



MENU ITEM

SERVING SIZE

CALORIES

PROTEIN (g)

CARBOHYDRATES (g)

TOTAL FAT (g)

OMEGA 3 (g)

SODIUM (mg)

CALCIUM (mg)

IRON (mg)

VITAMIN A (IU)

VITAMIN C (mg)

CRAFTED BURGERS

Akaushi Burger with Cheese	one burger	640	35	35	38	0.7	932	249	12	456	6
Akaushi Burger	one burger	564	31	35	32	0.6	782	56	12	456	6
Double Akaushi Burger	one burger	833	57	35	49	0.7	849	78	15	456	6
Double Akaushi Burger w/ Cheese	one burger	947	64	35	59	0.8	1009	275	15	456	6
Impossible Burger	one burger	778	35	42	52	1.7	631	54	18	1093	3
Porto Burger	one burger	720	37	39	45	2	1060	252	13	1196	5
Pure Burger Double w/Cheese	one burger	866	57	34	54	0.7	723	266	14	1195	5
Pure Burger Double	one burger	752	50	34	44	0.6	563	70	14	1195	5
Pure Burger Single w/Cheese	one burger	612	33	34	37	0.7	623	245	12	404	5
Pure Burger Single	one burger	499	26	34	27	0.6	597	50	12	406	5
Thai Dye Burger	one burger	503	17	61	22	2	1422	258	12	646	54
Veggie Burger	one burger	456	12	42	26	2	1099	156	11	1756	6

CRAFTED TACOS

Bada Boom Taco	one taco	352	15	30	19	0.5	632	103	3	219	3
Barking Pig Taco	one taco	379	29	21	20	0.2	473	144	2	275	1
BFF Taco	one taco	495	22	34	28	1	650	141	2	57	4
Cali Taco	one taco	219	23	19	5	0.3	228	67	2	51	19
Citrus Crunch Chicken Taco	one taco	344	18	24	19	1	403	147	3	167	16
Crispy Avocado Taco	one taco	258	6	28	14	0.1	302	81	2	429	32
Ma La Bello Taco	one taco	423	11	35	28	3	938	227	2	1834	15
Southern Swag Taco	one taco	518	29	23	35	0.7	872	472	3	796	21
Surf & Turf Taco	one taco	549	46	37	24	1.9	1751	267	3	780	36
Tilapia Tango Taco	one taco	316	15	21	19	0.8	418	72	2	105	8

CRAFTED SALADS

Hail the Kale	one salad	458	11	16	45	0.2	627	308	2	13880	114
Harvest Crunch	one salad	451	8	21	39	6	396	226	2	3112	92



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	SERVING SIZE	CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	TOTAL FAT (g)	OMEGA 3 (g)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)	VITAMIN A (IU)	VITAMIN C (mg)
QUESADILLAS											
Cheesy Quesadilla	one ques	625	28	60	30	0.2	1314	688	4	1587	30
Chicken Quesadilla	one ques	824	37	75	39	0.6	1637	433	6	1285	30
Veggie Quesadilla	one ques	549	16	59	27	1	1032	332	4	5411	33
MEAT & FISH											
Bacon	two slices	84	6	0.2	6	0.06	349	2	0.2	5	0
Tilapia	2.5 oz	119	17	0.4	6	0.6	344	9	0.5	1	1
Tri Tip	2.5 oz	116	19	0.3	4	0.1	213	6	2	3	0
Grilled Chicken Breast	2.5 oz	322	16	18	20	0.4	451	21	1	0.4	0.1
SIDES											
French Fries	11 oz	324	7	35	18	3	640	85	9	0	32
K Fries	11 oz	324	7	35	18	3	693	85	9	0	32
Truffle Fries	11 oz	328	8	36	18	3	712	101	9	28	34
Fundido Fries	11 oz	543	23	40	33	3	1374	323	10	182	33
Guacamole	3 oz	105	1	6	9	0.08	93	10	0.3	0	8
Dolce Vida	1 cup	102	0.8	27	0.3	0.04	2	18	0.3	65	52
Cauliflower "Rice"	1 svg	96	2	5	8	0.1	133	22	0.5	0.5	45
BEVERAGES											
Fountain of Youth (12 oz)	12 oz	199	5	44	1	0.2	254	157	2	8692	114
Fountain of Youth (16 oz)	16 oz	325	12	69	3	0.5	348	411	5	33007	308
Honey-Limeade Fresca	16 oz	205	0.3	55	0.03	0.004	13	19	0.2	23	14
Lavendar Lemonade Fresca	16 oz	205	0.3	55	0	0	13	16	0.2	0	21