SAUCES	ALLERGENS	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
CE Epic BBQ Honey Mustard Sauce (PER OZ) *(Previously Epic Sauce)*	Soy, Egg	1	4	11	99	6	24	127	1.5	10	280	0	5
CE Citrus Chipotle BBQ	None	1	4	8	72	5	20	96	0	0	100	0	
CE Wasabi Ranch (PER OZ)	Dairy, Egg	1	4	9	81	3	12	97	1	5	250	0	0
Sweet Chili (PER OZ)	Soy, Sesame	0	0	0	0	14	56	56	0	0	100	0	12
Teriyaki (PER OZ)	Soy, Wheat	0	0	0	0	13	52	52	0	0	500	0	11
Queso Sauce (PER OZ)	Dairy	3	12	4	36	2	8	56	2.25	12.5	260	0	1
CE Buffalo (PER OZ)	Dairy, Egg	1	4	9	81	3	12	97	1	0	100	0	0
Kale Pesto (PER OZ)	Dairy	2	8	5	45	1	4	57	1	0	50	3	0
Ranch	Dairy, Egg	0	0	10	90	3	12	102	2	0	100	0	0
CE Marinara (PER OZ)	None	1	4	1	9	2	8	21	0	0	100	2	5
Hot Honey Sauce (PER OZ)	None	0	0	0	0	17	68	68	0	0	280	0	16
CE Cilantro Lime Vinaigrette (PER OZ)	None	1	4	10	90	12	48	142	2	0	150	1	5
CE Pub Sauce (PER OZ)	Egg, Soy, Fish	1	4	9	45	2	8	57	0	0	100	1	6

SIGNATURE BOWLS	ALLERGENS	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
HOT HONEY HARVEST CHICKEN BOWL	Dairy	38	152	12	108	48	192	452	5	140	750	9	23
BISON MEATBALL MARINARA BOWL	Dairy, Wheat.	56	224	21	189	45	180	593	2	13	700	12	8
TERIYAKI BEEF CRUNCH BOWL	Sesame, Soy, Wheat	46	184	29	261	48	192	637	13	110	850	7	3
SOUTHWEST CHICKEN GREENS BOWL	Dairy, Soy.	39	156	26	234	54	216	606	4	140	530	5	9

SIDES	ALLERGENS	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
APPLES & PB DIP (CALS 132)	Dairy, Peanut	4	16	4	36	20	80	132	2	2	82	3	14
SWEET POTATO FRIES (CALS 176)	NONE	1	4	8	72	25	100	176	1	0	330	3	6
PROTEIN MAC & CHEESE (240)	Wheat, Dairy	15	60	4	36	34	144	240	4	12	50	6	1
PROTEIN PASTA SALAD (216)	Wheat	13	52	4	36	32	128	216	4	8	75	6	5
STEAMED BROCCOLI(CALS 45)	NONE	3	12	0.5	5	6	28	45	0.3	0	110	8	1
HOT HONEY BRUSSELS SPROUTS CALS 181)	Dairy	9	36	5	45	25	100	181	3	8	420	5	16

BASES	ALLERGENS

		PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
White Rice (per 4oz)	**NONE**	3	12	0.5	5	28	129	**146**	0	0	2	1	1
Sweet Potato Cubes (per 4oz)	**NONE**	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
		2	8	0	0	28	112	**120**	0	0	30	5	12
Ancient Grains Blend (per 4oz)	**Wheat**	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
		4	16	4	36	26	104	**156**	1	0	350	3	1
Protein Pasta (Per 4oz)	**Wheat**	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
		10	40	2	18	32	128	**186**	0	0	50	6	0
Spinach /Arugula (Per 1oz)	**None**	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
		1	4	0	0	1	4	**8**	0	0	0	0	0
Cilantro Rice (per 4oz)	**Soy**	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
		3	12	0.5	5	30	137	**154**	0	0	2	1	1

PROTEINS	ALLERGENS	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
Marinated Portobello Mushroom (Per cap)	NONE	2	8	3	27	6	24	59	1	35	470	2	0
Seasoned Diced Chicken (per 4oz)	NONE	20	80	2	18	1	4	102	0	55	460	7	2
G.F Breaded Chicken (per 4oz)	NONE	18	72	12	108	23	92	272	1	30	280	0	0
Braised Shredded Beef (per 4oz)	NONE	25	100	7	63	3	12	175	1	60	400	0	1
Bison Meatballs (per 4oz)	NONE	23	92	17	153	0	0	245	8	60	150	0	2
Salmon (per 4oz)	Fish	21	84	7	63	0	0	147	6	45	230	0	0
Seasoned Chicken Thighs (Per 4oz)	NONE	28	112	11	99	0	0	211	3	85	50	0	0
Ahi Tuna (per serving)	Fish	22	88	1	9	0	0	97	0	30	230	0	0
Turkey Burnt Ends (per 4oz)	Soy	22	88	7	63	5	20	171	1	65	375	0	3

VEGETABLES	ALLERGENS	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	Cals	Sat Fat	Chol	Sodium	Fiber	Sugars
Hot Honey Brussels (Per Serving)	Dairy	9	36	5	45	25	100	181	3	8	420	5	16
Matchstick Carrots (Per Serving)	None	1	4	0	0	8	32	36	0	0	65	2	5
Marinated Portobello Mushroom	NONE	2	8	3	27	6	24	59	1	35	470	2	0
Spinach/Arugula (Per Serving)	None	1	4	0	0	1	4	8	0	0	22	1	
Pepper & Onion Blend (Per Serving)	None	1	4	0.5	5	5	20	29	0	0	0	2	3
Chili Crisp Green Beans (Per Serving)	Soy, Sesame, Wheat	1	4	14	64	8	32	100	3	0	350	3	1
Broccoli (Per Serving)	None	2	8	0	0	6	18	36	0	0	8	1	1
Zucchini (Per Serving)	None	1	4	0	0	4	16	20	0	0	1	1	1
Asparagus (Per Serving)	None	3	12	0	0	5	20	32	0	0	1	1	1
Mushrooms (Per Serving)	None	2	8	0	0	3	12	20	0	0	5		1
Corn & Black Beans (Per Serving)	None	6	24	1	4	20	80	110	0	0	85	1	
Cucumber (Per Serving)	None	1	4	0	0	3	12	16	0	0	85	1	0

TOPPINGS	ALLERGENS	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
PICO DE GALLO (Per Serving)	None	1	4	1	9	4	16	29	1	0	75	1	1
CHILI CRISP (Per Serving)	Soy, Sesame, Wheat	1	4	14	64	8	32	100	3	0	350	1	1
MANGO SALSA (Per Serving)	None	1	4	1	9	7	28	41	0	0	2	1	7
TORTILLA STRIPS (Per Serving)	None	0	0	2	18	4	16	34	0	0	15	0	0
GREEN ONIONS (Per Serving)	None	0.5	2	0	0	2	8	10	0	0	0	0	0
CRISPY NOODLES (Per Serving)	WHEAT	2	8	3	27	10	40	75	1.5	0	250	2	0
SUNDRIED TOMATOES (Per Serving)	None	2	8	1	9	7	28	45	0	0	105	7	1
FRESH BASIL (Per Serving)	None	0.25	1	0	0	0.25	1	2	0	0	0	0	0

WRAPS	ALLERGENS	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
BISON MEATBALL WRAP (669)	Dairy, Wheat	48	192	33	297	45	180	669	14	75	950	10	3
BLACKENED SALMON CAESAR (CALS 614)	Dairy, Wheat, Egg, Fish	48	192	26	234	47	188	614	9	130	1300	9	2
AHI TUNA WRAP (CALS 684)	Dairy, Wheat, Egg, Fish	41	164	24	216	76	304	684	7	35	1300	11	11
BUFFALO CHICKEN (CALS 660)	Dairy, Wheat, Egg	33	132	24	216	80	320	660	8.5	85	1433	9	2
CHICKEN PESTO (CALS 667)	Dairy, Wheat	42	164	21	189	51	204	667	6.25	94	903	6	3

KIDZ	ALLERGENS	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
KIDZ PROTEIN MAC & CHEESE (CALS 379)	Wheat, Dairy (Apples & PB Dip: Dairy, Peanut)	20	80	11	99	50	200	379	6	30	700	9	15
KIDZ PROTEIN PIZZA ROLLS (CALS 511)	Wheat, Dairy (Apples & PB Dip: Dairy, Peanut)	25	100	23	207	51	204	511	8	30	1050	8	5
KIDZ BONELESS (CALS 249)	NONE (Apples * PB Dip: Dairy, Peanut)	17	68	9	81	25	100	249	1	60	525	0	0
KIDZ CHICKEN RANCH FLATBREAD	Wheat, Dairy, Egg (Apples & PB Dip: Dairy, Peanut)	25	100	11	98	28	112	300	1	0	250	2	2

FLATBREADS	ALLERGENS	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
HOT HONEY CHICKEN FLATBREAD (CALS 517)	Wheat, Dairy	39	156	13	117	61	244	517	4	140	975	2	19
CITRUS CHIPOTLE BBQ BEEF (CALS 462)	Wheat, Dairy	38	152	14	126	46	184	462	4	80	750	3	2
BACON CHX RANCH (CALS 414)	Wheat, Dairy, Soy, Eggs	39	156	14	126	33	132	414	5.5	109	848	1	1
TURKEY BURNT END CUBAN (CALS 600)	Wheat, Dairy, Soy, Eggs	42	168	28	252	45	180	600	11.85	100	950	2	6

MAKING MUSCLE	ALLERGENS	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
NUGGET DINNER (CALS 501) (EXCLUDES SAUCE)	**NONE (Choice of sauce varies)**	26	104	21	189	52	**208**	**501**	2	40	750	5	4
ARNOLD (CALS 676)	**Wheat, Egg, Dairy**	54	216	28	252	52	**208**	**676**	11	84	1788	8	5
CE BISON CHEESEBURGER WRAP (CALS 730)	**Wheat, Dairy, Egg, Soy**	52	208	38	342	45	**180**	**730**	7	70	1075	8	7

REFRESHERS	ALLERGENS	SIZE	PROT G	FAT G	CARBS	CALS
STRAWBERRY ZESTY SODA	**None**	***16 OZ***	0	0	26	**97**
		24 OZ	0	0	42	**155**
SWEET TEA LEMONADE SPLASH	**None**	***16 OZ***	0	0	20	**70**
		24 OZ	0	0	30	**105**
SPARKLING TRIPLE BERRY LEMONADE	**None**	***16 OZ***	0	0	32	**115**
		24 OZ	0	0	48	**175**

SMOOTHIES	ALLERGENS	SIZE	PROT G	FAT G	CARBS	CALS
FROZEN CHOCOLATE BANANA	**Dairy**	***16 OZ***	22	6.5	31	**266**
		24 OZ	34	9	43	**389**
DIRTY PEANUT	**Dairy, Peanut**	***16 OZ***	24	7	20	**239**
		24 OZ	35	10	24	**326**
BERRY BERRY GOOD	**Dairy**	***16 OZ***	27	4	30	**285**
		24 OZ	38	6	50	**408**
STRAW-NANA BLAST	**Dairy**	***16 OZ***	28	4	41	**312**
		24 OZ	39	6	67	**478**
SUNSHINE SLUSH	**None**	***16 OZ***	4	0	56	**240**
		24 OZ	6	0	76	**320**

SMOOTHIE BOWLS	ALLERGENS	PROT G	PROT CAL	FAT G	FAT CAL	CARB G	CARB CAL	CALS	Sat Fat	Chol	Sodium	Fiber	Sugars
PEANUT BUTTER PARADISE DRAGON BOWL	**Dairy, Wheat, Soy, Peanut, Tree Nut**	7	28	12	189	58	**208**	**368**	6	1	75	7	43
TRAILMIX CRUNCH DRAGON BOWL	**Wheat, Soy, Tree Nut**	4	16	17	153	74	**296**	**465**	4	1	38	7	55
NUTELLA BERRY BLISS DRAGON BOWL	**Dairy, Tree Nuts, Soy**	5	20	16	144	56	**224**	**388**	4	0	12	6	46