



MUNCHIES	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Papas Fritas	660	400	45	8	0	10	1709	66.8	6.5	1.1	11.9
Rabano Fries	620	310	35	5.4	0	6	1594	72.8	6.5	1.9	7.9
Tabouleh Lettuce Wraps	490	70	8	0.7	0	0	650	86.1	20.5	11.3	24
Roasted Veg Soup (12 oz)	105	40	4.5	0.5	0	0	1384	14.8	2.8	4.5	2.2
Edamame Wontons	550	240	27	1.7	0	14	1008	50.9	6.2	16	17
Gogi Tacos (1 Chicken)	220	100	11.5	4	0	41	438	18.7	2.1	1.8	10.3
For steak (1 Taco)	250	110	13	4.8	0	52	438	18.7	2.1	1.8	12
Fish Taco (1 Mahi Mahi taco)	150	55	6	2.5	0	31	134	14	1.5	1	6.5
Fish Taco (1 Salmon Taco)	190	100	11	3.5	0	39	110	14	1.5	1	11
Shrimp Taco (1)	140	55	6	2.5	0	45	405	14.5	1.5	1	5.5
Tacos Sin Carne (1)	120	30	4	0.5	0	0	235	18.5	3	1.5	2.5

SALADS	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Simple Salad no bread	20	0	0	0	0	0	34	4	2	0.5	1.5
Simple Salad (w Dressing) no bread	240	210	23.5	2.5	0	0	134	6.5	2	1.5	1.5
Chinese Salad no bread	395	195	21.5	2	0	53	1470	23	7.5	3.4	30
Chinese Salad (w Dressing) no bread	725	420	47	4.8	0	53	2308	47.5	7.5	27.5	30
Vegetable Harvest Salad	190	85	10	1.5	0	0	770	21.5	7	4	6.5
Vegetable Harvest Salad (w Dressing)	700	575	65	6.5	0	0	1004	27.5	7.5	6	7
Kale Salad (no dressing)	330	165	18.5	8.5	0	32	588	32.5	7.5	18	14.5
Kale Salad (w dressing)	740	500	56.5	12.5	0	32	698	50.5	8	35	15

WICHES	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Uber Cod	770	175	31	9	0	89	2484	78.5	5	3.5	43
Tofubello	570	128	16	2	0	0	1958	85.5	8	2	24
Pork Belly Bahn Mi	960	430	47	12	0	113	2869	94.5	6	11	40
Mucho Mijo	805	335	37	11	0	66	2986	84.5	7.5	1.5	35
Wow Me Burger	1050	655	73	30.5	0	288	1793	49	3	15.5	48.5
Showtime Burger	835	490	54	23	0	265	1280	35.5	2	7	48
Green Earth Burger	580	220	25	9.5	0	115	1205	78.5	11.5	20.5	14.5
Turkey Burger	825	430	47.5	18.5	0	285	1195	47	2.5	16	50.5

BOWLS	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Roast Veg (raw greens)	200	90	10.5	1.3	0	0	1321	24	6.5	5.5	5.5
Roast Veg (white rice)	415	115	13.5	1.5	0	0	1654	65.5	5.5	5.5	8.5
Roast Veg (grains)	420	125	13.5	2	0	0	1585	65.5	8.5	5.5	9
Bamba (raw greens)	405	145	17	2.5	0	0	1943	57.5	14	7	14.5
Bamba (white rice)	615	175	20	3	0	0	2349	99	13.5	7	17
Bamba (grains)	625	180	20.5	3	0	0	2180	99	16	7	17.5
Lechon Cubano (raw greens)	380	135	15	1.5	0	0	2200	57	10	15.5	11
Lechon Cubano (white rice)	595	160	18	2	0	0	2606	96.5	9	15.5	13.5
Lechon Cubano (ancient grains)	600	170	18.5	2.5	0	0	2537	99	11.5	15.5	14
Peruvian Saltado (w raw greens)	360	185	20.5	5	0	0	430	40	5.5	3	5.5
Peruvian Saltado (w white rice)	570	210	23.5	5	0	0	835	80.5	5	3	8
Peruvian Saltado (w ancient grains)	580	220	24	5.5	0	0	765	81	7.5	3.5	8.5
Thai Chicken (raw greens)	545	370	41.5	22.5	0	0	2592	43.5	4.5	26.5	5.5
Thai Chicken (White rice)	755	400	44.5	22.5	0	0	2999	85	3.5	26.5	9
Thai Chicken (ancient grains)	765	405	45.5	23	0	0	2930	85	6.5	26.5	9.5
El Koreano (raw greens)	120	7	0.5	0	0	0	921	25.5	4.5	16	4
El Koreano (white rice)	330	35	4	0.5	0	0	1327	66.83	3.5	16.5	6.5
El Koreano (ancient grains)	340	40	4.5	0.5	0	0	1258	67.11	6.2	16.5	7
Pork Belly (raw greens)	460	215	24.5	9	0	95	965.8	29.14	4.72	11.2	31.5
Pork Belly (white rice)	675	245	27.5	9	0	95	1372.82	70.63	3.87	11.5	34.5
Pork Belly (ancient grains)	680	250	28.5	9.5	0	95	1303.94	71	6.5	11.5	35
Kabobs Mediterraneo (raw greens)	310	120	13.5	2.5	0	110	170	7.5	2	1	1
Kabobs Mediterraneo (white rice)	520	150	16.5	2.5	0	110	575	49	1.5	1	1
Kabobs Mediterraneo (ancient grains)	525	155	17.5	3	0	110	510	49	4	1.5	1
Ahi Poke (raw greens)	450	145	16	2.4	0	83	2064	17	4.5	4.5	57.5
Ahi Poke (white rice)	660	175	19	3	0	83	2471	58.5	3.5	4.5	60.5
Ahi Poke (ancient grains)	670	180	19.5	3	0	83	2402	58.5	6.3	4.5	61
Salmon Bowl (raw greens)	485	260	29	6	0	112	1261	17	4.5	2.5	42.5
Salmon Bowl (white rice)	695	290	32	6	0	112	1667	58.5	3.5	2.5	45.5
Salmon Bowl (ancient grains)	700	295	32.5	6.5	0	112	1598	58.5	6.5	2.5	46
Ceviche (raw greens)	320	65	7	1.3	0	123	574	8	1.5	3	52.5
Ceviche (white rice)	530	90	10	1.5	0	123	981	49.5	1.5	3.5	55.5
Ceviche (ancient grains)	540	100	11	2	0	123	912	49.5	3.5	3.5	56

KID'S MENU	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Taco Sunday	315	100	11	2	0	24	570	39.5	4	0.5	11.5
Kid's Bamba	415	95	10.5	2.5	0	45	941	56.5	4.5	3	24.5
Teriyaki Bowl	355	60	6.5	1.5	0	45	1372	51.5	2	12	22

SAUCES	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Huacaina Sauce (1 Tbsp)	35	30	3	1	0	4	89	5.5	0	0.5	1
Aji Verde (1 Tbsp)	45	40	4.6	0.9	0	2	37	0.5	0.1	0.1	0.1
Tabouleh Dressing (1.5oz)	100	85	9.4	1	0	0	218	2.2	0.26	0.5	0.8
Chinese Salad Dressing (3.5 oz)	330	225	25.5	2.8	0	0	838	24.5	0.1	24	0.1
Cashew Chimote (1 Tbsp)	20	10	1.6	0.3	0	0	83	1.3	0.2	0.3	0.7
Rustic Roasted Vegetable Crema (2 Tbsp)	80	75	8.2	3.2	0	17	64	1.4	0.1	0.3	0.6
White Balsamic Vinaigrette (1.5 oz)	220	210	23.5	2.5	0	0	100	2.5	0	1	0
White Balsamic Vinaigrette (3.5 oz)	510	490	55	5.5	0	0	234	6	0.37	2	0.5
Chimichurri Sauce (1 Tbsp)	75	74	8.5	1	0	0	134	0.3	0.1	0	0.1
Basil-Cilantro Pesto (1 Tbsp)	45	40	4.6	0.7	0	1	49	0.3	0.1	0	0.6
Pomegranate Dressing (3.5 fl oz)	410	335	38	4	0	0	110	18	0.3	17	0.3
Gochujang (1 Tbsp)	45	5	0.5	0	0	0	350	10	1	5	1
Ceviche Sauce (1 Tbsp)	60	55	6	1	0	3	116	1	0	0	0
Sweet Red Chili (1 Tbsp)	20	0	0	0	0	0	2	5	0.5	4.5	0
Curry Sauce (1 cup)	470	370	41.5	22.5	0	0	1574	27	0.5	20	3.5
Umami Sauce (1 Tbsp)	20	0	0	0	0	0	112	4.5	0	5	0
Dijon Mustard Aioli (1 Tbsp)	80	90	8.5	1.5	0	0	130	0	0	0	0
Honey BBQ (1 Tbsp)	40	0	0	0	0	0	49	9.5	0.5	7.5	0

OTHER	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Raw Greens	15.2	0	0	0	0	0	22.8	3.04	1.52	0	1.52
White Rice (1 cup)	226.5	27.57	3.11	0.38	0	0	429.32	44.53	0.67	0.09	4.31
Ancient Grains (1 cup)	235.38	34.66	3.88	0.53	0	0	360.44	44.81	3.4	0.15	4.81
Black Beans (7.5 fl oz)	170.83	48.04	5.31	0.48	0.02	0	796.95	24.14	5.56	2.32	7.72
Wonton Filling (3 oz)	150	80	9.1	0.7	0	3.7	396	2.9	3.2	0	11
Roasted Vegetables (1 oz)	12	0	0	0	0	0	12	2.5	0.6	0.7	0.4
Bread (1 slice)	75	10	1	0.2	0	0	166	14.2	0.8	0.2	2.5
Latino Seasoning (1 Tbsp)	15	2	0.2	0	0	0	1957	3.6	0.9	0.2	0.7

PROTEINS (FOR BOWLS)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Roasted Chicken breast (4 oz)	150	55	6	1.5	0	64	300	0	0	0	22.5
Pulled Pork (4 oz)	190	95	10.5	3.5	0	52	484	4.5	1	1	18.5
Steak (4 oz)	220	85	9.5	4	0	90	63	0	0	0	31.5
Salmon (6 oz)	350	189	21	4.1	0	107	104	0	0	0	38
Tofu (4 oz)	95	45	4.5	0	0	0	20	2.5	0.5	0	9.5