

SEASONAL

	Weight	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Roasted Mushroom Shawarma Wrap	17.5 oz	830	500	53	9	0	< 5mg	1720	78	19	11	21

SANDWICHES

“Not So Fried” Chicken	14.8 oz	900	450	48	6	0	85	1350	79	5	10	35
“Salad Style”	19.3 oz	750	450	48	4.5	0	65	1490	50	7	20	30
Peruvian Steak Sandwich	12.9 oz	830	410	46	13	0	155	2200	71	3	17	39
Prosciutto & Chicken	12.5 oz	830	410	44	10	0	85	1350	62	7	8	44
Mendo’s Original Pork Belly Banh Mi	12.3 oz	800	470	51	12	0	70	710	60	4	9	24
“Salad Style”	12.7 oz	570	370	41	9	0	50	720	35	5	23	18
The Farm Club	13.9 oz	760	320	34	8	0	100	1620	69	6	7	40
A Sandwich Study of Heat	14.8 oz	740	270	29	8	0	95	1640	77	7	3	40
Chicken MBP	13.0 oz	720	330	34	7	0	85	970	56	4	5	38
Italiano Classico	15.4 oz	950	510	54	12	0	120	3050	70	6	13	43
“Salad Style”	15.7oz	630	470	50	10	0	70	1570	21	7	14	24
The Bistro Steak	12.2 oz	800	370	40	5	0	85	1750	82	4	23	30
Mrs. Goldfarb’s Unreal Reuben	15.7 oz	990	450	48	8	0	25	2570	95	8	18	41
The Impossible Burger Queen	12.3 oz	710	390	40	15	0	0	2000	56	6	13	26
Vegan Banh Mi	12.5 oz	650	250	27	3	0	0	840	78	4	21	23
Mario’s Caprese	12.5 oz	860	480	49	15	0	70	730	56	4	5	36
Mendo’s Fried Chicken Sandwich (Deep Fry)	13.5 oz	880	460	50	13	0	140	1260	66	5	16	41
Mendo’s Fried Chicken Sandwich (Turbo Chef)	13.0 oz	940	500	54	7	0	105	1280	77	5	20	35

BLUE PLATE SPECIALS

Mario’s Caprese	6.3 oz	430	240	24	8	0	35	360	28	2	3	18
Chicken MBP	6.5 oz	360	160	17	3.5	0	40	480	28	2	3	19
The Farm Club	7 oz	380	160	17	4	0	50	810	34	3	4	20
Vegan Banh Mi	6.3 oz	330	120	13	1.5	0	0	420	39	2	10	11
“Not So Fried” Chicken	7.4 oz	450	220	24	3	0	45	670	39	3	5	17
The Bistro Steak	6.1 oz	400	180	20	2.5	0	40	880	41	2	12	15

SALADS

Avocado & Quinoa Superfood Ensalada	16.1 oz	690	470	51	8	0	20	1090	47	15	10	19
without dressing	14.1 oz	400	210	22	6	0	20	570	41	14	5	19
add chicken	3.5 oz	110	20	2.5	0	0	60	500	0	0	0	20
The Impossible Taco Salad	16.1 oz	640	440	45	7	0	0	1000	43	16	7	20
without dressing	14.1 oz	400	210	21	6	0	0	440	41	15	6	19
“Saved Drake Farms” Salad (CA)	16.4 oz	840	530	59	9	0	75	1030	49	8	36	34
without dressing	14.4 oz	610	320	35	8	0	75	930	46	8	33	34
“Saved Drake Farms” Salad (TX)	16.4 oz	830	470	51	3	0	60	860	61	8	34	34
without dressing	14.4 oz	610	260	27	1.5	0	60	770	58	8	32	34
The Sophisticated Chicken & Prosciutto Salad	16.0 oz	730	510	55	9	0	75	1600	28	9	16	35
without dressing	14.0 oz	500	300	31	7	0	75	1540	23	8	13	34
Mendo’s Chicken Cobb Salad	16.1 oz	750	520	55	13	0	295	1520	16	6	7	45
without dressing	14.1 oz	500	290	31	12	0	295	1330	10	5	3	45
The Modern Caesar 2.0	11.4 oz	610	460	50	10	0	130	990	23	7	6	21
without dressing	9.4 oz	290	170	18	6	0	25	590	20	7	4	17
add chicken	3.5 oz	110	20	2.5	0	0	60	500	0	0	0	20
Mama Chen’s Chinese Chicken Salad	13.7 oz	640	340	38	2	0	60	1010	48	5	17	33
without dressing	11.7 oz	420	180	20	0	0	60	680	33	5	6	31
Mama Chen’s Chinese Vegan-Style Salad	13.7 oz	730	420	47	3.5	0	0	720	58	5	20	28
without dressing	11.7 oz	510	260	30	2	0	0	390	43	5	8	27
Whole Wheat Tortilla - 1/2	1.5 oz	120	40	4	1.5	0	0	200	17.5	3.5	0	3





KIDS MEALS

	Weight	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Grilled Cheddar Cheese Sandwich	4.0 oz	330	100	11	6	0	30	580	46	2	2	13
Peanut Butter & Jelly	5.0 oz	460	140	16	2.5	0	0	510	73	5	18	12
Honey Ham & Provolone Sandwich	6.5 oz	430	140	15	7	0	55	1390	50	2	6	26
Salami & Provolone Sandwich	5.5 oz	480	200	22	9	0	65	1350	47	2	2	25
Cheddar Cheese Quesadilla	4.9 oz	410	230	24	11	0	45	670	35	7	0	16
Turkey & Cheddar Sandwich	5.8 oz	380	100	11	5	0	55	840	47	2	2	24
Crispy Chicken												
--Studio City	5.6 oz	370	160	17	1.5	0	65	910	31	<1g	2	23
--Other Select Locations	4.9 oz	260	100	11	2	0	50	550	15	1	3	25
Organic Ketchup	2.0 oz	70	0	0	0	0	0	630	17	0	13	0
Vegan Ranch Dressing	2.0 oz	260	250	25	1.5	0	0	350	1	0	0	0
Fruit												
--Grape Tomatoes	1.5 oz	10	0	0	0	0	0	0	2	<1g	1	0
--Green Apples	2 oz	35	0	0	0	0	0	0	8	2	5	0
--Grapes	2 oz	40	0	0	0	0	0	0	10	<1g	9	0
--Strawberries	2 oz	20	0	0	0	0	0	0	4	1	3	0

DRESSINGS & SAUCES

Balsamic Vinaigrette	2 fl oz	290	270	30	2	0	0	20	7	0	6	0
Basil Pesto-Balsamic Vinaigrette	2 fl oz	230	200	23	2	0	0	60	5	0	4	1
Buttermilk Ranch Dressing	2 fl oz	170	150	17	4	0	15	260	2	0	1	1
Chipotle BBQ	2 fl oz	80	20	2	0	0	0	500	14	0	10	0
Chipotle Vinaigrette	2 fl oz	250	230	26	2	0	0	370	5	<1g	3	0
Citrus Vinaigrette	2 fl oz	220	210	24	1.5	0	0	90	4	0	3	0
Classic Caesar Dressing	2 fl oz	340	310	34	4	0	110	420	4	0	2	4
Greek Yogurt Poppysseed Vinaigrette	2 fl oz	230	190	22	2	0	<5mg	350	9	0	8	2
Green Goddess Sauce	2 fl oz	290	270	30	4	0	25	360	5	<1g	4	<1g
Jalapeno Salsa Verde	2 fl oz	25	15	2	0	0	0	170	3	<1g	2	0
Maple Sherry Vinaigrette	2 fl oz	290	250	29	2	0	0	150	10	0	9	0
Miso Mustard Sesame Dressing	2 fl oz	230	160	18	1.5	0	0	330	15	0	12	1
Mustard Pickle Remoulade	2 fl oz	120	90	10	2	0	5	230	6	0	5	0
Mustard Shallot Vinaigrette	2 fl oz	240	220	24	1.5	0	0	200	6	0	3	0
Salsa Roja	2 fl oz	20	0	0	0	0	0	440	4	2	2	0
Vegan Chipotle Ranch	2 fl oz	240	230	24	1.5	0	0	560	3	<1g	1	0
Vegan Ranch	2 fl oz	260	250	25	1.5	0	0	350	1	0	0	0

BREADS

Ciabatta	3.7 oz	260	35	3.5	0.5	0	0	160	47	2	0	7
Gluten Free Bread	3.2 oz	220	40	4	0	0	0	360	42	4	6	4
Mom's Seeded Whole Wheat	4.1 oz	320	60	6	2	0	10	400	58	2	4	8
Plant-Based Brioche Bun	2.0 oz	210	70	7	1.5	0	0	250	30	1	5	6
Rustic White	4.4 oz	320	0	0	0	0	0	560	66	2	0	10
Sesame Brioche	2.5 oz	280	80	8	2	0	40	250	43	2	8	8
Sesame Roll	4.0 oz	300	45	5	0.5	0	0	640	54	2	1	8
Soft Roll	4.5 oz	340	40	4.5	0	0	0	770	65	2	1	9
Torta Bun	3.7 oz	310	60	6	1.5	0	80	520	54	2	7	9
Walnut Cranberry Bread	3.8 oz	340	110	12	1	0	0	440	54	4	18	8
White Rye	4.2 oz	280	10	1.5	0	0	0	820	60	4	0	10
Whole Wheat Tortilla	3.3 oz	230	80	8	3	0	0	400	35	7	0	5



DELI SIDES

	Weight	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Chopped Italian Farro Side Salad Small	3.3 oz	170	110	11	2.5	0	10	390	13	2	4	5
Chopped Italian Farro Side Salad Medium	6.5 oz	340	220	23	5	0	15	780	26	5	7	9
Chopped Italian Farro Side Salad Large	13 oz	690	430	45	10	0	35	1560	51	9	15	18
Kale and Apple Salad Small	3.5 oz	250	190	21	3.5	0	0	125	17	3	8	1
Kale and Apple Salad Medium	7 oz	510	380	42	7	0	0	250	35	6	16	2
Kale and Apple Salad Large	14 oz	1020	770	85	15	0	0	500	69	11	31	5
Curried Couscous small	4.5 oz	290	180	18	0	0	0	600	25	2	7	2
Curried Couscous medium	9 oz	580	360	36	0	0	0	1210	49	4	13	4
Curried Couscous large	18 oz	1160	720	72	0	0	0	2420	98	9	27	9
Pickles & Dill Potato Salad small	4.5 oz	270	160	17	1	0	0	250	24	1	2	2
Pickles & Dill Potato Salad medium	9 oz	540	330	33	2	0	0	490	48	3	4	4
Pickles & Dill Potato Salad large	18 oz	1090	660	66	4	0	0	980	96	6	8	8
Spicy Dijon Potato Salad small	4.5 oz	270	170	17	1	0	0	430	23	2	1	2
Spicy Dijon Potato Salad medium	9 oz	540	330	34	2	0	0	860	47	3	2	4
Spicy Dijon Potato Salad large	18 oz	1080	670	69	4	0	0	1730	94	6	4	8
Marinated Red Beets & Quinoa small	4.5 oz	200	90	9	1	0	0	270	27	4	11	5
Marinated Red Beets & Quinoa medium	9 oz	400	170	18	2	0	0	530	53	8	22	10
Marinated Red Beets & Quinoa large	18 oz	800	340	36	4	0	0	1060	106	16	44	19
Basil Pesto Shells small	3.5 oz	240	120	13	2.5	0	10	350	25	2	1	7
Basil Pesto Shells medium	7 oz	470	230	25	5	0	20	700	50	4	3	14
Basil Pesto Shells large	14 oz	950	460	50	11	0	45	1400	99	7	5	28
Almond Romesco Shells small	3.5 oz	180	70	8	1	0	0	330	22	2	2	5
Almond Romesco Shells medium	7 oz	350	140	16	2	0	0	660	44	4	4	10
Almond Romesco Shells large	14 oz	700	290	31	3.5	0	< 5mg	1320	88	8	7	20

SOUPS

Creamy Potato Leek Soup cup	6 oz	140	80	8	4	0	20	410	17	2	5	2
Creamy Potato Leek Soup bowl	12 oz	290	150	16	8	0	40	830	34	5	9	5
French Lentil & Kale Soup cup	6 oz	90	15	1.5	0	0	0	330	15	4	3	5
French Lentil & Kale Soup bowl	12 oz	180	30	3	0	0	0	650	31	7	7	9
Cream of Broccoli Soup cup	6 oz	190	140	16	10	0	50	660	11	2	3	4
Cream of Broccoli Soup bowl	12 oz	390	290	32	19	0	105	1330	21	4	6	9
Cream of Tomato Soup cup	6 oz	180	140	14	7	0	35	600	10	3	7	3
Cream of Tomato Soup bowl	12 oz	360	270	28	13	0	70	1210	19	5	13	6
Creamy Corn Soup cup	6 oz	180	110	13	7	0	35	460	18	2	5	3
Creamy Corn Soup bowl	12 oz	370	230	25	14	0	75	930	35	5	11	6
Curried Cauliflower Soup cup	6 oz	100	40	4	2.5	0	0	440	13	3	5	3
Curried Cauliflower Soup bowl	12 oz	190	80	8	5	0	0	890	26	6	10	7
French Lentil & Kale Soup cup	6 oz	90	15	1.5	0	0	0	330	15	4	3	5
French Lentil & Kale Soup bowl	12 oz	180	30	3	0	0	0	650	31	7	7	9
Greek Lemon Chicken & Farro Soup cup	6 oz	150	90	9	5	0	45	790	8	1	2	7
Greek Lemon Chicken & Farro Soup bowl	12 oz	290	170	19	10	0	90	1580	17	2	4	14
Creamy Potato Leek Soup cup	6 oz	140	80	8	4	0	20	410	17	2	5	2
Creamy Potato Leek Soup bowl	12 oz	290	150	16	8	0	40	830	34	5	9	5
Spicy Chicken Caldo (Bone Broth) cup	6 oz	90	40	4	0.5	0	20	620	6	1	3	8
Spicy Chicken Caldo (Bone Broth) bowl	12 oz	180	80	8	1	0	40	1240	13	2	6	16
Split Pea Mushroom Soup cup	6 oz	90	15	1	0	0	0	340	16	6	4	6
Split Pea Mushroom Soup bowl	12 oz	190	25	2.5	0	0	0	680	33	11	8	11
Thai Coconut & Lemongrass Soup cup	6 oz	150	110	12	10	0	0	450	11	1	5	3
Thai Coconut & Lemongrass Soup bowl	12 oz	300	210	24	21	0	0	890	21	2	10	5
Tuscan Bean Chowder cup	6 oz	90	20	2.5	0	0	0	380	12	2	1	3
Tuscan Bean Chowder bowl	12 oz	170	45	4.5	0.5	0	0	770	25	4	3	6
Thai Curry Squash Soup	6 oz	90	45	5	3.5	0	0	460	12	2	5	1
Thai Curry Squash Soup	12 oz	190	90	11	7	0	0	920	25	3	9	3
Vegan Chili cup	6 oz	100	35	3.5	0	0	0	530	13	4	5	5
Vegan Chili bowl	12 oz	190	70	7	1	0	0	1060	26	8	10	9
Creamy Corn Soup cup	6 oz	180	110	13	7	0	35	460	18	2	5	3
Creamy Corn Soup bowl	12 oz	370	230	25	14	0	75	930	35	5	11	6



BEVERAGES

	Weight	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Puck's - Diet Black Cherry small	12 fl oz	0	0	0	0	0	0	0	0	0	0	0
Puck's - Diet Black Cherry large	20 fl oz	0	0	0	0	0	0	0	0	0	0	0
Puck's - Black Cherry small	12 fl oz	160	0	0	0	0	0	0	39	0	39	0
Puck's - Black Cherry large	20 fl oz	260	0	0	0	0	0	0	65	0	65	0
Puck's - Vanilla Cream small	12 fl oz	150	0	0	0	0	0	0	37	0	37	0
Puck's - Vanilla Cream large	20 fl oz	250	0	0	0	0	0	0	62	0	62	0
Puck's - Root Beer small	12 fl oz	160	0	0	0	0	0	0	39	0	39	0
Puck's - Root Beer large	20 fl oz	260	0	0	0	0	0	0	65	0	65	0
Puck's - Mandarin Orange small	12 fl oz	160	0	0	0	0	0	0	39	0	39	0
Puck's - Mandarin Orange large	20 fl oz	260	0	0	0	0	0	0	65	0	65	0
Puck's - Lemon Lime small	12 fl oz	140	0	0	0	0	0	0	35	0	35	0
Puck's - Lemon Lime large	20 fl oz	230	0	0	0	0	0	0	58	0	58	0
Puck's - Diet Cola small	12 fl oz	0	0	0	0	0	0	0	0	0	0	0
Puck's - Diet Cola large	20 fl oz	0	0	0	0	0	0	0	0	0	0	0
Puck's - Cola small	12 fl oz	150	0	0	0	0	0	0	37	0	37	0
Puck's - Cola large	20 fl oz	250	0	0	0	0	0	0	62	0	62	0
Iced Tea small	12 fl oz	5	0	0	0	0	0	10	1	0	0	0
Iced Tea large	20 fl oz	5	0	0	0	0	0	20	2	0	0	0
Lemonade - small	12 fl oz	160	0	0	0	0	0	10	39	0	35	0
Lemonade - large	20 fl oz	260	5	0	0	0	0	20	64	0	59	0
Organic Valley Milk	6.75 fl oz	90	20	2	1.5	0	10	105	10	0	10	7

BEERS

OSKAR BLUES Mama's Little Yella Pils	12 oz	180	0	0	0	0	0	20	15	0	<1g	2
REFUGE Blood Orange Wit	12 oz	200	0	0	0	0	0	20	17	0	4	1
KARL STRAUSS Follow the Sun Pilsner	12 oz	180	0	0	0	0	0	20	15	0	<1g	2
MODERN TIMES Lomaland Saison	12 oz	190	0	0	0	0	0	20	14	0	<1g	2
BITTER BROTHERS Bill's Pils	12 oz	190	0	0	0	0	0	20	14	0	<1g	2
CORONADO BREWING Guava Islander IPA	12 oz	280	0	0	0	0	0	20	27	0	<1g	2
KARL STRAUSS Aurora Hoppyalis IPA	12 oz	280	0	0	0	0	0	20	27	0	<1g	2
MADEWEST Standard Pils	12 oz	170	0	0	0	0	0	20	7	0	<1g	2
MOTHER EARTH Cali Creamin	12 oz	150	0	0	0	0	0	20	6	0	<1g	2
OFFSHOOT Relax Hazy IPA	12 oz	200	0	0	0	0	0	20	9	0	<1g	2
PIZZA PORT Wipeout IPA	12 oz	230	0	0	0	0	0	20	10	0	<1g	2
PORT BREWING Sharkbite Red	12 oz	220	0	0	0	0	0	20	18	0	<1g	2
ALESMITH Nut Brown Ale	12 oz	180	0	0	0	0	0	20	13	0	<1g	2
BEAR REPUBLIC Racer 5 IPA	12 oz	240	0	0	0	0	0	20	13	0	<1g	2
21ST AMENDMENT Blood Orange IPA	12 oz	240	0	0	0	0	0	20	15	0	<1g	2
DRAKES Hefeweizen	12 oz	160	0	0	0	0	0	20	12	0	<1g	2
GREEN FLASH Blonde Ale	12 oz	150	0	0	0	0	0	20	7	0	<1g	1
JACKRABBIT BREWING COMPANY Saison	12 oz	200	0	0	0	0	0	20	14	0	<1g	1
DEVICE BREWING COMPANY Pincushion German Pilsner	12 oz	170	0	0	0	0	0	20	14	0	<1g	1
DEVICE BREWING COMPANY West Coast IPA	12 oz	240	0	0	0	0	0	20	17	0	<1g	2
TRACK SEVEN Blood Transfusion IPA (w/ blood oranges)	12 oz	220	0	0	0	0	0	20	17	0	<1g	2
TRACK SEVEN Daylight Amber Ale	12 oz	210	0	0	0	0	0	20	14	0	<1g	1
FIRESTONE Union Jack IPA	12 oz	240	0	0	0	0	0	20	17	0	<1g	2
NEW HELVETIA 916 Pale Ale	12 oz	180	0	0	0	0	0	20	13	0	<1g	1
JACKRABBIT BREWING COMPANY Bigwig Nut Brown Ale	12 oz	180	0	0	0	0	0	20	12	0	<1g	1
SIERRA NEVADA Hazy Little Thing Hazy IPA	12 oz	230	0	0	0	0	0	20	17	0	<1g	2
21st AMENDMENT High or Hell Watermelon	12 oz	180	0	0	0	0	0	20	15	0	<1g	2
TORTUGA BREWING Cristobal Lager	12 oz	170	0	0	0	0	0	20	13	0	<1g	1
SMOG CITY BREWING Little Bo Pils	12 oz	150	0	0	0	0	0	20	11	0	<1g	1
THREE WEAVERS BREWING Day Job Pale Ale	12 oz	190	0	0	0	0	0	20	13	0	<1g	1
THREE WEAVERS BREWING Deep Roots ESB Amber Ale	12 oz	180	0	0	0	0	0	20	13	0	<1g	1
THREE WEAVERS BREWING ExPatriate West Coast IPA	12 oz	230	0	0	0	0	0	20	18	0	<1g	2

	Weight	Calories (Kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
BEECHWOOD BREWING Amalgamator IPA	12 oz	240	0	0	0	0	0	20	18	0	<1g	2
MODERN TIMES City of Sun Hazy IPA	12 oz	260	0	0	0	0	0	20	19	0	<1g	2
SMOG CITY BREWING Infinite Wishes Bourbon Barrel Aged Imperial Stout	12 oz	420	0	0	0	0	0	20	15	0	<1g	3
PIZZA PORT California Honey Bloom Blonde Ale	12 oz	180	0	0	0	0	0	20	15	0	<1g	2
ROULEUR BREWING CO Domestique Belgian Blonde Ale	12 oz	210	0	0	0	0	0	20	18	0	<1g	2
PIZZA PORT Swami's IPA	12 oz	250	0	0	0	0	0	20	19	0	<1g	2
KARL STRAUSS Red Trolley Ale	12 oz	200	0	0	0	0	0	20	14	0	<1g	1
ALESMITH Speedway Stout	12 oz	360	0	0	0	0	0	20	16	0	<1g	2
MODERN TIMES Booming Rollers IPA	12 oz	250	0	0	0	0	0	20	19	0	<1g	2
ST ARNOLDS Fancy Lawnmower German-Style Kolsch	12 oz	170	0	0	0	0	0	20	13	0	<1g	<1g
SPINDLETAP Boomtown Blonde Ale	12 oz	190	0	0	0	0	0	20	16	0	<1g	2
BALLAST POINT Sculpin IPA	12 oz	220	0	0	0	0	0	20	13	0	<1g	2
ST ARNOLDS Art Car IPA	12 oz	230	0	0	0	0	0	20	13	0	<1g	2
KARBACH BREWING Hopadillo IPA	12 oz	210	0	0	0	0	0	30	12	0	2	2
COPPERHEAD Striker IPA	12 oz	220	0	0	0	0	0	20	13	0	<1g	2
8TH WONDER Hopston Texas IPA	12 oz	200	0	0	0	0	0	20	11	0	<1g	2
KARBACH BREWING Staycation Session Ale	12 oz	150	0	0	0	0	0	30	10	0	2	2
KARBACH BREWING Weekend Warrior Pale Ale	12 oz	170	0	0	0	0	0	40	11	0	2	2
LONE PINT BREWERY Brown Ale	12 oz	200	0	0	0	0	0	20	11	0	<1g	2
MODERN TIMES Critical Band IPA	12 oz	220	0	0	0	0	0	20	12	0	<1g	2
SPINDLETAP Houston Haze IPA	12 oz	220	0	0	0	0	0	20	16	0	<1g	2
SMOG CITY Sabre Toothed Squirrel	12 oz	240	0	0	0	0	0	20	18	0	<1g	2
LONE PINT BREWERY Yellow Rose IPA	12 oz	230	0	0	0	0	0	20	17	0	<1g	2
KARBACH BREWING Southern Wheat	12 oz	160	0	0	0	0	0	30	13	0	0	2
DEEP ELLUM BREING Easy Peasy IPA	12 oz	170	0	0	0	0	0	20	14	0	1	2
COMMUNITY BEER Texas Lager	12 oz	120	0	0	0	0	0	20	10	0	1	1
TUPPS BREWERY Juice Pack Pale Ale	12 oz	170	0	0	0	0	0	20	13	0	1	2

WINES

WHITES

SPELLBOUND Chardonnay	4 fl oz	90	0	0	0	0	0	10	3	0	1	0
	6 fl oz	130	0	0	0	0	0	10	4	0	2	0
A TO Z Oregon Pinot Gris	4 fl oz	90	0	0	0	0	0	0	2	0	0	0
	6 fl oz	130	0	0	0	0	0	0	4	0	0	0
MER SOLEIL Santa Barbara County Reserve Chardonnay	4 fl oz	100	0	0	0	0	0	10	3	0	1	0
	6 fl oz	150	0	0	0	0	0	10	4	0	2	0
JOEL GOTT Sauvignon Blanc	4 fl oz	90	0	0	0	0	0	0	2	0	0	0
	6 fl oz	130	0	0	0	0	0	0	4	0	0	0

REDS

SPELLBOUND Cabernet	4 fl oz	90	0	0	0	0	0	0	3	0	0	0
	6 fl oz	140	0	0	0	0	0	0	5	0	0	0
MATCHBOOK Tinto Rey Rose	4 fl oz	90	0	0	0	0	0	10	2	0	0	0
	6 fl oz	130	0	0	0	0	0	10	2	0	0	0
THE GIRLS IN THE VINEYARD Cabernet	4 fl oz	100	0	0	0	0	0	0	3	0	0	0
	6 fl oz	150	0	0	0	0	0	0	5	0	0	0
HESS Artezin Mendocino County Zinfandel	4 fl oz	100	0	0	0	0	0	0	3	0	0	0
	6 fl oz	160	0	0	0	0	0	0	5	0	0	0
COMPLICATED Sonoma Coast Pinot Noir	4 fl oz	90	0	0	0	0	0	0	3	0	0	0
	6 fl oz	140	0	0	0	0	0	0	4	0	0	0
CONUNDRUM Red Blend	4 fl oz	100	0	0	0	0	0	0	3	0	<1g	0
	6 fl oz	140	0	0	0	0	0	10	5	0	1	0
ALEXANDER VALLEY Organic Cabernet Sauvignon - 2015	4 fl oz	100	0	0	0	0	0	0	3	0	0	0
	6 fl oz	140	0	0	0	0	0	0	5	0	0	0
NOTES Pinot Noir	4 fl oz	90	0	0	0	0	0	0	3	0	0	0
	6 fl oz	140	0	0	0	0	0	0	4	0	0	0
MATCHBOOK Rose' Of Tempranillo	4 fl oz	80	0	0	0	0	0	10	2	0	0	0
	6 fl oz	130	0	0	0	0	0	10	2	0	0	0
MATCHBOOK Tinto Rey Tempranillo	4 fl oz	100	0	0	0	0	0	0	3	0	<1g	0
	6 fl oz	150	0	0	0	0	0	10	5	0	1	0



CATERING

SANDWICHES

	Weight	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
The Farm Club	1/2 sandwich	380	160	17	4	0	50	810	34	3	4	20
The Bistro Steak	1/2 sandwich	390	140	15	2	0	40	810	47	2	11	16
Drunk'n Goat	1/2 sandwich	390	160	17	8	0	35	260	48	3	13	10
Italiano Classico	1/2 sandwich	480	260	29	6	0	60	1480	34	2	5	22
Highway 128	1/2 sandwich	440	170	18	8	0	65	510	48	3	13	20
Chicken MBP	1/2 sandwich	360	160	17	3.5	0	40	480	28	2	3	19
Mario's Caprese	1/2 sandwich	430	240	24	8	0	35	360	28	2	3	18
Turkey and Cranberry	1/2 sandwich	310	50	6	0.5	0	30	580	45	2	9	16
Prosciutto & Chicken	1/2 sandwich	420	210	22	5	0	45	680	31	3	4	22
Vegan Banh Mi	1/2 sandwich	320	110	12	1.5	0	0	420	39	2	10	11

SPECIALTY LEAFY SALADS (small serves 8-10, medium serves 15-20)

Spring & Summer Farmers Market Salad												
Small	17.6 oz	430	230	24	2.5	0	0	260	49	15	17	15
Large	30.2 oz	810	450	46	4.5	0	0	460	85	28	31	27
Greek Yogurt Poppyseed - 1oz	1.0 oz	120	90	11	1	0	0	180	5	0	4	< 1g
Fall & Winter Farmers Market Salad												
Small	16.5 oz	650	320	35	11	0	50	600	75	16	56	21
Large	28.0 oz	1130	580	63	17	0	75	930	125	27	92	36
Maple Sherry Vinaigrette - 1oz	1.0 oz	140	120	14	1	0	0	75	5	0	5	0
Avocado & Quinoa Superfood Ensalada												
Small	34.2 oz	1010	560	58	16	0	50	1440	95	34	12	46
Large	65.9 oz	1790	930	97	26	0	80	2430	183	64	24	82
Chipotle Vin - 1oz	1.0 oz	140	130	15	1	0	0	260	3	0	2	0
Save Drake Farm's Salad												
Small	23.5 oz	1030	580	63	14	0	30	1110	98	18	71	28
Large	42.5 oz	1910	1060	115	24	0	55	1880	190	34	138	51
Citrus Vin - 1oz	1.0 oz	120	110	13	1	0	0	25	1	0	<1g	0
Mama Chen's Chinese Salad												
Small	19.5 oz	590	310	35	2	0	0	340	59	16	13	25
Large	33.7 oz	1060	560	62	3	0	0	640	108	27	22	44
Miso Mustard Sesame - 1oz	1.0 oz	110	80	9	1	0	0	170	8	0	6	<1g
The Modern Caesar 2.0												
Small	25.2 oz	650	430	45	10	0	25	640	49	24	10	26
Large	47.0 oz	1210	780	81	19	0	50	1340	92	43	19	51
Classic Caesar Dressing - 1oz	1.1 oz	170	150	17	2	0	55	210	2	0	1	2
Field Greens Salad												
Small	16.0 oz	110	10	1	0	0	0	20	25	7	16	4
Large	30.0 oz	220	20	2	0	0	0	40	52	14	33	8
Balsamic - 1oz	1.0 oz	150	130	15	1	0	0	10	4	0	3	0

GOURMET DELI SIDES (Small serves 8-10, Large serves 15-20)

Roasted Summer Corn & Farro Salad												
Small	40.0 oz	1780	870	95	16	0	40	3610	205	31	32	51
Large	80.0 oz	3570	1740	190	32	0	85	7210	411	62	64	101
Antipasto Pasta Salad												
Small	40.0 oz	2330	1200	128	31	0	190	5060	218	22	38	74
Large	80.0 oz	4670	2410	256	62	0	385	10120	436	44	76	149
Farro Tabbouleh-ish												
Small	40.0 oz	1740	1000	107	16	0	85	2790	175	27	69	30
Large	80.0 oz	3480	2000	213	32	0	170	5580	349	53	137	61
Greek Salad Shells												
Small	40.0 oz	2130	940	100	28	0	85	5120	220	18	28	82
Large	80.0 oz	4250	1880	200	56	0	170	10240	440	36	56	163
Italian Farro Salad												
Small	32.0 oz	1350	750	78	20	0	70	4000	120	24	26	45
Large	64.0 oz	2690	1490	156	39	0	140	8000	240	48	53	90
Sesame Ponzu Noodle Salad												
Small	32.0 oz	1700	480	53	9	0	155	4850	265	11	62	51
Large	72.0 oz	3820	1070	119	21	0	350	10920	596	25	139	115

	Weight	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Spicy K-Town Noodle Salad												
Small	32.0 oz	1460	420	47	7	0	140	5550	231	9	65	42
Large	72.0 oz	3290	950	107	16	0	320	12480	520	21	146	94
Summer Mango and Corn Salad												
Small	32.0 oz	1040	440	47	4	0	0	750	148	23	41	21
Large	64.0 oz	2080	880	94	8	0	0	1510	296	47	81	41
Curried Couscous												
Small	36.0 oz	2330	1440	143	0	0	0	4830	197	18	54	18
Large	72.0 oz	4660	2890	286	0	0	0	9670	394	36	107	36
Marinated Red Beets & Quinoa												
Small	32.0 oz	1430	610	65	7	0	0	1880	189	29	79	35
Large	64.0 oz	2860	1220	129	14	0	0	3770	378	57	158	69
Power Lunch Side Salad												
Small	24.0 oz	1550	1120	123	13	0	0	1280	104	24	65	25
Large	56.0 oz	3620	2620	287	31	0	0	2980	242	55	151	58
Basil Pesto Shells												
Small	33.0 oz	2180	1050	115	25	0	100	3220	228	17	12	64
Large	57.5 oz	3810	1840	201	43	0	180	5640	399	29	20	113
Almond Romesco Shells												
Small	33.0 oz	1610	660	71	8	0	10	3040	203	19	16	46
Large	65.5 oz	3220	1320	142	16	0	20	6060	406	37	32	91
Pickles & Dill Potato Salad												
Small	36.0 oz	2180	1320	133	8	0	0	1970	191	12	15	16
Large	72.0 oz	4360	2640	265	15	0	0	3930	382	24	31	31
Spicy Dijon Potato Salad												
Small	36.0 oz	2170	1340	137	8	0	0	3450	188	12	8	16
Large	72.0 oz	4330	2670	274	16	0	0	6900	375	24	17	32

CHEFFY COCKTAIL SANDWICHES (10 per order; nutrition by piece)

BBQ Chicken & Smoked Gouda	1 piece	220	70	7	2.5	0	40	650	24	1	3	15
Romesco Veggie	1 piece	220	120	12	2	0	20	280	24	2	5	4
Caprese	1 piece	250	140	15	5	0	40	220	21	1	4	8
Tuscan Steak	1 piece	260	140	16	2	0	25	420	22	1	<1g	9
Balsamic Steak & Bacon	1 piece	220	100	11	2	0	20	440	22	1	<1g	8
Italian Prosciutto and Fig	1 piece	190	60	6	3	0	35	410	24	1	7	8

SKEWERS (24 per order) & APPETIZERS

Chili Rubbed Chicken	1 skewer	60	35	4	0	0	10	130	3	0	3	3
Peruvian Steak	1 skewer	60	35	4	1	0	10	200	2	0	1	4
Chinese Tofu	1 skewer	60	40	4.5	0	0	0	75	3	0	1	2
Caprese	1 skewer	110	80	9	4	0	20	20	1	0	<1g	5
BBQ Chicken	1 skewer	50	30	3	0	0	10	140	1	0	<1g	3
Crudites Platter Including Dips (serves 10-15)	75.0 oz	2440	2000	201	14	0	0	4400	121	45	61	22

BOXED LUNCH SALADS

Avocado & Quinoa Superfood Ensalada	8.2 oz	210	100	11	3	0	10	290	23	8	3	10
Chipotle Vinaigrette	1.75 fl oz	210	200	23	1.5	0	0	320	4	0	3	0
Mama Chen's Salad with Chicken	5.9 oz	230	110	12	1.5	0	30	330	18	3	3	16
Miso Mustard Sesame Vinaigrette	2 fl oz	230	160	18	1.5	0	0	330	15	0	12	1
Mama Chen's Salad with Tofu	5.9 oz	280	150	17	2.5	0	0	190	23	3	4	13
Miso Mustard Sesame Vinaigrette	2 fl oz	230	160	18	1.5	0	0	330	15	0	12	1
The Modern Caesar 2.0	7.3 oz	190	90	10	2	0	35	410	10	5	3	16
Classic Caesar Dressing	1.75 fl oz	300	270	30	3.5	0	95	370	4	0	2	4
Field Greens Salad	4.6 oz	35	5	0	0	0	0	10	7	2	4	1
Balsamic Vinaigrette	1.75 fl oz	70	15	2	0	0	0	440	12	0	9	0



KIDS CORNER

	Weight	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Cucumber Cream Cheese Baby Baguette	3.2 oz	140	50	6	3	0	20	280	18	< 1g	2	4
Turkey and Smoked Gouda Baby Baguette	3.2 oz	240	120	13	3.5	0	40	520	16	< 1g	< 1g	13
Salami, Ham and Provolone Baby Baguette	2.7 oz	190	80	8	4	0	35	620	17	< 1g	1	11
Peanut Butter & Jelly Platter	1 piece	120	35	4	0.5	0	0	130	18	1	5	3
Kids Crudite + Dip (serves 12-15)	58.0 oz	1170	840	78	5	0	0	2040	90	35	48	15
Cheddar Cheese Sack Lunch	1 sandwich	330	100	11	6	0	30	580	46	2	2	13
Peanut Butter & Jelly Sack Lunch	1 sandwich	460	140	16	2.5	0	0	510	73	5	18	12
Salami & Provolone Sack Lunch	1 sandwich	480	200	22	9	0	65	1350	47	2	2	25
Turkey & Cheddar Sack Lunch	1 sandwich	380	100	11	5	0	55	840	47	2	2	24

CHIPS

Original	1.5 oz	210	120	14	2.5	0	0	170	23	2	0	3
----------	--------	-----	-----	----	-----	---	---	-----	----	---	---	---

DESSERTS

Brownie	1 piece	180	80	9	6	0	45	130	23	1	19	2
Chocolate Chip Cookie	1 piece	240	100	11	4	0	10	140	36	1	20	2
Double Chocolate Chip Cookie	1 piece	250	120	13	8	0	35	125	33	1	22	2
Oatmeal Raisin Cookie	1 piece	200	60	7	2	0	20	105	33	2	18	3
White Chocolate Cranberry Blondie	1 piece	170	80	8	4	0	25	10	22	< 1g	15	2
Blueberry Bar	1 piece	190	90	10	6	0	15	170	23	< 1g	17	2
Magic Bar	1 piece	210	90	11	6	0	25	30	27	< 1g	22	2
Raspberry Bar	1 piece	170	30	3.5	2	0	15	45	32	< 1g	18	2
Russian Tea Cookie	1 piece	150	80	9	4	0	15	15	15	< 1g	4	2

Northern CA Stores

Chocolate Chunk	1 piece	210	100	11	7	0	30	320	29	2	17	4
Chocolate Bomb	1 piece	180	50	6	3.5	0	<5	30	32	3	27	4
Corn off the Cob	1 piece	220	90	10	6	0	40	30	32	<1	19	2
Lemon Cheesecake	1 piece	200	60	7	4	0	30	110	32	<1	18	2
Oat, Hemp and Date	1 piece	210	70	8	6	0	65	30	33	3	19	3

BREAKFAST

Yogurt & Granola Bowl +Honey	9.0 oz 1.0 oz	340 90	160 0	17 0	8 0	0 0	20 0	80 0	31 23	5 0	19 23	19 0
Mendo's Avocado Toast	8.1 oz	480	250	25	3.5	0	0	840	59	19	8	13
Prosciutto & Avocado Toast	9.7 oz	580	280	29	6	0	220	1880	57	16	10	30
Dark Chocolate Croissant	2.5 oz	300	140	16	11	0	15	270	33	2	9	6
Almond Croissant	3.6 oz	420	230	26	14	0.5	45	280	39	2	14	8
Raspberry Danish	3.8 oz	310	130	14	10	0	35	290	36	3	13	6
Wild Blueberry Danish	4.6 oz	340	150	16	11	0	55	310	40	2	12	7
Lemon Poppy Seed Muffin	4.4 oz	490	240	26	2.5	0	90	510	58	1	33	7
Wild Blueberry Muffin	5 oz	540	240	27	5	0	95	620	67	2	36	7

