

	Product	Gluten Free	Dairy Free	Vegan	Serving Size	Calories	Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugar (mg)	Protein (g)
Entrées	BBQ Chicken & Succotash	GF	DF		1/2 Container	320	10	45	420	38	4	17	22
	Herb Crusted Chicken	GF	DF		1/2 Container	300	10	60	740	30	3	7	21
	Peruvian Chicken Bowl	GF	DF		1/2 Container	310	9	60	380	40	4	3	24
	Chicken Cacciatore	GF			1/2 Container	330	14	60	420	27	3	6	25
	Arroz Con Pollo	GF	DF		1/2 Container	560	25	95	1370	71	3	6	30
	Shanghai Sesame Chicken	GF	DF		1/2 Container	390	13	80	360	47	3	18	23
	Chicken Gryo Bowl	GF			1/2 Container	320	15	45	730	25	3	3	21
	Chicken Garden Bowl	GF			1/2 Container	290	17	40	400	16	3	3	18
	Chicken Fajita	GF			1/2 Container	280	11	60	800	27	5	13	18
	Simply Chicken	GF	DF		1/2 Container	220	6	55	310	28	1	3	19
	Honey Pot Chicken & Rice	GF	DF		1/2 Container	410	12	80	1720	65	2	28	21
	Chiken Tikka Masala	GF			1/2 Container	180	2.5	40	840	28	1	3	19
	Turkey Southwest Bowl	GF			1/2 Container	230	9	40	410	26	4	6	14
	Turkey Meatballs				1/2 Container	280	11	55	660	30	3	6	16
	Turkey Sloppy Joe	GF	DF		1/2 Container	280	8	80	870	38	2	15	15
	Turkey Burger Bowl	GF			1/2 Container	390	23	65	1060	32	2	13	15
	Turkey Bolognese				1/2 Container	340	7	35	870	51	4	8	18
	Koren BBQ Pork	GF	DF		1/2 Container	350	12	40	1420	54	2	19	15
	Tex Mex Pork Bowl		DF		1/2 Container	220	12	40	690	16	3	4	14
	Pork Bahn Mi Bowl	GF	DF		1/2 Container	300	17	40	1040	26	3	11	14
Jerk Salmon	GF	DF		1/2 Container	350	19	40	670	35	4	7	18	
Herb Crusted Salmon	GF			1/2 Container	320	16	55	220	27	5	7	20	
Greco Salmon				1/2 Container	350	16	40	400	33	5	3	20	



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Small Plates	Chicken Salad	GF	DF		1/2 Container	180	7	50	190	9	1	6	21
	Curry Chicken Salad	GF			1/2 Container	160	2.5	65	250	11	1	9	22
	Buffalo Chicken Salad	GF			1/2 Container	130	2.5	55	680	3	1	1	24
	BBQ Pork Bowl	GF	DF		1/2 Container	280	16	70	890	12	2	9	21
	Potato Salad	GF			1/2 Container	260	15	25	600	26	3	3	6
	Teriyaki Beef Bento	GF	DF		1/2 Container	230	2	35	700	33	3	11	17
	Bean Salad	GF	DF	V	1/2 Container	120	3	0	390	18	6	4	5
Salads	Harvest Salad		DF	V	1/2 Container	280	12	0	300	39	7	9	5
	Kale & Quinoa Power Salad	GF			1/2 Container	150	8	0	160	18	4	5	5
	Tabbouleh Bulgur		DF	V	1/2 Container	200	10	0	190	27	4	8	5
	The Apple Tree	GF			1 Container	360	22	30	440	30	5	23	13
	Greek & Hummus Greens	GF	DF	V	1 Container	320	24	0	340	21	6	5	8
	Terrapin	GF			1 Container	550	40	60	740	28	3	22	22
	Smoked Salmon	GF			1 Container	520	29	15	800	47	11	10	25
	What the Fig	GF			1 Container	700	48	80	680	42	7	25	28
	Turkey Taco	GF			1 Container	530	18	95	1390	63	10	7	33
	Black and Blue	GF			1 Container	530	28	65	1310	41	6	30	32
	Strawberry Fields				1 Container	370	31	35	630	17	3	9	9
Wraps	Thai Chicken		DF		1/2 Container	460	23	40	860	44	4	10	23
	Hummus		DF	V	1/2 Container	320	15	0	510	40	5	3	8
	Tuscan Pesto Chicken				1/2 Container	490	29	45	610	37	3	5	20
	Pork Bahn Mi		DF		1/2 Container	470	19	50	730	54	8	17	20
	Chicken Gyro				1/2 Container	310	10	40	640	34	3	3	19

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Breakfast	Turkey Sausage Quinoa Muffin	GF			1 muffin	90	4.5	40	115	7	1	0	6
	Veggie Quinoa Muffin	GF			1 muffin	90	4	35	220	9	1	1	5
	Blueberry French Toast				1/2 Container	290	10	150	300	35	2	19	14
	Turkey Sausage Scramble	GF			1/2 Container	240	9	210	440	25	3	12	15
	Veggie Scramble	GF			1/2 Container	190	8	170	560	21	3	10	9
	Hangover Hash	GF			1/2 Container	340	22	200	1040	18	3	4	19
	Philly Steak & Egg	GF			1/2 Container	260	11	215	800	22	2	0	20
Soups	Zucchini Walks in-a-bowl	GF			1 Container	290	21	50	1250	23	4	7	8
	Buttery Vegan	GF	DF	V	1 Container	330	21	0	1710	34	8	8	6
	Italian Wedding		DF		1 Container	220	10	15	980	29	6	5	7
	Roasted Pumpkin Soup	GF	DF	V	1 Container	260	14	0	250	35	4	19	5
	Turkey Chili	GF	DF		1 Container	440	11	70	1520	53	16	10	36
	Veggie Barley		DF	V	1 Container	190	1	0	670	36	7	5	6
	Hot & Sour	GF	DF	V	1 Container	200	10	60	2940	13	2	3	21
Chia Pudding	Strawberry Pecan	GF	DF		1 ea	390	26	0	200	36	15	18	8
	Blueberry Almond	GF	DF		1 ea	540	29	0	180	65	19	41	14
Yogurt Parfait	Strawberry Vanilla				1 ea	220	4.5	20	200	31	1	27	15
	Pancakes				1 ea	180	8	35	120	18	0	16	9
	Morning Buzz	GF			1 ea	290	15	35	220	27	2	21	14
	Apple Quinoa	GF			1 ea	330	10	15	210	44	3	31	17
Overnite Oat Bowls	Apple Oat Bowl	GF	DF	V	1 ea	390	12	0	220	58	7	17	14
	Blueberry Oat Bowl	GF	DF	V	1 ea	400	12	0	190	55	10	17	19
	Cranberry Coconut	GF	DF	V	1 ea	410	16	0	220	55	10	14	13
	Pumpkin Pie Oat Bowl	GF	DF	V	1 ea	370	15	0	230	52	8	16	12







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Smoothies*	Peel N Pick	GF	DF	V	1 ea	100	2	0	130	21	4	11	2
	Berries With Benefits	GF	DF	V	1 ea	90	2	0	160	17	6	8	2
	Kale D' It	GF	DF	V	1 ea	190	11	0	190	23	6	11	2
	Gotcha Matcha	GF	DF	V	1 ea	160	6	0	130	27	5	21	2
	Peach Coolada	GF	DF	V	1 ea	140	5	0	130	23	3	20	2
	Vamos A La Mango	GF	DF	V	1 ea	150	2	0	130	32	4	27	2
	Dirty Banana	GF	DF	V	1 ea	340	21	0	270	33	8	16	9
Acai Bowls*	ACAI-Berry Me Baby	GF	DF		1/2 bowl	300	8	0	85	56	6	31	4
	ACAI-Wow Cacao	GF	DF	V	1/2 bowl	300	15	0	55	42	6	25	4
	ACAI-Peanut Butter Jelly Time				1/2 bowl	320	12	35	235	60	7	31	10

\*prepared with organic unsweetened almond milk

EAT SPROUT IS PROUD TO SHARE OUR NUTRITIONAL INFORMATION TO MAKE EVERY MENU CHOICE A SUCCESS!  
LESS WORRY. MORE DELICIOUSNESS. EAT SPROUT.

THE NUTRITION INFORMATION PROVIDED IS DERIVED USING AN INDUSTRY-STANDARD DATABASE, BUT DOES NOT ACCOUNT FOR THE NATURAL VARIABILITY THAT OCCURS WITHIN INGREDIENTS, VARIATION THAT OCCURS DUE TO THE HAND-CRAFTED NATURE OF EACH PREPARED ITEM, OR VARIATION THAT MAY OCCUR DUE TO SUBSTITUTIONS OF INGREDIENTS DURING SEASONAL CHANGES.

PLEASE UNDERSTAND THAT OUR KITCHEN USES GLUTEN AND INGREDIENTS THAT CONTAIN ALL MAJOR FDA ALLERGENS (PEANUTS, TREE NUTS, EGGS, FISH, SHELLFISH, MILK, SESAME, SOY AND WHEAT).

THOUGH WE ARE STRICT AND DO OUR VERY BEST TO PREVENT ANY CROSS CONTAMINATION, A POSSIBILITY EXISTS FOR FOOD ITEMS TO COME INTO CONTACT WITH OTHER FOOD PRODUCTS. DUE TO THESE CIRCUMSTANCES, WE ARE UNABLE TO GUARANTEE THAT ANY MENU ITEM CAN BE COMPLETELY FREE OF ALLERGENS. IN ADDITION, WHILE EFFORT IS MADE TO KEEP OUR PRODUCT INFORMATION CURRENT AND AS COMPLETE AS POSSIBLE, IT IS POSSIBLE THAT INGREDIENT CHANGES AND SUBSTITUTIONS MAY OCCUR DUE TO DIFFERENCES IN REGIONAL SUPPLIERS, RECIPE REVISIONS, PREPARATION TECHNIQUES, AND/OR THE SEASON OF THE YEAR.