

# 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)
<b>SEASONAL</b>												
Winter Citrus and Goat Cheese with Chicken	18.8 oz	790	470	52	7	0	70	1070	54	11	35	37
Chicken Hummus Crunch Wrap	19.5 oz	1060	530	58	13	0	75	1990	97	6	10	37
<b>SANDWICHES</b>												
"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
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	1560	77	4	18	22
The Happy Hippie	15.7 oz	820	440	47	6	0	10	960	88	12	15	14
Chicken Parm Dip	11.5 oz	940	450	49	12	0	110	2030	75	3	4	46
The Farm Club	13.9 oz	760	320	34	8	0	100	1620	69	6	7	40
Chicken Pesto Caprese	13.8 oz	860	460	49	10	0	90	1150	57	4	5	42
Vegetarian Pesto Caprese	13.3 oz	1010	610	63	18	0	75	780	56	4	5	39
Turkey Avo Salsa Verde	16.1 oz	840	430	45	11	0	115	1490	63	7	8	41
<b>½ SANDWICH COMBOS</b>												
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	780	39	2	9	11
"Not So Fried" Chicken	7.4 oz	450	220	24	3	0	45	670	39	3	5	17
Turkey Avo Salsa Verde	8 oz	420	220	23	6	0	55	740	31	4	4	21
<b>SALADS</b>												
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
add Impossible Chorizo	2.3 oz	130	70	7	4	0	0	430	7	2	< 1g	10
add Beyond Chorizo	2.3 oz	140	80	9	2.5	0	0	410	5	2	< 1g	10
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
Baja Green Goddess Salad	17.9 oz	780	540	59	19	0	75	780	53	12	12	20
without dressing	14.9 oz	470	240	25	11	0	40	510	48	12	9	18
add chicken adobado	4.0 oz	100	20	2	0	0	50	500	2	0	1	17
add Impossible Chorizo	2.3 oz	130	70	7	4	0	0	430	7	2	< 1g	10
add Beyond Chorizo	2.3 oz	140	80	9	2.5	0	0	410	5	2	< 1g	10
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
Asian Crunch	18.4 oz	860	430	47	3.5	0	60	1850	81	11	31	37
without dressing	15.3 oz	570	200	22	2	0	60	920	66	10	20	35
add Chicken	3.5 oz	110	20	2.5	0	0	60	500	0	0	0	20
add Baked Marinated Tofu	3.5 oz	210	120	14	2.5	0	0	770	9	< 1g	1	15
<b>KIDS MEALS</b>												
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 Tenders (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
Pizza Melt	6.5 oz	610	320	35	16	0	120	1090	45	2	9	27
Apples	2 oz	35	0	0	0	0	0	0	8	2	5	0

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<b>DRESSINGS &amp; SAUCES</b>												
Baja Green Goddess Dressing	2 fl oz	210	190	22	5	0	25	180	3	0	2	1
Basil Pesto-Balsamic Vinaigrette	1 fl oz	120	110	12	1.5	0	< 5mg	130	3	0	2	1
Chipotle Vinaigrette	2 fl oz	280	260	29	2.5	0	0	520	6	< 1g	5	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	220	160	18	1.5	0	0	650	13	0	10	1
Mustard Shallot Vinaigrette	2 fl oz	240	220	24	1.5	0	0	200	6	0	3	0
Pomodoro Sauce	2 fl oz	60	35	3.5	0.5	0	0	340	6	0	4	< 1g
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 Ranch	2 fl oz	250	240	26	2	0	0	240	2	0	0	0
<b>BREADS</b>												
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
Mejorado Vegan Tortilla	1 wrap	460	170	18	8	0	0	710	64	2	0	9
Potato Brioche Hoagie	2.5 oz	240	60	6	1	0	35	500	38	2	3	8
Sesame Roll	4.0 oz	300	45	5	0.5	0	0	640	54	2	1	8
Sourdough	4.7 oz	300	20	2	0	0	0	600	62	2	2	10
<b>DELI SIDES</b>												
Pickles & Dill Potato Salad Small	4.5 oz	270	170	17	1	0	0	740	23	1	4	2
Pickles & Dill Potato Salad Medium	9 oz	550	340	34	2	0	0	1480	47	3	7	4
Pickles & Dill Potato Salad Large	18 oz	1100	680	69	4	0	0	2950	94	5	15	7
Basil Pesto Shells Small	3.5 oz	290	170	18	4	0	15	640	24	2	2	8
Basil Pesto Shells Medium	7 oz	590	340	36	8	0	30	1270	48	4	4	16
Basil Pesto Shells Large	14 oz	1180	670	72	16	0	60	2550	95	7	7	33
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
<b>SOUPS</b>												
Greek Lemon Chicken and Farro Soup cup	8 oz	180	110	12	7	0	35	1040	16	2	3	4
Greek Lemon Chicken and Farro Soup bowl	16 oz	360	220	24	14	0	70	2070	32	4	6	8
Thai Sweet Potato cup	8 oz	220	120	13	8	0	0	520	27	4	4	3
Thai Sweet Potato bowl	16 oz	440	230	25	16	0	0	1030	54	8	8	6
<b>OFF MENU</b>												
Not So Fried Chicken - Salad Style	19.1 oz	740	440	47	4.5	0	65	1510	50	7	21	31
without dressing or Tangy BBQ Sauce	16.1 oz	470	220	23	3	0	65	1050	37	7	12	30

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<b>BEVERAGES</b>												
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
Guava Lemonade	20 oz	440	10	1	0	0	0	35	109	11	89	1
Get Your Greens	20 oz	240	5	0.5	0	0	0	40	60	1	53	3
Pomegranate Mint Lemonade	20 oz	320	0	0	0	0	0	40	81	0	73	0
<b>WINES</b>												
<b>WHITE</b>												
SPELLBOUND Chardonnay	6 fl oz	130	0	0	0	0	0	10	4	0	2	0
<b>RED</b>												
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
<b>BEERS</b>												
<b>SOCAL</b>												
MODERN TIMES Ice Pilsner	12 oz	160	0	0	0	0	0	20	15	0	1	1
REFUGE Blood Orange Wit	12 oz	200	0	0	0	0	0	20	17	0	4	1
SMOG CITY IPA	12 oz	230	0	0	0	0	0	20	13	0	1	2
THREE WEAVERS Cloud City Hazy IPA	12 oz	210	0	0	0	0	0	20	12	0	1	2
PIZZA PORT Shark Bite Red Ale	12 oz	220	0	0	0	0	0	20	18	0	< 1g	2
MADEWEST Standard Blonde Ale	12 oz	210	0	0	0	0	0	20	18	0	1	2
PIZZA PORT Chronic Ale Amber	12 oz	170	0	0	0	0	0	20	12	0	1	1
MOTHER EARTH Boo Koo IPA	12 oz	210	0	0	0	0	0	20	12	0	1	2
SOCIETE The Pupil IPA	12 oz	240	0	0	0	0	0	20	14	0	1	2
MIKKELLER Windy Hill Hazy IPA	12 oz	220	0	0	0	0	0	20	13	0	1	2
<b>NOR CAL</b>												
TRUMER Pils Pilsner	12 oz	180	0	0	0	0	0	20	14	0	1	1
21ST AMENDMENT Brew Free! Or Die Blood Orange IPA	12 oz	240	0	0	0	0	0	20	15	0	< 1g	2
FIRESTONE Mind Haze Hazy IPA	12 oz	200	0	0	0	0	0	20	11	0	1	2
SIERRA NEVADA Hazy Little Thing Hazy IPA	12 oz	230	0	0	0	0	0	20	17	0	< 1g	2
DRAKES Hefeweizen	12 oz	160	0	0	0	0	0	20	12	0	< 1g	2
SEISMIC Megathrust IPA	12 oz	240	0	0	0	0	0	20	14	0	1	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
<b>TEXAS</b>												
SPINDLETAP Boomtown Blonde Ale	12 oz	190	0	0	0	0	0	20	16	0	< 1g	2
ST ARNOLD Fancy Lawnmower German-Style Kolsch	12 oz	170	0	0	0	0	0	20	13	0	< 1g	< 1g
ST ARNOLD Art Car IPA	12 oz	230	0	0	0	0	0	20	13	0	< 1g	2
LONE PINT BREWERY Yellow Rose IPA	12 oz	230	0	0	0	0	0	20	17	0	< 1g	2
KARBACH BREWING Love Street Citrus Wheat	12 oz	160	0	0	0	0	0	20	13	0	0	2
COMMUNITY 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
DEEP ELLUM BREWING Easy Peasy IPA	12 oz	170	0	0	0	0	0	20	14	0	1	2
<b>SEATTLE</b>												
FREMONT BREWING - Golden Pilsner	12 oz	140	0	0	0	0	0	20	12	0	1	< 1g
FREMONT BREWING - Summer Pale Ale	12 oz	160	0	0	0	0	0	20	13	0	1	2
GEORGETOWN BREWING - Lucille IPA	12 oz	220	0	0	0	0	0	20	13	0	< 1g	2
SILVER CITY BREWERY - Tropic Haze IPA	12 oz	200	0	0	0	0	0	20	14	0	< 1g	2

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## CATERING

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<b>SANDWICHES</b>												
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	430	210	22	5	0	45	940	34	3	5	23
Turkey Avo Salsa Verde	1/2 sandwich	420	220	23	6	0	55	740	31	4	4	21
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

### SPECIALTY LEAFY SALADS

(Recommended portions w/dressing)

Avocado & Quinoa Superfood Ensalada (low portion)	3.7 oz	150	100	11	2	0	< 5mg	230	10	3	2	4
Avocado & Quinoa Superfood Ensalada (high portion)	4.9 oz	200	140	15	2.5	0	5	310	14	4	3	6
Winter Citrus & Goat Cheese Salad (low portion)	3.1 oz	160	110	12	2	0	< 5mg	250	13	2	10	3
Winter Citrus & Goat Cheese Salad (high portion)	4.7 oz	240	150	17	2.5	0	< 5mg	340	20	3	15	5
Mama Chen's Chinese Salad (low portion)	2.1 oz	100	60	7	0	0	0	160	8	1	3	2
Mama Chen's Chinese Salad (high portion)	2.9 oz	130	80	9	0.5	0	0	220	11	2	4	3
The Modern Caesar (low portion)	2.8 oz	130	100	11	2	0	25	150	5	2	1	3
The Modern Caesar (high portion)	3.7 oz	170	130	14	2.5	0	35	200	7	3	2	4
Field Greens Salad (low portion)	1.9 oz	70	50	6	0	0	0	70	4	< 1g	3	0
Field Greens Salad (high portion)	2.5 oz	90	70	8	0.5	0	0	90	6	< 1g	4	< 1g

### ADD CHICKEN FOR SALADS

Low Portion	0.5 oz	15	5	0	0	0	10	70	0	0	0	3
High Portion	0.7 oz	20	5	0	0	0	10	95	0	0	0	4

### 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 Salad with Chicken	5.9 oz	230	110	12	1.5	0	30	330	18	3	3	16
Miso Mustard Sesame	2 fl oz	230	160	18	1.5	0	0	330	15	0	12	1
Mama Chen's Chinese Salad with Tofu	5.9 oz	280	150	17	2.5	0	0	190	23	3	4	13
Miso Mustard Sesame	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
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

### GOURMET DELI SIDES

(Recommended portions)

Basil Pesto Shells (low portion)	2.9 oz	240	130	14	3	0	10	510	19	1	1	7
Basil Pesto Shells (high portion)	4.1 oz	340	190	21	4.5	0	15	730	27	2	2	10
Pickles & Dill Potato Salad (low portion)	3.6 oz	210	140	14	1	0	0	440	18	1	3	1
Pickles & Dill Potato Salad (high portion)	4.8 oz	280	180	19	1	0	0	580	24	1	5	2
Kale and Apple Salad (low portion)	2.4 oz	180	130	15	2.5	0	0	85	12	2	5	< 1g
Kale and Apple Salad (high portion)	3.7 oz	270	210	23	4	0	0	135	18	3	8	1
Curried Couscous (low portion)	3.6 oz	230	140	14	0	0	0	480	20	2	5	2
Curried Couscous (high portion)	4.8 oz	310	190	19	0	0	0	640	26	2	7	2

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<b>CHEFFY COCKTAIL SANDWICHES</b>												
(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
<b>GRAZING TRAYS</b>												
(Recommended portions)												
Meat & Cheese Tray	41.8 oz	2980	1400	153	54	0	360	6710	282	19	140	125
Low Portion	4.2 oz	300	140	15	5	0	35	670	28	2	14	12
High Portion	7 oz	500	230	25	9	0	60	1120	47	3	23	21
Veggies, Chips & Dip Tray	56.0 oz	3240	1410	150	15	0	0	5650	404	50	60	83
Low Portion	5.6 oz	320	140	15	1.5	0	0	560	40	5	6	8
High Portion	9.3 oz	540	240	25	2.5	0	0	940	67	8	10	14
<b>CRAFTED FOR KIDS</b>												
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
<b>DESSERTS</b>												
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
<b>NORTHERN CA STORES</b>												
Chocolate Chunk	1 piece	210	100	11	7	0	30	320	29	2	17	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