

Nutritional Overview

Signature Bowls	Calories	Calories from Fat	Total Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Falafel	479	296.5	33	2	1.4	0	471	41.8	5.8	4.51	10.7
Halloumi	334	168	20.5	7	0	46	1623	17.1	4	3	19
Dibs	699	82.5	8.8	9.6	1.4	15	539.5	54.5	11.3	5.71	64.2
Spicy Taco	444	60	19.5	12.6	0	207	715	52.7	3	3.2	69.8
Shroomami	637	80	12.1	7.6	0	192	555	47.1	3	3.2	62.4
Chicken Pesto Bowl	689	73.5	17	9.9	0	2	924.9	54.7	5.5	4.2	64.1
Cobb Bowl	600.5	62	43.72	13.99	0	224.05	2362.2	22.76	7.9	6.99	70.29

(WITHOUT DRESSINGS)

Signature Folds	Calories	Calories from Fat	Total Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Dibs on Falafel Fold											
Vegan Supreme Fold											
Spicy Chicken Fold											
Chicken Parm Fold											
Meatball Marinara Fold											
BBQ Ranch Fold											

Signature Pizza	Calories	Calories from Fat	Total Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Spicy Italian Pizza											
Pesto Pizza											
Garden											
Beefy Pizza											
Ranch Pizza											
Dibs Pizza											

Sides	Calories	Calories from Fat	Total Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Parsley Parmesan Fries											
Cajun Fries											

Bases	Calories	Calories from Fat	Total Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Quinoa Base	170	27	3	0	0	0	167	29	4	2	6
Wild Rice Base	150	18	1	0	0	0	150	34	2	0	3
Baby Spinach Base	16	0	0	0	0	0	40	2	1	0	1
Wild Rocket Base	15	9	1	0	0	0	15	2	1	1	1
Lettuce Base	15	0	0	0	0	0	5	2	2	1	1

Toppings	Calories	Calories from Fat	Total Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Mixed Olives	40	36	4	0	0	0	250	2	0	0	0.3
Red Onions	12	0	0	0	0	0	0	0.2	0	0	0.3
Roasted Peppers	10	0	0	0	0	0	0.4	4	0	0	0.4
Cherry Tomatoes	3	0	0	0	0	0	0	0.7	1	1	0.2
Sweet Potatoes	43	1.5	0	0	1.4	0	0	7.3	1.8	2.51	0.6
Chickpeas	53	0	0	0	0	0	61	8.1	1	0	3
Fresh Chillies	6	0	0	0	0	0	0	1.3	0	0	0.3
Sweetcorn	24	0	0.5	0	0	0	0	4.9	1.1	0	0.8
Broccoli	30	0	0	0	0	0	0.5	2.5	1.5	1	1.5
Sauteed Mushrooms	38	0	3.3	1	0	2	56	1.9	0	1	0.6
Slaw	8	0	0	0	0	0	0	1.2	0	1	0.5
Beetroot	5	0	0	0	0	0	14	1.1	1	1	0.3
Cucumber	4	0	0	0	0	0	0	1.1	0	0	0.2
Pickled Mix	29		0.4					5.6			0.4
Salsa	15		0.4					1.1			0.8

Crunch	Calories	Calories from Fat	Total Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Garlic Croutons	61	46.5	5.1	0.7	0	0	93	7	0	0	2
Tortilla Chips	150	60	6	1	0	0	75	21	2	0	2
Crispy Onions	43	17	2	0	0	0	29	2	0	0	1
Sunflower Seeds	41	30	3	0	0	0	0	2	1	0	1
Pumpkin Seeds	40	0	0	0	0	0	0	4	2	0	2
Cranberries	24	0	0	0	0	0	0	1	1	0	0

