

# nutritional information

NAME	CALORIES	TOTAL FAT (G)	TOTAL CARBS (G)	PROTEIN (G)
three layer scramble	470	8	73	27
omelet primavera	160	5	25	6
savory croquettes	410	13	57	15
breakfast burrito	390	7	68	17
spanish torta	230	7	39	8
black bean sauce	260	1	48	16
oatmeal breakfast pie	310	10	50	9
roasted beet & kale salad	190	12	19	7
lemon cilantro dressing	110	10	5	0
veggie empanadas	400	18	50	9
chimichurri	270	29	1	0
chick'n nuggets	300	9	30	29
bbq sauce	60	0	14	1
tomato lentil soup	180	1.5	32	11
hearty vegetable bean soup	140	1	32	5
quinoa soup	100	1	20	4

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country fried chick'n	360	7	50	29
gravy	80	6	5	2
veggie lasagna	430	17	58	8
marinara sauce	20	1	3	1
pesto pizza	670	23	107	12
soba noodles	170	3	27	11
peanut sauce	180	13	11	5
enchilada casserole	220	11	18	12
red sauce	30	1	5	1
portobello steak	270	12	35	10
portobello sauce	15	0	2	0
veggie burger	150	1.5	28	6
lentil meatloaf	570	6	105	30
gravy	80	6	5	2
thai chick'n stew	460	8	83	22
red curry	410	17	54	11
mushroom risotto	350	1	64	10
golden chickpea stew	370	5	66	16

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kale & quinoa salad	260	3.5	44	15
tahini dressing	120	10	7	3
tuscan calzone	310	16	33	7
marinara sauce	20	1	3	1
garden fresh f'sh	300	9	43	15
balsamic glaze	90	0	18	0
eggplant casserole	210	11	23	10
marinara sauce	20	1	3	1
pizza napolitana	580	19	92	7
spinach pie	440	22	46	13
moroccan melange	430	5	79	19
black bean pasta alfredo	270	3	29	36
alfredo sauce	180	14	10	2
adzuki spaguetti with veggie balls	390	6	53	31
marinara sauce	20	1	3	1
chick'n quesadilla	380	13	45	19
black bean sauce	260	1	48	16
latin stew	420	6	71	24

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soutwest bbq chick'n	300	4	31	36
bbq sauce	60	0	14	1
sweet potato chili	360	4.5	67	17
beluga lentil braise	310	10	40	15
indian kamut stew	300	6	52	11
raspberry cheezcake	420	28	35	7
chocolate cheezcake	510	36	37	8
chocolate chip cookie cake	400	13	54	13
johnny appleseed	130	0.5	29	5
hand greenade	150	1	39	3
keep the doctor away	170	0.5	46	1
power of the tropics	160	0	39	2
spring into action	160	0	39	3
cleansing tonic	140	0	31	5