



Our goal is to create nutrient-dense food and redefine what healthy eating looks like. To us, healthy food is not just about calories, it's about eating foods that fuel your body. It's about eating more plants, fewer processed foods, and omitting chemicals and artificial ingredients. It's about choosing ingredients because they are nutritious, and it's about celebrating their natural form.

Nutrition & Allergen Information

d = contains milk/dairy **s** = contains soy **g** = wheat/gluten **sul** = contains sulfites **e** = egg
nit = nitrates/nitrites **n** = contains nuts **gar** = contains garlic **ses** = contains sesame
***veg** = vegetarian ***v** = vegan

Menu Item	Size	Total Calories	Protein (g)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates	Dietary Fiber (g)	Sugar (g)	Allergens
Sunrise Bowl		406	22	190	21	4	0	514	515	33	2	1	D, E
Two Fried Eggs Bowl		560	25	253	29	3	0	422	1452	48	7	5	Sul, E, Nit, Gar
Avocado Egg & Cheese	half	352	15	84	17	5	0	226	810	34	1	1	G, D, E
Avocado Egg & Cheese	whole	703	30	169	35	10	0	452	1620	68	2	3	G, D, E
Bacon Egg & Cheese	half	532	25	269	33	5	0	221	1235	30	1	1	G, D, E, Nit, Gar,
Bacon Egg & Cheese	whole	1063	50	539	66	10	0	442	2470	61	2	1	G, D, E, Nit, Gar
Grilled Cheese	half	395	17	160	21	12	0	60	775	29	1	0	G,D
Grilled Cheese	whole	790	34	320	43	24	0	120	1550	59	2	0	G,D
Turkey & Cheese	half	320	21	80	11	6	0	47	890	29	1	0	G,D
Turkey & Cheese	whole	640	43	160	23	12	0	95	1780	59	2	0	G,D
Chermoula Roasted Veggie		623	21	275	31	3	0	185	1950	73	1	19	G,D, Gar
Farmstead Cobb		696	44	321	47	10	0	304	1241	22	3	3	G,D, E, Nit
Matcha Chicken Avocado		757	37	357	46	4	0	248	1074	48	5	4	G,D, Gar
Sonoran Grass-Fed Steak		800	31	265	39	4	0	45	1341	96	4	5	Sul, Gar
Spicy Braised Tofu		550	20	200	28	2	0	0	1035	51	7	5	S, Sul, Gar
Broccoli Melt	half	357	9	138	17	1	0	92	884	38	3	2	G,D, Sul, Gar
Broccoli Melt	whole	715	18	277	35	3	0	185	1767	77	7	5	G,D, Sul, Gar
Chicken Cherry Pecan	half	490	16	211	25	1	0	28	1008	46	6	8	N, Gar
Chicken Cherry Pecan	whole	979	33	422	51	3	0	56	2016	93	12	16	N, Gar
Chicken Pesto	half	413	16	179	22	2	0	31	911	34	1	0	N, Gar
Chicken Pesto	whole	827	32	358	44	4	0	63	1822	69	2	1	N, Gar
Grass Fed Steak & Blue	half	440	21	176	21	5		60	1040	36	1	1	G,D, Sul, Gar
Grass Fed Steak & Blue	whole	880	42	352	43	11	0	120	2080	73	3	2	G,D, Sul, Gar
Smoked Pastrami	half	463	24	193	23	6	0	45	1668	34	1	0	G,D, Sul, Gar
Smoked Pastrami	whole	925	49	386	46	12	0	90	3337	68	3	1	G,D, Sul, Gar
Turkey, Bacon & Avocado	half	463	24	170	25	4	0	32	1210	33	1	0	G,D, Nit, Gar
Turkey, Bacon & Avocado	whole	927	49	340	50	8	0	65	2420	67	2	1	D, Nit, Gar
Za'atar Smashed Chickpea	half	489	11	178	25	1	0	0	818	57	6	6	Sul, Ses, Gar
Za'atar Smashed Chickpea	whole	978	22	357	50	3	0	0	1636	115	13	12	Sul, Ses, Gar
Clean Greens		114	2	36	8	1	0	0	73	10	1	2	n/a
Tomato Bisque Bowl	Bowl	165	4	75	9	6	0	22	600	18	1	12	G,D
Tomato Bisque Cup	Cup	110	3	50	6	4	0	15	400	12	1	8	G,D
Veggie Chili Bowl	Bowl	180	7	30	3	0	0	0	840	12	9	4	n/a
Veggie Chili Cup	Cup	120	5	20	2	0	0	0	560	8	6	3	n/a