

Item	Calories	Total Fat	Sat Fat	Cholesterol	Sodium	Carbohydrates	Protein	Fiber	Sugar
WRAPS									
Sesame Thai Wrap	682.9	25.3	3.5	47.9	596.8	84.8	31.3	11.6	8.2
Carnitas Wrap	694.4	18.6	7.8	64.5	1320.5	97.4	31.8	14.6	8.7
Chipotle Chicken Wrap	711.9	22.4	7	72.2	902.5	87.2	36.5	10.9	7.3
Chicken Caesar Wrap	678.7	32	7.1	65.6	1212.7	64.5	33	8.9	5.8
Mediterranean Chicken	663.8	36.1	7.4	55.6	889.5	58.4	28.7	8.3	6.9
Spicy Buffalo Chicken	533.8	19.3	6.3	69.5	753.6	56.9	8.6	32.4	6
Fish Taco Wrap	626.3	24	4.5	77.6	853.7	71.8	30.3	10.7	7.3
PROTEIN BOWLS									
Carnitas Protein Bowl	732	16.1	6.5	64.5	1173	115.4	34.4	14	7.1
Chipotle Protein Bowl	767.8	40.7	10.2	94.1	1028.4	63.9	34.4	6.6	3.7
Latin Citrus Protein Bowl	588.7	12	1.3	40	1330.4	91.7	30.4	9.7	8.5
Sesame Thai Protein Bowl	817.6	53.4	6.8	70.9	608.5	60.7	27.9	6.8	5.7
Thai Red Curry Protein Bowl	488.2	16.9	5	40	579.9	59.8	28.7	6.5	7
SIGNATURE SALADS									
Mediterranean Chicken Salad	425.3	30.4	6.1	66.2	1426.1	19.6	24	4	5.9
Southwest Taco Salad	505.3	25.6	11.2	43.2	1383.1	55.9	17.2	11.3	10.5
Chicken Caesar Salad	581.8	45.3	8.5	80	1329.5	17.7	26.8	3.5	2.7
Spicy Asian Salad	245.9	8.6	0.6	40.5	717.7	23.5	24.3	5.3	11.1
Fandangled Salad	448.6	25.1	3.5	50.6	438.9	32.9	27.3	6.2	21.4
PANINIS & MELTS									
Baja Turkey Jack	753.6	40.7	12	105.4	1868.1	53.8	39.1	3	0.6
Tuna Melt	850	56.7	14.5	61.6	1368.2	61.8	21.2	4.2	2.2
Club Panini	557.5	16.7	8.1	94.3	1859.1	57.5	42.6	2.5	0.6
Turkey Cranberry	628.7	24.8	9.7	100.4	1596	58	41.6	2	0
Three Cheese Panini	527.8	19.2	12.2	70.9	952.4	58	26.4	2.2	0.6

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SANDWICHES									
Tuna Salad	586.5	45.2	7	21.1	689.4	35.2	10.2	7.3	7
Oven Roasted Turkey	267.1	4.5	0.6	44.3	1051.8	29.4	28.5	5.2	4.8
California Avocado & Cucumber	245.1	6.4	1.1	0	286.4	39.4	11.1	8.8	8
Chicken Salad	319.3	10.9	2.1	42.4	395.5	32.9	21.3	5.9	7
California Club	320.6	8.7	1.1	53.8	1165.2	32.4	31.4	6.6	4.8
SOUPS – 8 oz.									
Tomato Basil	260	22	13	75	830	13	5	3	
Vegetarian Chili	100	1	0	0	740	20	6	3	
Chicken Noodle	150	6	2	25	940	15	7	2	
Corn Chowder	220	13	8	40	580	25	4	2	
Hearty Vegetable	70	2	0	0	380	12	3	3	
Italian Wedding	100	5	1	15	360	10	5	0	
Cheesy Chicken Tortilla	150	6	3	30	1470	13	9	0	
Southwest Chicken & White Bean	210	1.5	0	45	680	25	25	8	
SALADS – 7 oz									
Fruit Salad	66.5	0	0	0	18	16	0.7	5	
Pasta Salad	174.46	17.49	2.22	4.45	340.96	104.6	17.28	5.35	
Mediterranean Orzo	226.35	4.52	1.22	6.07	229.51	40.3	7.52	2.06	
Nutty Broccoli	293	16.7	2.85	10.8	193	33.5	6.29	3.52	
Taboule	140	8	0.5	0	320	14	2	2	
BREAKFAST ITEMS									
Breakfast Bowl	362.8	13.9	8.3	39.8	1245.9	37.1	21.2	4.6	4
Classic Breakfast Burrito	548.7	17.9	9.2	39.8	884.5	66.2	27.6	8.3	4
Mediterranean Breakfast Burrito	454.9	15.2	6.9	16.2	970.7	54.9	21.2	7.5	4.6
Santa Fe Burrito	686.4	35.8	13.6	79.9	1865.5	59.	30.6	10	9
Sensible Starter	247	5.9	3.4	18.9	844.4	32.4	14	1.5	1.6
Yogurt Parfaits w/Fruit & Granola	278.8	6.8	1.9	10	208.9	47.6	9.6	2.7	33.8
Breakfast Sandwich	318.6	11.8	5.4	53.7	1098.1	30.9	20.4	1	0.9

nature's table | Nutrition - Smoothies

Name	Size	Cal	TI Fat g	Sat Fat g	Chol mg	Sodium mg	Carbs g	Prot g	Fiber g	Sugar g
Fruit										
Siesta Cooler	20 oz	275	0	0	0	28.9	66.5	0.5	1.7	63
Hawaiian Crush	20 oz	371	5.1	4	0	51.1	78.8	1.1	3	73.8
Tropical Oasis	20 oz	242	0	0	0	29.6	58.4	0.8	1.9	54.8
Pom Beach	20 oz	289	0	0	0	32	71.6	0.4	0.9	68.3
Mango Fusion	20 oz	315	0	0	0	28.4	77.3	0.6	1.8	73.1
Strawberry Blitzzer	20 oz	298	0	0	0	33.8	72.2	0.4	0.7	69.4
Trippleberrie	20 oz	230	0	0	0	233	57	1	3	50
Yogurt										
Rain Forest Rhumba	20 oz	410	1.7	0.3	0	218.9	83.6	9	3.2	69.5
Pom Bomb	20 oz	336	1.3	0.3	0	33.1	79.5	0.8	1.9	74.8
Survival Kit	20 oz	349	0	0	0	203.4	72.1	8.6	1.7	61.8
Cocolada	20 oz	476	5.1	4	0	231.3	91.8	9.2	3	79.5
Peanut Butter Cup	20 oz	656	30.1	6.2	0	486	65.6	24.1	3.5	53.9
Pomegranate Passion	20 oz	394	0	0	0	212.2	84.5	8.5	0.9	74
Beachside Blast	20 oz	407	0	0	0	220.5	87.1	9.1	1.2	75.8
PB& Berries	20 oz	702	30.4	6.2	0	486	76.7	24.5	5.6	62.1
Banana Bluez	20 oz	383	0.2	0	0	200	84	9	3	65
NSA										
Bananaberrie	20 oz	157	0	0	0	25.8	38.6	0.6	2.8	33.7
Mango Mama	20 oz	160	0	0	0	29.3	39	0.8	1.2	34.4
Vegetable										
Kale & Spin w/ Yogurt	20 oz	415	0.1	0	0	252.4	87.9	10.2	2.1	75.5
Kale & Spin w/ Fruit Juice	20 oz	310	0.1	0	0	72.3	75	2.1	2.1	69.8
Kale & Spin w/ NSA	20 oz	168	0.1	0	0	67.7	39.9	2.1	2.1	34.7
Carrott and Pineapple	20 oz	239	0	0	0	60.2	57.6	1.4	2	52.7
Beet and Berry	20 oz	410	0	0	0	263	99	9	4	82
Juices										
Pineapple, Apple, Kale, & Ginger	20 Oz	203	0.5	0.1	0	12.8	52	3	6.2	36.8
Just Carrot	20 oz	372	2.2	0.3	0	626	86.9	25.4	8.4	43
Carrot, Green Pepper & Celery	20 oz	211	1.2	0.2	0	353.8	49	5.1	14.7	24.7
Carrot, Apple and Ginger	20 oz	272	1.1	0.1	0	313	66	4.9	16	38.1