

NUTRITIONAL INFORMATION

	Serving (wt-oz)	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Total Sugar (g)	Protein (g)
SEASONAL												
Chicken Parm Dip	11.5 oz	930	450	49	12	0	110	1990	74	3	4	46
Pomodoro sauce	2 fl oz	40	25	3	0	0	0	160	3	< 1g	2	< 1g
French Countryside Cobb	15.3 oz	760	520	57	13	0	245	1490	34	7	15	31
without dressing	13.3 oz	510	300	32	11	0	245	1300	28	6	11	31
SANDWICHES												
"Not So Fried" Chicken	14.8 oz	900	450	48	6	0	85	1350	79	5	10	35
Peruvian Steak Sandwich	11.8 oz	760	410	46	13	0	110	2180	55	3	13	38
Prosciutto & Chicken	12.5 oz	830	410	43	11	0	90	1400	62	7	8	45
Mendo's Original Pork Belly Banh Mi	12.3 oz	780	440	48	11	0	70	780	61	4	10	24
Chimichurri Steak and Bacon	13.2 oz	940	490	54	10	0	110	2020	77	3	18	38
Vegan Banh Mi	12.4 oz	670	270	29	3.5	0	0	1580	77	4	17	22
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	730	260	27	7	0	95	1670	78	7	4	40
Sweet Heat Crispy Thai Chicken Sandwich (turbo chef)	14.3 oz	910	430	46	12	0	105	1950	89	6	34	35
Sweet Heat Thai Chicken Sandwich	12.8 oz	750	350	37	10	0	115	1750	74	5	32	30
Chicken Pesto Caprese	13.8 oz	860	460	49	10	0	90	1150	57	4	5	42
Chicken Pesto Caprese - Vegetarian	13.3 oz	1010	610	63	18	0	75	780	56	4	5	39
1/2 SANDWICH COMBOS												
Chicken Pesto Caprese - Vegetarian	6.7 oz	500	310	32	9	0	40	390	28	2	3	19
Chicken Pesto Caprese	6.9 oz	430	230	24	5	0	45	580	28	2	3	21
The Farm Club	7 oz	380	160	17	4	0	50	810	34	3	4	20
Vegan Banh Mi	6.2 oz	330	140	15	1.5	0	0	790	39	2	9	11
"Not So Fried" Chicken	7.4 oz	450	220	24	3	0	45	670	39	3	5	17
Chimichurri Steak & Bacon	6.6 oz	470	240	27	5	0	55	1010	38	2	9	19
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	46	8	0	0	980	44	16	7	19
without dressing	14.1 oz	400	210	21	6	0	0	440	41	15	6	19
The "Beyond" Taco Salad - Tustin location only	16.1 oz	650	460	48	6	0	0	950	42	15	7	20
without dressing	14.1 oz	410	220	23	4.5	0	0	420	39	15	5	20
Pink Lady Beets & Goat Cheese Salad	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
The Modern Caesar	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
"Not So Fried" Chicken - Salad Style	19.1 oz	740	440	47	4.5	0	65	1510	50	7	21	31
without dressing	16.1 oz	470	220	23	3	0	65	1050	37	7	12	30
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	750	440	50	4	0	0	1300	57	6	19	27
without dressing	11.7 oz	520	280	32	2.5	0	0	970	41	5	7	26
Thai Mango Salad	19.7 oz	840	460	50	14	0	60	1780	70	12	38	35
without dressing	17.7 oz	640	320	34	12	0	60	1020	55	12	25	34
KIDS MEALS												
Grilled Cheddar Cheese Sandwich	5.4 oz	610	360	39	21	0	130	650	43	2	8	22
Peanut Butter & Jelly	4.9 oz	520	210	23	4.5	0	40	410	69	5	24	14
Cheddar Cheese Quesadilla	4.9 oz	410	230	24	11	0	45	670	35	7	0	16
Turkey & Cheddar Sandwich	6.1 oz	540	270	30	14	0	125	740	43	2	8	26
Crispy Chicken (turbo chef)	6.0 oz	320	130	14	2.5	0	60	670	18	2	3	30
Organic Ketchup	1.0 oz	35	0	0	0	0	0	320	8	0	7	0
Vegan Ranch Dressing	1.0 oz	120	120	13	1	0	0	120	< 1g	0	0	0
Apples	2 oz	35	0	0	0	0	0	0	8	2	5	0

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DRESSINGS & SAUCES												
Chipotle Vinaigrette	2 fl oz	280	260	29	2.5	0	0	520	6	< 1g	5	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
Farmhouse Vinaigrette	2 fl oz	280	250	28	2	0	0	330	9	0	7	0
Jalapeno Salsa Verde	2 fl oz	25	15	2	0	0	0	170	3	< 1g	2	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
Sriracha Mayonnaise	2 fl oz	330	310	35	4.5	0	30	490	4	0	3	0
Tangy BBQ Sauce	2 fl oz	50	0	0	0	0	0	540	13	0	12	< 1g
Thai Almond Dressing	2 fl oz	200	140	16	1.5	0	0	750	15	< 1g	14	1
Vegan Chipotle Ranch	2 fl oz	240	230	25	2	0	0	540	3	0	2	0
Vegan Ranch	2 fl oz	250	240	26	2	0	0	240	2	0	0	0

BREADS												
Ciabatta	3.7 oz	260	35	3.5	0.5	0	0	160	47	2	0	7
Gluten Free Bread	5.3 oz	420	170	18	2	0	0	920	62	6	8	6
Mom's Seeded Whole Wheat	4.1 oz	320	60	6	2	0	10	400	58	2	4	8
Potato Brioche Hoagie	2.5 oz	240	60	6	1	0	35	500	38	2	3	8
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
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												
Red Beets & Farro Salad Small	4.5 oz	220	110	12	1.5	0	0	190	25	4	9	5
Red Beets & Farro Salad Medium	9 oz	430	220	24	3	0	< 5mg	380	49	8	18	9
Red Beets & Farro Salad Large	18 oz	870	450	48	6	0	10	770	98	16	37	19
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
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
Basil Pesto Shells Small	3.5 oz	280	160	17	4	0	15	490	24	2	< 1g	9
Basil Pesto Shells Medium	7 oz	560	310	34	8	0	30	990	49	4	2	17
Basil Pesto Shells Large	14 oz	1130	620	68	16	0	60	1970	97	7	4	34
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
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

OFF MENU												
Adult Grilled Cheese	7.9 oz	750	350	37	18	0	90	1170	67	2	0	31
Adult PBJ	8.4 oz	810	260	28	5	0	0	770	120	8	33	22
Mendo's Crispy Chicken Sandwich (turbo chef; selection locations)	13.6 oz	1030	540	58	11	0	120	1430	89	5	35	34
Mendo's Original Pork Belly Banh Mi - Salad Style	12.7 oz	570	370	41	9	0	50	720	35	5	23	18
without dressing	10.7 oz	340	210	23	8	0	50	390	19	5	12	17
Not So Fried Chicken - Salad Style	19.1 oz	740	440	47	4.5	0	65	1510	50	7	21	31
without dressing	16.1 oz	470	220	23	3	0	65	1050	37	7	12	30

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BEVERAGES												
Iced Tea	20 fl oz	5	0	0	0	0	0	20	2	0	0	0
Organic Valley Milk	6.75 fl oz	90	20	2	1.5	0	10	105	10	0	10	7
Lemonade	20 oz	320	0	0	0	0	0	35	85	0	74	0
Rose Lemonade	20 oz	340	0	0	0	0	0	35	81	0	71	0
Thai Turmeric Lemonade	20 oz	380	10	1	0	0	0	35	91	0	74	< 1g
Get Your Greens	20 oz	230	5	0	0	0	0	60	37	< 1g	28	2
WINES												
WHITE												
SPELLBOUND Chardonnay	6 fl oz	130	0	0	0	0	0	10	4	0	2	0
RED												
SPELLBOUND Cabernet	6 fl oz	140	0	0	0	0	0	0	5	0	0	0
NOTES Pinot Noir	6 fl oz	140	0	0	0	0	0	0	4	0	0	0
MATCHBOOK Rose	6 fl oz	130	0	0	0	0	0	10	2	0	0	0
TINTO REY Rose	6 fl oz	130	0	0	0	0	0	10	2	0	0	0
TINTO REY Tempranillo	6 fl oz	150	0	0	0	0	0	10	5	0	1	0
BEERS												
SO CAL												
MADEWEST Standard Blonde Ale	12 oz	210	0	0	0	0	0	20	18	0	1	2
MIKKELLER Windy Hill Hazy IPA	12 oz	220	0	0	0	0	0	20	13	0	1	2
MODERN TIMES Ice Pilsner	12 oz	160	0	0	0	0	0	20	15	0	1	1
MOTHER EARTH Boo Koo IPA	12 oz	210	0	0	0	0	0	20	12	0	1	2
PIZZA PORT Chronic Ale Amber	12 oz	170	0	0	0	0	0	20	12	0	1	1
PIZZA PORT Shark Bite Red Ale	12 oz	220	0	0	0	0	0	20	18	0	< 1g	2
SMOG CITY IPA	12 oz	230	0	0	0	0	0	20	13	0	1	2
STONE Dayfall Belgian White	12 oz	210	0	0	0	0	0	20	18	0	1	2
THREE WEAVERS Cloud City Hazy IPA	12 oz	210	0	0	0	0	0	20	12	0	1	2
NOR CAL												
21ST AMENDMENT Brew Free! Or Die 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
FIRESTONE Mind Haze Hazy IPA	12 oz	200	0	0	0	0	0	20	11	0	1	2
MAGNOLIA Kalifornia Kolsch	12 oz	150	0	0	0	0	0	20	12	0	1	< 1g
SEISMIC Megathrust IPA	12 oz	240	0	0	0	0	0	20	14	0	1	2
SIERRA NEVADA Hazy Little Thing Hazy IPA	12 oz	230	0	0	0	0	0	20	17	0	< 1g	2
SUDWERK People's Pilsner	12 oz	190	0	0	0	0	0	20	14	0	1	1
TRACK 7 Panic IPA	12 oz	220	0	0	0	0	0	20	13	0	1	2
TRUMER Pils Pilsner	12 oz	180	0	0	0	0	0	20	14	0	1	1
TEXAS												
COMMUNITY Texas Lager	12 oz	120	0	0	0	0	0	20	10	0	1	1
DEEP ELLUM BREWING Easy Peasy IPA	12 oz	170	0	0	0	0	0	20	14	0	1	2
KARBACH BREWING Southern Wheat Belgian White	12 oz	160	0	0	0	0	0	30	13	0	0	2
LONE PINT BREWERY Yellow Rose IPA	12 oz	230	0	0	0	0	0	20	17	0	< 1g	2
SPINDLETAP Boomtown Blonde Ale	12 oz	190	0	0	0	0	0	20	16	0	< 1g	2
ST ARNOLD Art Car IPA	12 oz	230	0	0	0	0	0	20	13	0	< 1g	2
ST ARNOLD Fancy Lawnmower German-Style Kolsch	12 oz	170	0	0	0	0	0	20	13	0	< 1g	< 1g
TUPPERS BREWERY Juice Pack Pale Ale	12 oz	170	0	0	0	0	0	20	13	0	1	2

NUTRITIONAL INFORMATION

CATERING

	Serving (wt-oz)	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Total Sugar (g)	Protein (g)
SANDWICHES												
The Farm Club	1/2 sandwich	380	160	17	4	0	50	810	34	3	4	20
Chimichurri Steak & Bacon	1/2 sandwich	470	240	27	5	0	55	1010	38	2	9	19
Chicken Pesto Caprese	1/2 sandwich	430	230	24	5	0	45	580	28	2	3	21
Mario's Caprese	1/2 sandwich	500	310	32	9	0	40	390	28	2	3	19
Prosciutto & Chicken	1/2 sandwich	410	200	21	5	0	45	700	31	3	4	22
Vegan Banh Mi	1/2 sandwich	320	130	14	1.5	0	0	790	39	2	9	11
"Not So Fried" Chicken	1/2 sandwich	450	220	24	3	0	45	670	39	3	5	17

BOXED SALADS (nutrition info does not include chips, cookie, or deli side)												
Avocado & Quinoa Superfood Ensalada	8.2 oz	210	100	11	3	0	10	290	23	8	3	10
Chipotle Vinaigrette	1.75 fl oz	250	230	25	2	0	0	450	5	0	4	0
Mama Chen's Chinese Chicken Salad	5.9 oz	230	110	12	1.5	0	30	330	18	3	3	16
Miso Mustard Sesame Dressing	2 fl oz	230	160	18	1.5	0	0	330	15	0	12	1
The Vegetarian Chinese Salad	5.9 oz	280	150	17	2.5	0	0	190	23	3	4	13
Miso Mustard Sesame Dressing	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 g	35	5	0	0	0	0	10	7	2	4	1
Farmhouse Vinaigrette	1.75 fl oz	210	180	21	1.5	0	0	110	7	< 1g	6	0

BOXED SANDWICHES

see 1/2 sandwiches above

SPECIALTY LEAFY SALADS (small serves 8-10, medium serves 15-20)												
Spring & Summer Farmers Market Salad												
Small	15.1 oz	400	230	23	2.5	0	0	260	41	14	12	14
Large	26.2 oz	760	440	46	4.5	0	0	460	73	26	22	26
Farmhouse Vinaigrette - 1 oz	1.0 oz	140	120	14	1	0	0	160	4	0	4	0
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
Farmhouse Vinaigrette - 1oz	1.0 oz	140	120	14	1	0	0	160	4	0	4	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
Pink Lady Beets & Goat Cheese 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 Vinaigrette - 1oz	1.0 oz	110	100	12	1	0	0	45	2	0	1	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												
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	1.0 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
Farmhouse Vinaigrette - 1oz	1.0 oz	140	120	14	1	0	0	160	4	0	4	0
ADD CHICKEN FOR SALADS												
Small (serves 8-10)	5.0 oz	150	30	3.5	0	0	85	710	0	0	0	29
Large (serve 15-20)	10.0 oz	300	60	7	0	0	170	1420	0	0	0	57

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GOURMET DELI SIDES (small serves 8-10, medium serves 15-20)												
Beet & Farro Salad												
Small	36.0 oz	1740	890	96	12	0	15	1540	197	31	74	37
Large	72.0 oz	3470	1790	192	24	0	30	3080	394	63	147	74
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
Kale and Apple Salad												
Small	24.0 oz	1750	1320	146	26	0	0	860	119	19	54	8
Large	56.0 oz	4090	3080	340	60	0	0	2020	277	45	126	18
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
Basil Pesto Shells												
Small	33.0 oz	2580	1420	156	37	0	135	4530	223	17	9	80
Large	57.5 oz	4510	2480	272	65	0	235	7920	391	30	16	139
CHEFFY COCKTAIL SANDWICHES (10 per order, nutrition by piece)												
BBQ Chicken & Smoked Gouda												
1 piece	220	60	7	2.5	0	40	670	24	1	3	15	
Caprese												
1 piece	260	140	15	6	0	40	250	21	1	4	9	
Tuscan Steak												
1 piece	260	140	15	2	0	25	450	22	1	< 1g	10	
Balsamic Steak & Bacon												
1 piece	220	100	11	2	0	20	440	22	1	< 1g	8	
Prosciutto and Fig												
1 piece	190	60	6	3	0	35	410	24	1	7	8	
SKEWERS (24 per order)												
Chile 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	45	5	0.5	0	0	150	3	0	1	2	
Caprese												
1 skewer	110	80	10	4.5	0	20	45	1	0	1	5	
BBQ Chicken												
1 skewer	45	30	3	0	0	10	140	1	0	< 1g	3	
BABY BAGUETTES												
Chicken and Havarti Baby Baguette												
3.4 oz	240	130	14	4	0	35	490	16	< 1g	0	13	
Cucumber Cream Cheese Baby Baguette												
3.3 oz	140	50	6	3	0	20	280	19	< 1g	2	4	
Turkey and Smoked Gouda Baby Baguette												
3.2 oz	240	120	13	3.5	0	40	520	16	< 1g	< 1g	13	
Vegan Banh Mi Baby Baguette												
4.2 oz	220	90	10	1	0	0	650	26	1	6	7	
CRAFTED FOR KIDS												
Peanut Butter & Jelly Platter												
1 piece	120	35	4	0.5	0	0	130	18	1	5	3	
Cheddar Cheese Sack Lunch												
1 sandwich	610	360	39	21	0	130	650	43	2	8	22	
Peanut Butter & Jelly Sack Lunch												
1 sandwich	520	210	23	4.5	0	40	410	69	5	24	14	
Turkey & Cheddar Sack Lunch												
1 sandwich	540	270	30	14	0	125	740	43	2	8	26	
CHIPS												
Original												
1.5 oz	210	120	14	2.5	0	0	170	23	2	0	3	
Jalapeno												
1.5 oz	210	120	14	2.5	0	0	200	23	2	0	3	
Salt & Vinegar												
1.5 oz	210	120	14	2.5	0	0	570	23	2	0	3	
Sour Cream and Onion												
1.5 oz	210	100	12	1.5	0	0	270	27	0	2	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	
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	
Ginger Molasses												
1 piece	200	50	6	4	0	30	290	34	< 1	18	3	
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	