

BASES (primary portion)

INGREDIENTS

	Brown Rice	Roots Rice	Bulgur	Kale	Spinach	Arcadian Mix	Black Beans	White Beans	Chickpeas	Cucumbers	Tomatoes	Onions	Avocado	Red Cabbage	Carrots
Calories	177	173	58	49	20	22	47	56	55	8	7	10	81	8.7	10.3
Carbs (g)	37	36	13	10	3	5	9	10	10	2	2	2	4	2.1	2.4
Fiber (g)	3	3	3	1	3	2	3	3	2	0	1	0.5	4	0.6	0.7
Sugars (g)	1	1	0	0	0	1	0.5	0	2	0	0	0	0	1.1	1.2
Proteins (g)	4	4	2	3	3	1	3	4	3	0	0	0	2	0.4	0.2
Fats (g)	2	2	0	0	0	0	0	0	1	0	0	0	7	0	0
Sat. Fat (g)	0	0	0	0	0	0	0	0	0	0	0	0	2	0	0

CONTINUED

ROASTED

	Pita Chips	Goat Cheese	Parmesan	Feta	Cheddar	Craisins	Egg	Corn	Almonds	Pickled Onions	Jalapeños	Sweet Potatoes	Beets	Broccoli
Calories	93	86	104	75	84	77	77	56	75	12	5	92	35	27
Carbs (g)	14	3	0	2	2	21	1	7	3	2	3.4	14	5	3
Fiber (g)	1	0	0	0	0	1	0	1	1	0	0.6	3	1	1
Sugars (g)	0	0	0	0	0	16	1	1	0.5	2	0.5	5	4	1
Proteins (g)	2	5	8	5	6	0	6	1	3	0	0.2	1	1	1
Fats (g)	4	6	6	6	5	1	5	3	7	0	0.2	3	1	4
Sat. Fat (g)	0.5	4	4	4	3	0	2	0.5	0.5	0	0	0.5	0.2	0.5

GRILLED

DRESSINGS (per oz. - 1 ½ to 2 oz. per serving)

	Chicken	Red Chili Miso Tofu	BBQ Tofu	Mushrooms	Cilantro Lime	Tahini	Pesto	Greek Feta	Caesar	Lemon Za'Atar	Balsamic	Miso Ginger
Calories	140	238	250	123	127	102	149	90	143	124	189	97
Carbs (g)	1	14	24.7	5	1.3	2.6	0.7	1.1	0.8	1.2	3.1	1.8
Fiber (g)	0	2.6	1.8	1	0.2	0.6	0.1	0.1	0	0.2	0	0
Sugars (g)	0	7.6	18.2	2	0.8	0.5	0.1	0.6	0.2	0.3	2.7	1.2
Proteins (g)	26	16.1	14.1	2	0.2	1.1	0.8	0.7	1.4	0.1	0.1	0.2
Fats (g)	5	14.6	12	8	13.7	10.1	16.1	9.4	15.2	13.6	19.8	10.2
Sat. Fat (g)	1	2.5	2	2	2.1	1.5	2.8	1.9	2.5	2	3.1	1.6



NUTRITION INFO



FOOD & MEALS



Our Approach



When it comes to foods and the meals they make up we believe 3 things,

1. They should be delicious
2. They should be mostly natural
3. They should leave you satisfied

Why these 3 things? We think they check all the boxes for what us humans would want out of a meal. It would be enjoyable to eat (**delicious**), would support us with long-lasting energy and make us feel great (**natural**), and keep us full after to avoid snacking (**satisfied**).

Nature really has our backs! Very cool to see how packed with nutrients natural food is. These are things that help us sleep, manage stress, focus longer, etc.

HAVE SPECIFIC DIETARY NEEDS?



Lower Carb

Cutting carbs? Try reducing the amount of grains in your bowl, and adding in more lettuce instead. Also try swapping out pita chips, or sweet potatoes for cucumbers, broccoli, or cabbage.

Lower Calorie

Going lower calorie? Couple ways to do that a) reduce grains a bit and add more lettuce, b) go a little lighter on the dressing and add in some lime and lemon squeezes instead, and c) take out a higher calorie ingredient and replace with a lower calorie one.

Lower Sodium

Reducing your sodium intake? Try swapping cheese for a plant-based ingredient, like avocado, cucumbers, or corn.



SIGNATURE BOWLS

*Percent daily values are based on a 2000 calorie diet.

	El Jefe	The Apollo	The Southern	Roots Bowl	Mad Bowl	Mayweather	Pesto Caesar	Cobb	Balboa	Tamari
Calories	879	766	821	779	771	738	682	685	969	605
Carbs (g)	80	75	96	109	64	56	44	52	88	47
Fiber (g)	12	8	8	12	11	13	6	11	10	11
Sugars (g)	4	5	33	27	5	9	3	9	9	26
Proteins (g)	45	42	26	17	21	43	44	41	57	20
Fats (g)	48	38	39	34	46	43	38	38	55	41
Sat. Fat (g)	11	9	8	8	11	11	10	9	12	7
Vitamin A (%)	77	44	117	576	57	587	320	596	18	458
Vitamin C (%)	61	52	133	65	71	244	217	174	24	133
Vitamin D (%)	0	0	5	0	2	0	0	0	0	0
Vitamin E (%)	12	10	12	9	14	12	11	12	16	23
Vitamin K (%)	296	170	348	136	289	1091	1070	610	129	156
Thiamine (%)	38	28	28	34	30	30	21	27	40	7
Riboflavin (%)	32	32	45	21	32	35	30	41	44	11
Niacin (%)	114	107	22	30	39	111	100	110	167	13
B6 (%)	74	65	34	47	33	85	59	78	106	18
Folate (%)	47	43	52	17	56	37	14	30	24	28
B12 (%)	16	16	23	1	6	9	15	19	21	0
Calcium (%)	25	25	133	18	47	29	53	24	26	16
Iron (%)	26	31	44	19	29	33	23	37	27	48
Magnesium (%)	49	42	58	39	43	38	29	36	52	31
Phosphorous (%)	70	67	131	39	59	59	61	60	83	32
Potassium (%)	33	26	28	28	34	47	28	42	37	27
Sodium (%)	49	51	50	32	33	39	42	35	68	38
Zinc (%)	30	29	57	17	29	23	21	23	34	17
Copper (%)	35	26	36	35	51	53	24	31	40	37
Manganese (%)	103	120	140	151	116	91	63	69	116	32
Selenium (%)	82	84	54	19	64	56	63	81	108	5