

# Nutrition Information

## Sauces

	Calories	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Sugar (g)	Fiber (g)
Mighty Sauce	155	6	10	11	1	426	1	3
Kiggins Sauce	139	1	6	13	1	425	4	1
Peanut Sauce	146	1	13	11	3	478	10	0
Cilantro Lime Sauce	173	2	8	15	1	311	4	1

## Bowls & Salads

	Calories	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Sugar (g)	Fiber (g)
<b>Mighty Bowl</b>	<b>758</b>	<b>27</b>	<b>84</b>	<b>36</b>	<b>11</b>	<b>1018</b>	<b>3</b>	<b>18</b>
Brown Rice	218	5	46	2	0	2	0	4
Black Bean	114	8	20	0	0	210	0	7
Mighty Sauce	155	6	10	11	1	426	1	3
Cheddar Cheese	123	8	0	10	6	189	0	0
Sour Cream	46	0	1	5	3	19	1	0
Salsa	10	0	2	0	0	70	1	0
Avocado	80	1	4	7	1	4	0	3
Olives	11	0	1	1	0	98	0	1
Cilantro	1	0	0	0	0	0	0	0
<b>Esther Short Bowl</b>	<b>554</b>	<b>22</b>	<b>68</b>	<b>21</b>	<b>3</b>	<b>506</b>	<b>5</b>	<b>10</b>
Brown Rice	218	5	46	2	0	2	0	4
Mighty Sauce	77	3	5	6	0	213	0	2
Roasted Broccoli	51	4	7	1	0	38	2	3
Sauteed Mushrooms	70	2	3	5	1	220	1	0
Chipotle Soy Curis	70	7	3	3	0	30	1	2
Green Onion	2	0	0	0	0	1	0	0
Toasted Cashews	65	2	4	5	1	2	1	0
Cilantro	1	0	0	0	0	0	0	0
<b>Evergreen Bowl</b>	<b>840</b>	<b>44</b>	<b>31</b>	<b>63</b>	<b>10</b>	<b>882</b>	<b>3</b>	<b>17</b>
Spinach	14	2	2	0	0	48	0	2
Mighty Sauce	155	6	10	11	1	426	1	3
Red Cabbage	7	0	2	0	0	6	1	0
Avocado	160	2	8	14	2	8	0	6
Chicken Thigh	250	25	1	16	5	260	0	0
Cashew Pesto	73	2	3	7	1	135	1	2
Toasted Almonds	180	7	5	15	1	0	1	4
Cilantro	1	0	0	0	0	0	0	0

## Smoothie Bowls

	Calories	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Sugar (g)	Fiber (g)
<b>Acai Bowl</b>	<b>566</b>	<b>8</b>	<b>79</b>	<b>27</b>	<b>6</b>	<b>98</b>	<b>42</b>	<b>19</b>
Acai Puree	217	3	15	18	3	14	3	11
Frozen Blueberries	25	0	6	0	0	0	4	1
Frozen Strawberries	14	0	3	0	0	0	2	1
Frozen Banana	40	0	10	0	0	0	6	1
Oat Milk	98	3	19	2	0	79	13	2
Strawberries	7	0	2	0	0	0	1	1
Blueberries	20	0	5	0	0	0	3	1
Bananas	19	0	5	0	0	0	3	0
Shredded Coconut	8	0	1	1	1	5	1	0
Granola	115	2	14	6	3	0	6	2
Seedy Mixup	3	0	0	0	0	0	0	0

## Smoothies

	Calories	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Sugar (g)	Fiber (g)
<b>Arnada Smoothie</b>	<b>190</b>	<b>5</b>	<b>43</b>	<b>1</b>	<b>0</b>	<b>70</b>	<b>34</b>	<b>2</b>
Orange Juice	59	1	14	0	0	3	11	0
Oat Milk	81	3	16	1	0	66	11	1
Frozen Mango	50	1	13	0	0	1	12	1
Frozen Pineapple	0	0	0	0	0	0	0	0

<b>Carter Park Smoothie</b>	<b>134</b>	<b>1</b>	<b>33</b>	<b>0</b>	<b>0</b>	<b>4</b>	<b>25</b>	<b>2</b>
Orange Juice	74	1	18	0	0	4	14	0
Frozen Strawberries	0	0	0	0	0	0	0	0
Frozen Banana	40	0	10	0	0	0	6	1
Date	20	0	5	0	0	0	5	1

<b>Uptown Brown</b>	<b>343</b>	<b>7</b>	<b>51</b>	<b>15</b>	<b>3</b>	<b>734</b>	<b>35</b>	<b>6</b>
Oat Milk	130	4	25	2	0	105	17	2
Frozen Banana	40	0	10	0	0	0	6	1
Cacao Powder	0	0	0	0	0	0	0	0
Cashew Butter	97	2	5	9	2	47	2	1
Hemp Hearts	17	1	0	2	0	0	0	0
Cacao Nibs	19	0	1	2	1	1	0	0
Salt	0	0	0	0	0	581	0	0
Date	40	0	10	0	0	0	10	2

<b>The Debbie Smoothie</b>	<b>338</b>	<b>6</b>	<b>58</b>	<b>11</b>	<b>2</b>	<b>733</b>	<b>41</b>	<b>7</b>
Oat Milk	130	4	25	2	0	105	17	2
Frozen Banana	40	0	10	0	0	0	6	1
Frozen Blueberries	31	0	8	0	0	0	6	1
Cashew Butter	97	2	5	9	2	47	2	1
Salt	0	0	0	0	0	581	0	0
Date	40	0	10	0	0	0	10	2

<b>The Marilyn Smoothie</b>	<b>434</b>	<b>6</b>	<b>64</b>	<b>19</b>	<b>3</b>	<b>76</b>	<b>41</b>	<b>15</b>
Orange Juice	59	1	14	0	0	3	11	0
Oat Milk	73	2	14	1	0	59	10	1
Dragon Fruit Puree	217	3	15	18	3	14	3	11
Frozen Banana	40	0	10	0	0	0	6	1
Frozen Pineapple	0	0	0	0	0	0	0	0
Frozen Mango	25	0	6	0	0	0	6	1
Shredded Coconut	0	0	0	0	0	0	0	0
Date	20	0	5	0	0	0	5	1

<b>The Sharon Smoothie</b>	<b>334</b>	<b>8</b>	<b>50</b>	<b>14</b>	<b>4</b>	<b>751</b>	<b>31</b>	<b>7</b>
Oat Milk	130	4	25	2	0	105	17	2
Cashew Butter	97	2	5	9	2	47	2	1
Kale/Spinach Mix	23	2	5	0	0	18	1	2
Frozen Banana	40	0	10	0	0	0	6	1
Coconut Oil	24	0	0	3	2	0	0	0
Salt	0	0	0	0	0	581	0	0
Date	20	0	5	0	0	0	5	1

<b>The Terry Smoothie</b>	<b>236</b>	<b>5</b>	<b>49</b>	<b>2</b>	<b>0</b>	<b>704</b>	<b>35</b>	<b>5</b>
Oat Milk	146	5	28	2	0	118	19	2
Frozen Banana	40	0	10	0	0	0	6	1
Maca Powder	5	0	1	0	0	1	0	0
Vanilla Protien Powder	4	0	0	0	0	4	0	0
Cinnamon	1	0	0	0	0	0	0	0
Salt	0	0	0	0	0	581	0	0
Date	40	0	10	0	0	0	10	2

<b>The Pat Smoothie</b>	<b>426</b>	<b>6</b>	<b>63</b>	<b>19</b>	<b>3</b>	<b>70</b>	<b>40</b>	<b>15</b>
Orange Juice	59	1	14	0	0	3	11	0
Oat Milk	65	2	13	1	0	53	9	1
Dragon Fruit Puree	217	3	15	18	3	14	3	11
Frozen Pineapple	0	0	0	0	0	0	0	0
Frozen Mango	25	0	6	0	0	0	6	1
Frozen Banana	40	0	10	0	0	0	6	1
Shredded Coconut	0	0	0	0	0	0	0	0
Date	20	0	5	0	0	0	5	1

## Toast

	Calories	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Sugar (g)	Fiber (g)
<b>Basic Toast</b>	<b>556</b>	<b>13</b>	<b>59</b>	<b>31</b>	<b>5</b>	<b>1047</b>	<b>5</b>	<b>16</b>
Multigrain Bread	231	9	42	3	1	441	5	4
Avocado	320	4	16	28	4	16	0	12
Green Onion	1	0	0	0	0	1	0	0
Salt	0	0	0	0	0	581	0	0
Lime	3	0	1	0	0	0	0	0
Ground Chipotle Powder	1	0	0	0	0	8	0	0
Black Pepper	0	0	0	0	0	0	0	0

## Juices

	Calories	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Sugar (g)	Fiber (g)
<b>Be Illin' Juice</b>	<b>233</b>	<b>5</b>	<b>65</b>	<b>2</b>	<b>0</b>	<b>92</b>	<b>40</b>	<b>13</b>
Gala Apple								
Cucumber								
Ginger								
Lemon								
Celery								
Kale/Spinach Mix								
<b>Ginger &amp; Juice</b>	<b>350</b>	<b>6</b>	<b>21</b>	<b>2</b>	<b>0</b>	<b>267</b>	<b>66</b>	<b>21</b>
Carrot								
Gala Apple								
Ginger								
Lemon								
Valencia Orange								
Pineapple								
<b>Green Queen Juice</b>	<b>245</b>	<b>3</b>	<b>70</b>	<b>1</b>	<b>0</b>	<b>11</b>	<b>51</b>	<b>10</b>
Gala Apple								
Cucumber								
Lime								
Mint								
Pineapple								
<b>Celery Juice</b>	<b>54</b>	<b>3</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>272</b>	<b>6</b>	<b>0</b>
Celery	54	3	11	0	0	272	6	0

## Shots

	Calories	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Sugar (g)	Fiber (g)
<b>E3 Live Shot</b>	<b>16</b>	<b>0</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>3</b>	<b>0</b>
E3 Live	10	0	2	0	0	0	2	0
Pineapple Slice	6	0	2	0	0	0	1	0
<b>Sure Shot</b>	<b>56</b>	<b>1</b>	<b>12</b>	<b>0</b>	<b>0</b>	<b>10</b>	<b>2</b>	<b>1</b>
Apple Cider Vinegar	6	0	0	0	0	2	0	0
Ginger	40	1	9	0	0	8	1	1</