	0.0	16.4	3.5	1.3	1.5	0.3	7243.2
almonds	81.5	7.0	63.1	0.5	0.0	0.0	0.3	3.1	1.7	0.6	3.0	0.1
thai-style peanut sauce	112.6	6.3	56.3	1.2	0.0	0.0	400.2	10.0	0.0	7.5	2.5	0.0
asian vinaigrette	94.5	6.9	61.9	1.3	0.0	0.0	223.4	8.6	0.0	6.9	0.0	0.0
flour tortilla	310.2	6.0	54.0	2.4	0.0	0.0	46.0	43.2	3.6	1.2	7.2	0.0
grilled chicken	120.0	4.0	40.0	0.0	0.0	100.0	85.0	0.0	0.0	0.0	20.0	0.0
total	896	30	276	5	0	100	1087	104	7	18	36	7266

 bangkok : burrito bowl

bok choy	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
cilantro lime rice	191.2	0.0	0.1	0.0	0.0	0.0	315.0	41.9	0.0	0.1	3.6	2.2
cucumber	3.4	0.0	0.4	0.0	0.0	0.0	0.6	0.6	0.2	0.4	0.2	20.4
shredded carrots	14.9	0.1	0.7	0.0	0.0	0.0	16.4	3.5	1.3	1.5	0.3	7243.2
almonds	81.5	7.0	63.1	0.5	0.0	0.0	0.3	3.1	1.7	0.6	3.0	0.1
thai-style peanut sauce	112.6	6.3	56.3	1.2	0.0	0.0	400.2	10.0	0.0	7.5	2.5	0.0
asian vinaigrette	94.5	6.9	61.9	1.3	0.0	0.0	223.4	8.6	0.0	6.9	0.0	0.0
flour tortilla	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
grilled chicken	120.0	4.0	40.0	0.0	0.0	100.0	85.0	0.0	0.0	0.0	20.0	0.0
total	618	24	222	3	0	100	1041	68	3	17	30	7266

 buffalo : small burrito

blue cheese celery slaw	68.0	6.5	0.0	1.3	0.0	5.5	104.3	2.0	0.5	1.5	0.7	0.0
cilantro lime rice	95.6	0.0	0.0	0.0	0.0	0.0	315.0	20.9	0.0	0.0	1.8	1.1
romaine lettuce	4.8	0.1	0.8	0.0	0.0	0.0	2.3	0.9	0.6	0.3	0.4	2469.2
scallions	2.8	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.6	0.0	56.7
buffalo sauce	31.5	2.8	24.8	0.4	0.0	0.0	590.6	1.6	1.2	0.0	0.4	492.2
flour tortilla	210.3	4.1	36.6	1.6	0.0	0.0	46.0	29.3	2.4	0.8	4.9	0.0
grilled chicken	60.0	2.0	20.0	0.0	0.0	50.0	85.0	0.0	0.0	0.0	10.0	0.0
total	473	15	82	3	0	56	1143	55	5	3	18	3019

 buffalo : regular burrito

blue cheese celery slaw	136.0	13.0	0.0	2.6	0.0	11.0	104.3	4.0	1.0	3.0	1.3	0.0
cilantro lime rice	159.3	0.0	0.1	0.0	0.0	0.0	315.0	34.9	0.0	0.1	3.0	1.9
romaine lettuce	7.2	0.1	1.2	0.0	0.0	0.0	2.3	1.4	0.9	0.5	0.5	3703.9
scallions	2.8	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.6	0.0	56.7
buffalo sauce	63.0	5.5	49.6	0.8	0.0	0.0	590.6	3.2	2.4	0.0	0.8	984.4
flour tortilla	310.2	6.0	54.0	2.4	0.0	0.0	46.0	43.2	3.6	1.2	7.2	0.0
grilled chicken	120.0	4.0	40.0	0.0	0.0	100.0	85.0	0.0	0.0	0.0	20.0	0.0
total	799	29	145	6	0	111	1143	87	8	5	33	4747

 buffalo : burrito bowl

blue cheese celery slaw	136.0	13.0	0.0	2.6	0.0	11.0	104.3	4.0	1.0	3.0	1.3	0.0
cilantro lime rice	191.2	0.0	0.1	0.0	0.0	0.0	315.0	41.9	0.0	0.1	3.6	2.2
romaine lettuce	7.2	0.1	1.2	0.0	0.0	0.0	2.3	1.4	0.9	0.5	0.5	3703.9
scallions	2.8	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.6	0.0	56.7
buffalo sauce	63.0	5.5	49.6	0.8	0.0	0.0	590.6	3.2	2.4	0.0	0.8	984.4
flour tortilla	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
grilled chicken	120.0	4.0	40.0	0.0	0.0	100.0	85.0	0.0	0.0	0.0	20.0	0.0
total	520	23	91	3	0	111	1097	51	4	4	26	4747

 mediterranean : small burrito

skinny mediterranean vinaigrette	41.8	4.8	0.0	0.7	0.0	0.0	109.3	0.1	0.0	0.0	0.1	0.0
brown rice	122.7	2.8	25.4	0.2	0.0	0.0	315.0	21.0	1.2	0.0	2.4	0.0
pico de gallo	11.3	0.1	0.9	0.0	0.0	0.0	150.6	2.4	0.7	1.5	0.5	401.4
house made hummus	87.1	6.6	59.1	0.6	0.0	0.0	54.1	5.2	1.9	0.2	1.5	1.0
cucumber	2.6	0.0	0.3	0.0	0.0	0.0	0.6	0.5	0.2	0.3	0.1	15.3
feta cheese	46.5	6.0	46.5	4.3	0.0	25.2	316.4	1.1	0.0	1.1	4.0	113.4
whole wheat tortilla	196.5	4.7	2.4	2.8	0.0	0.0	62.5	33.8	4.1	0.0	6.1	0.0
grilled chicken	60.0	2.0	20.0	0.0	0.0	50.0	85.0	0.0	0.0	0.0	10.0	0.0
total	568	27	155	9	0	75	1093	64	8	3	25	531

 mediterranean : regular burrito

skinny mediterranean vinaigrette	62.7	7.2	0.0	1.0	0.0	0.0	109.3	0.2	0.0	0.0	0.1	0.0
brown rice	204.5	4.7	42.4	0.3	0.0	0.0	315.0	35.0	2.0	0.0	4.0	0.0
pico de gallo	22.7	0.2	1.8	0.0	0.0	0.0	150.6	4.7	1.4	3.0	1.0	802.7
house made hummus	174.2	13.1	118.2	1.2	0.0	0.0	54.1	10.5	3.8	0.3	3.0	1.9
cucumber	3.4	0.0	0.4	0.0	0.0	0.0	0.6	0.6	0.2	0.4	0.2	20.4
feta cheese	93.0	11.9	93.0	8.5	0.0	50.5	316.4	2.3	0.0	2.3	7.9	226.8
whole wheat tortilla	290.0	7.0	3.5	4.2	0.0	0.0	62.5	49.9	6.0	0.0	9.0	0.0
grilled chicken	120.0	4.0	40.0	0.0	0.0	100.0	85.0	0.0	0.0	0.0	20.0	0.0
total	970	48	299	15	0	150	1093	103	13	6	45	1052

 mediterranean : burrito bowl

skinny mediterranean vinaigrette	62.7	7.2	0.0	1.0	0.0	0.0	109.3	0.2	0.0	0.0	0.1	0.0
brown rice	245.4	5.6	50.8	0.3	0.0	0.0	315.0	42.0	2.4	0.0	4.8	0.0
pico de gallo	22.7	0.2	1.8	0.0	0.0	0.0	150.6	4.7	1.4	3.0	1.0	802.7
house made hummus	174.2	13.1	118.2	1.2	0.0	0.0	54.1	10.5	3.8	0.3	3.0	1.9
cucumber	3.4	0.0	0.4	0.0	0.0	0.0	0.6	0.6	0.2	0.4	0.2	20.4
feta cheese	93.0	11.9	93.0	8.5	0.0	50.5	316.4	2.3	0.0	2.3	7.9	226.8
whole wheat tortilla	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
grilled chicken	120.0	4.0	40.0	0.0	0.0	100.0	85.0	0.0	0.0	0.0	20.0	0.0
total	721	42	304	11	0	150	1031	60	8	6	37	1052

 summer : small burrito

cilantro lime rice	95.6	0.0	0.0	0.0	0.0	0.0	315.0	20.9	0.0	0.0	1.8	1.1
black beans	42.8	0.0	0.1	0.0	0.0	0.0	116.7	7.6	2.0	0.2	2.8	201.5
mango salsa	32.2	0.0	0.2	0.0	0.0	0.0	116.1	8.3	1.1	7.0	0.4	416.5
jack cheese	101.3	8.1	72.9	5.1	0.0	30.4	172.1	1.0	0.0	0.0	7.1	303.7
flour tortilla	210.3	4.1	36.6	1.6	0.0	0.0	46.0	29.3	2.4	0.8	4.9	0.0
grilled chicken	60.0	2.0	20.0	0.0	0.0	50.0	85.0	0.0	0.0	0.0	10.0	0.0
total	542	14	130	7	0	80	851	67	6	8	27	923

 summer : regular burrito

cilantro lime rice	159.3	0.0	0.1	0.0	0.0	0.0	315.0	34.9	0.0	0.1	3.0	1.9
black beans	85.5	0.0	0.2	0.0	0.0	0.0	116.7	15.2	4.1	0.4	5.6	403.0
mango salsa	64.5	0.0	0.3	0.0	0.0	0.0	116.1	16.6	2.2	14.0	0.8	833.1

jack cheese	151.9	12.1	109.4	7.6	0.0	45.6	172.1	1.5	0.0	0.0	10.6	455.6
flour tortilla	310.2	6.0	54.0	2.4	0.0	0.0	46.0	43.2	3.6	1.2	7.2	0.0
grilled chicken	120.0	4.0	40.0	0.0	0.0	100.0	85.0	0.0	0.0	0.0	20.0	0.0
total	891	22	204	10	0	146	851	111	10	16	47	1694



summer : burrito bowl

cilantro lime rice	191.2	0.0	0.1	0.0	0.0	0.0	315.0	41.9	0.0	0.1	3.6	2.2
black beans	85.5	0.0	0.2	0.0	0.0	0.0	116.7	15.2	4.1	0.4	5.6	403.0
mango salsa	64.5	0.0	0.3	0.0	0.0	0.0	116.1	16.6	2.2	14.0	0.8	833.1
jack cheese	151.9	12.1	109.4	7.6	0.0	45.6	172.1	1.5	0.0	0.0	10.6	455.6
flour tortilla	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
grilled chicken	120.0	4.0	40.0	0.0	0.0	100.0	85.0	0.0	0.0	0.0	20.0	0.0
total	613	16	150	8	0	146	805	75	6	14	41	1694



teriyaki : small burrito

bok choy	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
brown rice	122.7	2.8	25.4	0.2	0.0	0.0	315.0	21.0	1.2	0.0	2.4	0.0
caramelized onions	20.0	1.1	9.9	0.1	0.0	0.0	1.1	2.4	0.3	1.4	0.2	0.4
shredded carrots	7.4	0.0	0.3	0.0	0.0	0.0	16.4	1.8	0.6	0.7	0.2	3621.6
rice noodles	98.7	3.0	27.3	0.4	0.0	0.0	384.7	15.2	0.8	0.8	1.5	0.0
scallions	2.8	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.6	0.0	56.7
teriyaki sauce	35.4	0.0	0.0	0.0	0.0	0.0	732.4	7.9	0.0	7.1	0.8	0.0
asian vinaigrette	70.9	5.2	46.4	1.0	0.0	0.0	223.4	6.4	0.0	5.2	0.0	0.0
whole wheat tortilla	196.5	4.7	2.4	2.8	0.0	0.0	62.5	33.8	4.1	0.0	6.1	0.0
grilled chicken	60.0	2.0	20.0	0.0	0.0	50.0	85.0	0.0	0.0	0.0	10.0	0.0
total	614	19	132	4	0	50	1820	89	7	16	21	3679



teriyaki : regular burrito

bok choy	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
brown rice	204.5	4.7	42.4	0.3	0.0	0.0	315.0	35.0	2.0	0.0	4.0	0.0
caramelized onions	40.0	2.2	19.7	0.2	0.0	0.0	1.1	4.8	0.7	2.8	0.4	0.8
shredded carrots	14.9	0.1	0.7	0.0	0.0	0.0	16.4	3.5	1.3	1.5	0.3	7243.2
rice noodles	98.7	3.0	27.3	0.4	0.0	0.0	384.7	15.2	0.8	0.8	1.5	0.0
scallions	2.8	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.6	0.0	56.7
teriyaki sauce	53.2	0.0	0.0	0.0	0.0	0.0	732.4	11.8	0.0	10.6	1.2	0.0
asian vinaigrette	94.5	6.9	61.9	1.3	0.0	0.0	223.4	8.6	0.0	6.9	0.0	0.0
whole wheat tortilla	290.0	7.0	3.5	4.2	0.0	0.0	62.5	49.9	6.0	0.0	9.0	0.0
grilled chicken	120.0	4.0	40.0	0.0	0.0	100.0	85.0	0.0	0.0	0.0	20.0	0.0
total	919	28	195	6	0	100	1820	129	11	23	36	7301



teriyaki : burrito bowl

bok choy	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
brown rice	245.4	5.6	50.8	0.3	0.0	0.0	315.0	42.0	2.4	0.0	4.8	0.0
caramelized onions	26.6	1.5	13.2	0.1	0.0	0.0	1.1	3.2	0.4	1.8	0.3	0.5
shredded carrots	14.9	0.1	0.7	0.0	0.0	0.0	16.4	3.5	1.3	1.5	0.3	7243.2
rice noodles	98.7	3.0	27.3	0.4	0.0	0.0	384.7	15.2	0.8	0.8	1.5	0.0
scallions	2.8	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.6	0.0	56.7
teriyaki sauce	53.2	0.0	0.0	0.0	0.0	0.0	732.4	11.8	0.0	10.6	1.2	0.0
asian vinaigrette	94.5	6.9	61.9	1.3	0.0	0.0	223.4	8.6	0.0	6.9	0.0	0.0
whole wheat tortilla	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
grilled chicken	120.0	4.0	40.0	0.0	0.0	100.0	85.0	0.0	0.0	0.0	20.0	0.0
total	656	21	194	2	0	100	1758	85	5	22	28	7300



tikka : small burrito

cilantro lime rice	95.6	0.0	0.0	0.0	0.0	0.0	315.0	20.9	0.0	0.0	1.8	1.1
cucumber	2.6	0.0	0.3	0.0	0.0	0.0	0.6	0.5	0.2	0.3	0.1	15.3
curried chick peas	56.7	2.2	19.4	0.6	0.0	1.9	55.9	7.4	3.0	0.3	2.0	70.3
tikka masala sauce	45.1	4.3	38.7	1.5	0.0	5.0	178.8	1.2	0.2	0.4	0.4	189.0
yogurt raita sauce	15.6	0.6	5.7	0.4	0.0	2.3	13.6	1.7	0.2	1.4	0.9	67.8
flour tortilla	210.3	4.1	36.6	1.6	0.0	0.0	46.0	29.3	2.4	0.8	4.9	0.0
grilled chicken	60.0	2.0	20.0	0.0	0.0	50.0	85.0	0.0	0.0	0.0	10.0	0.0
total	486	13	121	4	0	59	695	61	6	3	20	343



tikka : regular burrito

cilantro lime rice	159.3	0.0	0.1	0.0	0.0	0.0	315.0	34.9	0.0	0.1	3.0	1.9
cucumber	3.4	0.0	0.4	0.0	0.0	0.0	0.6	0.6	0.2	0.4	0.2	20.4
curried chick peas	113.5	4.3	38.8	1.2	0.0	3.8	55.9	14.8	6.0	0.7	3.9	140.6
tikka masala sauce	67.6	6.5	58.1	2.2	0.0	7.5	178.8	1.8	0.3	0.7	0.7	283.5
yogurt raita sauce	23.4	1.0	8.6	0.6	0.0	3.5	13.6	2.5	0.2	2.0	1.4	101.7
flour tortilla	310.2	6.0	54.0	2.4	0.0	0.0	46.0	43.2	3.6	1.2	7.2	0.0
grilled chicken	120.0	4.0	40.0	0.0	0.0	100.0	85.0	0.0	0.0	0.0	20.0	0.0
total	797	22	200	6	0	115	695	98	10	5	36	548



tikka : burrito bowl

cilantro lime rice	191.2	0.0	0.1	0.0	0.0	0.0	0.0	315.0	41.9	0.0	0.1	3.6	2.2
cucumber	3.4	0.0	0.4	0.0	0.0	0.0	0.0	0.6	0.6	0.2	0.4	0.2	20.4
curried chick peas	113.5	4.3	38.8	1.2	0.0	3.8	55.9	14.8	6.0	0.7	3.9	140.6	
tikka masala sauce	67.6	6.5	58.1	2.2	0.0	7.5	178.8	1.8	0.3	0.7	0.7	283.5	
yogurt raita sauce	23.4	1.0	8.6	0.6	0.0	3.5	13.6	2.5	0.2	2.0	1.4	101.7	
flour tortilla	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
grilled chicken	120.0	4.0	40.0	0.0	0.0	100.0	85.0	0.0	0.0	0.0	20.0	0.0	
total	519	16	146	4	0	115	649	62	7	4	30	548	

kale & romaine caesar salad : salad

kale	49.0	0.9	8.4	0.1	0.0	0.0	10.9	8.8	0.0	0.0	4.3	9999.0
romaine lettuce	38.6	0.7	6.2	0.1	0.0	0.0	2.3	7.4	4.8	2.7	2.8	19753.9
herbed croutons	91.1	3.0	27.3	0.0	0.0	0.0	405.0	0.0	0.0	0.0	3.0	0.0
caesar dressing	439.9	46.9	422.3	8.8	0.0	29.3	381.3	2.9	0.0	2.9	2.9	0.0
feta cheese	93.0	11.9	93.0	8.5	0.0	50.5	316.4	2.3	0.0	2.3	7.9	226.8
grilled chicken	120.0	4.0	40.0	0.0	0.0	100.0	85.0	0.0	0.0	0.0	20.0	0.0
total	832	68	597	17	0	180	1201	21	5	8	41	29980

kale & romaine caesar salad : wrap

kale	49.0	0.9	8.4	0.1	0.0	0.0	10.9	8.8	0.0	0.0	4.3	9999.0
romaine lettuce	19.3	0.4	3.1	0.0	0.0	0.0	2.3	3.7	2.4	1.4	1.4	9877.0
herbed croutons	91.1	3.0	27.3	0.0	0.0	0.0	405.0	0.0	0.0	0.0	3.0	0.0
caesar dressing	146.6	15.6	140.8	2.9	0.0	9.8	381.3	1.0	0.0	1.0	1.0	0.0
feta cheese	93.0	11.9	93.0	8.5	0.0	50.5	316.4	2.3	0.0	2.3	7.9	226.8
grilled chicken	120.0	4.0	40.0	0.0	0.0	100.0	85.0	0.0	0.0	0.0	20.0	0.0
total	519	36	313	12	0	160	1201	16	2	5	38	20103

currito house salad : salad

black beans	42.8	0.0	0.1	0.0	0.0	0.0	116.7	7.6	2.0	0.2	2.8	201.5
pico de gallo	11.3	0.1	0.9	0.0	0.0	0.0	150.6	2.4	0.7	1.5	0.5	401.4
corn salsa	59.1	1.2	10.5	0.0	0.0	0.0	212.8	12.5	1.0	6.5	1.8	144.4
romaine lettuce	38.6	0.7	6.2	0.1	0.0	0.0	2.3	7.4	4.8	2.7	2.8	19753.9
creamy lime dressing	149.6	11.6	104.3	6.2	0.0	35.1	213.1	8.0	0.1	5.4	2.4	357.9
scallions	2.8	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.6	0.0	56.7
feta cheese	93.0	11.9	93.0	8.5	0.0	50.5	316.4	2.3	0.0	2.3	7.9	226.8
grilled chicken	120.0	4.0	40.0	0.0	0.0	100.0	85.0	0.0	0.0	0.0	20.0	0.0
total	517	29	255	15	0	186	1097	41	9	19	38	21143

currito house salad : wrap

black beans	42.8	0.0	0.1	0.0	0.0	0.0	116.7	7.6	2.0	0.2	2.8	201.5
pico de gallo	11.3	0.1	0.9	0.0	0.0	0.0	150.6	2.4	0.7	1.5	0.5	401.4
corn salsa	59.1	1.2	10.5	0.0	0.0	0.0	212.8	12.5	1.0	6.5	1.8	144.4
romaine lettuce	19.3	0.4	3.1	0.0	0.0	0.0	2.3	3.7	2.4	1.4	1.4	9877.0
creamy lime dressing	49.9	3.9	34.8	2.1	0.0	11.7	213.1	2.7	0.0	1.8	0.8	119.3
scallions	2.8	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.6	0.0	56.7
feta cheese	93.0	11.9	93.0	8.5	0.0	50.5	316.4	2.3	0.0	2.3	7.9	226.8
grilled chicken	120.0	4.0	40.0	0.0	0.0	100.0	85.0	0.0	0.0	0.0	20.0	0.0
total	398	21	182	11	0	162	1097	32	6	14	35	11027

chinese chicken salad : salad

romaine lettuce	38.6	0.7	6.2	0.1	0.0	0.0	2.3	7.4	4.8	2.7	2.8	19753.9
shredded carrots	14.9	0.1	0.7	0.0	0.0	0.0	16.4	3.5	1.3	1.5	0.3	7243.2
almonds	81.5	7.0	63.1	0.5	0.0	0.0	0.3	3.1	1.7	0.6	3.0	0.1
rice noodles	98.7	3.0	27.3	0.4	0.0	0.0	384.7	15.2	0.8	0.8	1.5	0.0
scallions	2.8	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.6	0.0	56.7
sesame seeds	18.0	1.5	13.4	0.0	0.0	0.0	60.1	0.5	0.3	0.0	0.7	0.6
asian vinaigrette	283.5	20.6	185.6	3.9	0.0	0.0	223.4	25.8	0.0	20.6	0.0	0.0
grilled chicken	120.0	4.0	40.0	0.0	0.0	100.0	85.0	0.0	0.0	0.0	20.0	0.0
total	658	37	336	5	0	100	772	56	9	27	28	27054

chinese chicken salad : wrap

romaine lettuce	19.3	0.4	3.1	0.0	0.0	0.0	2.3	3.7	2.4	1.4	1.4	9877.0
shredded carrots	14.9	0.1	0.7	0.0	0.0	0.0	16.4	3.5	1.3	1.5	0.3	7243.2
almonds	81.5	7.0	63.1	0.5	0.0	0.0	0.3	3.1	1.7	0.6	3.0	0.1
rice noodles	98.7	3.0	27.3	0.4	0.0	0.0	384.7	15.2	0.8	0.8	1.5	0.0
scallions	2.8	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.6	0.0	56.7
sesame seeds	18.0	1.5	13.4	0.0	0.0	0.0	60.1	0.5	0.3	0.0	0.7	0.6
asian vinaigrette	94.5	6.9	61.9	1.3	0.0	0.0	223.4	8.6	0.0	6.9	0.0	0.0
grilled chicken	120.0	4.0	40.0	0.0	0.0	100.0	85.0	0.0	0.0	0.0	20.0	0.0
total	450	23	209	2	0	100	772	35	6	12	27	17178

	calories	total fat	calories from fat	protein	carbohydrates	fiber	sugar	saturated fat	cholesterol	vitamin a	vitamin e	folate	calcium	iron
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smoothies : berry blitz

small	191.0	0.6	5.1	0.7	47.5	3.5	42.0	0.1	0.0	4.0	0.7	12.1	7.1	0.5
large	249.0	1.1	10.2	1.4	87.0	6.8	76.3	0.2	0.0	7.9	1.4	24.1	41.2	0.5

smoothies : cape codder

small	237.0	0.4	3.5	2.1	57.4	2.6	53.2	0.4	0.0	0.0	2.2	8.0	73.6	0.6
large	426.0	0.7	6.5	3.9	102.9	5.0	94.9	0.1	0.0	4.3	0.8	16.0	137.0	1.1

smoothies : the jimmy carter

small	464.0	10.6	95.7	18.0	76.1	2.2	69.5	2.3	3.4	1.7	2.2	31.3	444.6	0.6
large	765.0	21.1	189.6	28.8	119.7	4.4	107.6	4.5	4.5	3.4	4.3	56.9	637.0	1.1

smoothies : mango passion

small	251.0	0.5	4.1	2.7	60.1	2.2	52.2	5.1	0.0	171.7	1.0	11.9	94.0	0.6
large	401.0	0.7	6.2	4.7	95.3	3.3	0.7	0.1	0.0	257.5	1.4	17.9	162.8	0.9

: soy

small	182.0	4.6	41.5	7.0	32.2	5.5	24.4	0.6	0.0	6.5	0.3	25.0	23.8	2.0
large	326.0	7.1	63.6	10.9	62.4	9.5	48.6	0.9	0.0	11.3	0.7	47.6	43.1	3.4

smoothies : strawbana

small	241.0	1.4	12.3	1.7	58.5	3.5	49.1	0.7	2.7	4.8	0.5	30.4	40.3	0.9
large	369.0	2.2	19.8	2.4	89.0	5.0	75.0	1.0	4.9	8.1	0.8	51.1	72.0	1.4

smoothies : nutella milkshake

small	431.0	0.3	2.8	15.9	89.3	0.0	86.0	0.2	3.4	0.0	0.1	8.5	547.1	0.1
large	595.0	0.5	4.6	23.2	121.9	0.0	117.4	0.3	5.7	0.0	0.1	14.2	799.2	0.1

smoothies : triathlete

small	167.0	0.3	2.5	0.7	40.9	2.5	34.5	0.1	0.0	3.1	0.3	20.1	13.9	0.7
large	282.0	0.6	5.1	1.5	69.5	5.0	58.2	0.2	0.0	6.2	0.6	40.3	27.8	1.3

breakfast : huevos rancheros

wrap	505.0	20.1	181.0	25.5	57.0	6.6	5.5	7.7	248.6	23.6	0.5	94.8	342.9	6.0
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breakfast : egg & cheese

wrap	433.0	19.4	175.0	21.0	46.0	2.0	5.5	7.7	248.6	23.6	0.5	94.4	316.7	4.2
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breakfast : bacon & egg

wrap	473.0	22.9	206.0	23.1	46.0	2.0	5.6	8.9	254.6	23.6	0.5	94.8	317.6	4.4
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snacks & sweets : chocolate chunk cookie

	320.0	15.0	140.0	3.0	44.0	2.0	25.0	8.0	20.0	2.0	0.0	0.0	0.0	10.0
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sides : guacamole

	110.0	9.0	80.0	1.0	7.0	4.0	1.0	1.5	0.0	4.0	0.0	0.0	2.0	2.0
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sides : corn tortilla chips

| 570.0 | 28.0 | 260.0 | 8.0 | 69.0 | 4.0 | 0.0 | 8.0 | 0.0 | 0.0 | 0.0 | 0.0 | 8.0 | 0.0 |