

Hot Entrees	Portion	Calories	Protein	Total Fat	Saturated Fat	Carbs	Fiber	Sodium	Sugar	Added Sugar	Allergens	No Oil	Ingredients (*Organic)
BBQ Plate	Regular	400	22g (44%)	11g (14%)	1.5g (8%)	57g (21%)	8g (29%)	650mg (28%)	24g	16g	Soy, Cashew, Coconut	Yes	Mashed potatoes (Potatoes, Filtered Water, Whole Organic Soybeans, Cashews, Lemon Juice, Sea Salt, salt), Tofu*, barbecue sauce (Tomato Paste (Tomatoes*, Citric Acid), Maple Syrup*, Apple Cider Vinegar, Molasses, Coconut Sugar*, salt, Spice), Broccoli. *organic
BBQ Plate	Large	600	33g (66%)	17g (22%)	2.5g (13%)	86g (31%)	12g (43%)	980mg (43%)	35g	24g			
Broccoli and Cheese Potato	Regular	380	16g (32%)	7g (9%)	1.5g (8%)	69g (25%)	10g (36%)	550mg (24%)	5g	0g	Soy, Cashew		Potatoes*, Broccoli, Cheese Sauce (Cashews, Nutritional Yeast, Lemon Juice, salt, White Miso , Mustard (Distilled Vinegar, Water, Mustard Seed, Salt, Spice)), Rice Paper Bacon (Brown Rice Spring Roll Wrappers (brown rice, cassava, water, green tea*, salt), Tamari Sauce (Water, Soybeans*, Salt, Organic Alcohol* (to preserve freshness)), Nutritional Yeast, Olive Oil*, Maple Syrup*, salt, Cider Vinegar*). *Organic
Chana Masala	Regular	340	13g (26%)	6g (8%)	2.5g (13%)	60g (22%)	12g (43%)	420mg (18%)	12g	0g	Coconut		Tomatoes, Brown Rice*, Chickpeas*, Onion, Cilantro*, Spice, Ginger, Coconut Oil*, Jalapenos*, Tamarind Paste, Garlic*, Sea Salt, Agave Syrup*, Turmeric*. *Organic
Chana Masala	Large	510	19g (38%)	10g (13%)	3.5g (18%)	91g (33%)	18g (64%)	630mg (27%)	19g	<1g			
Chickpea Jalfrezi	Regular	350	12g (24%)	6g (8%)	.5g (3%)	65g (24%)	12g (43%)	710mg (31%)	11g	0g			Brown Rice*, Potatoes*, Chickpeas*, Onion, Spinach*, Red Peppers*, diced tomatoes* (tomatoes*, citric acid, calcium chloride), Cilantro*, Lime Juice, Jalapenos*, Olive Oil*, salt, Ginger*, Garlic*, Spice, Turmeric*. *Organic
Chickpea Jalfrezi	Large	530	18g (36%)	8g (10%)	1g (5%)	98g (36%)	18g (64%)	1050g (46%)	14g	0g			
Chickpea Spaghetti	Regular	290	16g (32%)	8g (10%)	1.5g (8%)	46g (17%)	10g (36%)	660mg (29%)	8g	0g	Wheat, Soy, Cashew, Coconut	Yes	Cheese Sauce (Cashews, Nutritional Yeast, Lemon Juice, salt, White Miso , Mustard (Distilled Vinegar, Water, Mustard Seed, Salt, Spice)), Mushrooms*, whole wheat semolina*, Jackfruit*, Red Peppers*, Chickpeas*, Onion, Spinach*, Garlic*, Mushroom Powder*, Sun Dried Tomatoes*, Coconut Sugar*, Turmeric*, salt. *organic
Chickpea Spaghetti	Large	510	28g (56%)	14g (18%)	2.5g (13%)	80g (29%)	17g (61%)	1150mg (50%)	14g	0g			

Chili Mac	Regular	380	20g (40%)	10g (13%)	1.5g (8%)	60g (22%)	14g (50%)	790mg (34%)	7g	<1g	Wheat, Soy, Almond, Cashew	Yes	Veggie Mac - Broccoli, Almond Milk* (Almonds, Sea Salt, Locust Bean Gum, Sunflower Lecithin, Gellan Gum, Natural Flavor), durum wheat flour*, Zucchini, Cashews, Carrots, Lemon Juice, Ezekiel Bread* (sprouted wheat, barley, millet, lentil, soybeans and/or spelt, malted barley, yeast, wheat gluten, salt, sesame seeds), Nutritional Yeast, Sea Salt, Garlic*, Mustard (Distilled Vinegar, Water, Mustard Seed, Salt, Spice , Classic Chili no oil - Regular Serving (Tomatoes*, Kidney beans*, Black Beans*, Onion, Green Bell Pepper*, Lentils*, Celery*, Carrots*, Spice, Jalapenos*, Maple Syrup*, Sea Salt, Garlic*, Cocoa*. *Organic). *Organic	
Chili Mac	Large	560	28g (56%)	15g (19%)	2.5g (13%)	87g (32%)	21g (75%)	1180mg (51%)	11g	1g				
Chili Topped Sweet Potato	Regular	390	15g (30%)	1g (1%)	0g	85g (31%)	17g (61%)	490mg (21%)	15g	0g	Coconut	Yes	sweet potato, diced tomatoes* (tomatoes*, tomato juice*, citric acid, calcium chloride), black beans*, corn*, green chiles (chile peppers, water, calcium chloride, citric acid, salt), spice, sea salt, spices, broth mix (spice, mushroom powder*, sun dried tomatoes*, coconut sugar*). *organic	
Chili Topped Sweet Potato	Large	580	22g (44%)	1.5g (2%)	0g	125g (45%)	25g (89%)	580mg (25%)	22g	0g				
Chipotle Black Bean Tacos with Corn Salsa	Regular	370	17g (34%)	3g (4%)	0g	75g (27%)	15g (54%)	580mg (25%)	7g	1g		Yes	filling (Black Beans*, Orange Juice, Lime Juice, Cilantro*, Agave Syrup*, Sea Salt, Apple Cider Vinegar), corn salsa (Corn*, Red Peppers*, Lime Juice, Scallions, Cilantro*, Jalapenos*, salt), Corn Tortillas (Water, Whole White Corn*, Yellow Corn Masa Flour*, Lime, Guar Gum*). *Organic	
Chipotle Black Bean Tacos with Corn Salsa	Large	560	26g (52%)	5g (6%)	0g	113g (41%)	22g (79%)	880mg (38%)	10g	2g				
Classic Chili	Regular	330	20g (40%)	1.5g (2%)	0g	62g (23%)	23g (82%)	760mg (33%)	10g	2g			Tomatoes*, Kidney beans*, Black Beans*, Onion, Green Bell Pepper*, Lentils*, Jalapenos*, Lime Juice, Maple Syrup*, Sea Salt, Garlic*, Olive Oil*. *Organic	
Classic Chili	Large	490	30g (60%)	2.5g (3%)	0g	93g (34%)	34g (121%)	1140mg (50%)	14g	4g				
Classic Lasagna	Regular	390	17g (34%)	14g (18%)	2g (10%)	53g (19%)	11g (39%)	820mg (36%)	14g	0g	Wheat, Cashew, Walnut, Coconut		Zucchini*, Onion, Red Peppers*, Mushrooms*, Spinach*, Marinara (diced tomatoes* (tomatoes*, tomato juice*, citric acid, calcium chloride), Onion, Mushrooms*, red wine, Tomato Paste (Tomatoes*, Citric Acid), Carrots*, Celery*, Parsley, Olive Oil*, Sea Salt, Garlic*, Spice, Coconut Sugar*), pasta (Whole Grain Durum Wheat Flour*), Cheese Sauce (Cashews, Basil, Lemon Juice, nutritional yeast, Mustard, Sea Salt, Garlic*), Meatballs (Kidney beans*, Carrots, GF Oats*, Parsley*, Walnuts, Basil, Flaxseed*, sun-dried tomatoes (tomatoes*, olive oil, vinegar*, citric acid, spice), Olive Oil*, salt, Garlic*, Spice), nutritional yeast. *Organic	
Classic Lasagna	Large	580	25g (50%)	21g (27%)	3g (15%)	80g (29%)	16g (57%)	1220mg (53%)	20g	0g				

Creamy Chipotle Quinoa	Regular	390	17g (34%)	9g (12%)	1.5g (8%)	67g (24%)	12g (43%)	640mg (28%)	8g	0g	Soy, Cashew	Yes	Sweet Potato, Black Beans*, Quinoa*, Corn*, Red Peppers*, Lime Juice, Cashews, Cilantro*, Nutritional Yeast, Tamari Sauce (Water, Soybeans*, Salt, Organic Alcohol* (to preserve freshness)), Sea Salt, Spice, Garlic*. *organic
Creamy Chipotle Quinoa	Large	590	25g (50%)	13g (17%)	2g (10%)	100g (36%)	18g (64%)	950mg (41%)	12g	0g			
Curry Rice w/ Peas and Cauliflower	Regular	400	10g (20%)	13g (17%)	10g (50%)	63g (23%)	9g (32%)	800mg (35%)	13g	4g	Coconut		Brown Rice*, Peas*, Coconut Milk* (Coconut, Water, Guar Gum), Cauliflower, Onion, Carrots*, Lemon Juice, Cilantro*, Coconut Sugar*, Ginger, Sea Salt. *organic
Curry Rice w/ Peas and Cauliflower	Large	600	16g (32%)	19g (24%)	15g (75%)	95g (35%)	13g (46%)	1190mg (52%)	20g	6g			
Edamame and Broccoli w/ Peanut Sauce	Regular	350	18g (36%)	12g (15%)	2g (10%)	44g (16%)	10g (36%)	320mg (14%)	9g	4g	Peanuts, Soy, Coconut	Yes	Broccoli, edamame*, Brown Rice, Peanut Butter (peanuts*, salt), Coconut Milk* (Coconut, Water, Guar Gum), Maple Syrup*, Cider Vinegar*, Red Curry Paste (Red chili pepper, garlic, lemongrass, galangal (thai ginger), salt, shallot, spices, kaffir lime), Sea Salt, Spice. *Organic
Edamame and Broccoli w/ Peanut Sauce	Large	520	26g (52%)	18g (23%)	3g (15%)	65g (24%)	15g (54%)	490mg (21%)	13g	6g			
Enchiladas Verde w/ Sour Cream	Regular	390	18g (36%)	7g (9%)	1g (5%)	70g (25%)	14g (50%)	570mg (25%)	7g	1g	Cashew	Yes	filling (Black Beans*, Orange Juice, Lime Juice, Cilantro*, Agave Syrup*, Sea Salt, Apple Cider Vinegar), Verde Sauce (Tomatillos, Lime Juice, Onion, Cilantro*, Jalapenos*, Sea Salt, Spice, Garlic*), Corn Tortillas (Water, Whole White Corn*, Yellow Corn Masa Flour*, Lime, Guar Gum*), Sour Cream (Cashews, Lemon Juice, White Wine Vinegar, salt). *Organic
Enchiladas Verde w/ Sour Cream	Large	580	26g (52%)	10g (13%)	1.5g (8%)	105g (38%)	22g (79%)	850mg (37%)	11g	2g			
Enchiladas w/ Cheese Sauce	Regular	380	19g (38%)	9g (12%)	1g (5%)	64g (23%)	12g (43%)	770mg (33%)	5g	0g	Cashew		Filling (Lentils*, Mushrooms, Quinoa*, Onion, Sea Salt, Olive Oil*), Corn Tortillas (Water, Whole White Corn*, Yellow Corn Masa Flour*, Lime, Guar Gum*), Cheese Sauce (Potatoes, Red Bell Peppers*, Cashews, Nutritional Yeast, green chiles (chile peppers, water, calcium chloride, citric acid, salt), Lemon Juice, Sea Salt, Pickled Jalapeños*). *organic
Enchiladas w/ Cheese Sauce	Large	570	29g (58%)	13g (17%)	1.5g (8%)	96g (35%)	18g (64%)	1160 (50%)	8g	0g			
Hoppin' John Plate	Regular	390	15g (30%)	6g (8%)	1g (5%)	72g (26%)	12g (43%)	740mg (32%)	13g	<1g			Mashed Sweet Potatoes (Hoppin John) (Sweet Potato, Sesame Tahini*, Lemon Juice, Maple Syrup*, nutritional yeast, salt, Spice), Kale & Onions (for Hoppin' John) (Onion, Kale*, Lemon Juice, Olive Oil*, Garlic*, salt, Spice), Hoppin John (Black Eyed Peas*, Onion, Green Bell Pepper*, Celery*, Scallions, Garlic*, Lemon Juice, Olive Oil*, salt, nutritional yeast, Spice), Brown Rice. *Organic
Hoppin' John Plate	Large	590	23g (46%)	9g (12%)	1.5g (8%)	108g (39%)	18g (64%)	1110mg (48%)	19g	1g			
Jambalaya	Regular	300	12g (24%)	4g (5%)	.5g (3%)	59g (21%)	15g (54%)	740mg (32%)	9g	0g	Wheat		Tomato Sauce* (Tomatoes, Tomato Juice, Salt, Citric Acid, Calcium Chloride), Kidney beans*, Onion, Green Bell Pepper*, Tomatoes*, Bulgur*, Corn*, Celery*, Olive Oil*, Jalapenos*, salt, Garlic*, Spice. *Organic
Jambalaya	Large	450	18g (36%)	6g (8%)	1g (5%)	89g (32%)	23g (82%)	1100mg (48%)	13g	0g			

Lemon Tahini Bowl	Regular	370	15g (30%)	7g (9%)	1g (5%)	67g (24%)	14g (50%)	780mg (34%)	12g	0g	Soy	Yes	Lemon Juice, Sesame Tahini*, Tamari Sauce (Water, Soybeans*, Salt, Organic Alcohol* (to preserve freshness)), Garlic*, Spice
Lemon Tahini Bowl	Large	530	21g (42%)	9g (12%)	1g (5%)	99g (36%)	21g (75%)	1090 (47%)	17g	0g			
Lentil Sloppy Joes	Regular	330	17g (34%)	4.5g (6%)	0g	63g (23%)	14g (50%)	770mg (33%)	11g	5g	Wheat, Soy		Bun (sprouted wheat*, Barley*, Millet*, Malted Barley*, Lentils*, Soybeans*, Spelt*, Yeast, wheat Gluten*, Salt), Lentils*, Onion, Tomato Sauce* (Tomatoes, Tomato Juice, Salt, Citric Acid, Calcium Chloride), Green Bell Pepper*, Maple Syrup*, Tomato Paste (Tomatoes*, Citric Acid), Spice, Mustard (Distilled Vinegar, Water, Mustard Seed, Salt, Spice), Olive Oil*, Sea Salt, Garlic*. *Organic
Lentil Sloppy Joe Filling	Pint	190	9g (18%)	3g (4%)	0g	35g (13%)	10g (36%)	600mg (26%)	13g	6g			Lentils*, Onion, Tomato Sauce* (Tomatoes, Tomato Juice, Salt, Citric Acid, Calcium Chloride), Green Bell Pepper*, Maple Syrup*, Tomato Paste (Tomatoes*, Citric Acid), Spice, Mustard (Distilled Vinegar, Water, Mustard Seed, Salt, Spice), Olive Oil*, Sea Salt, Garlic*. *Organic
Lime Cilantro Bowl	Regular	470	16g (32%)	14g (22%)	2g (10%)	78g (26%)	12g (48%)	990g (41%)	12g	<1g	Cashew		Roasted Zucchini (Zucchini, Olive Oil*, Garlic*, Sea Salt, Spice), Pan Roasted Corn (Corn*, Red Peppers*, Olive Oil*, Sea Salt), Spanish Rice (diced tomatoes* (tomatoes*, tomato juice*, citric acid, calcium chloride), Brown Rice*, Onion, green chiles (chile peppers, water, calcium chloride, citric acid, salt), Tomato Paste (Tomatoes*, Citric Acid), Olive Oil*, Sea Salt, Garlic*), filling (Black Beans*, Orange Juice, Lime Juice, Cilantro*, Agave Syrup*, Sea Salt, Apple Cider Vinegar), Lime Cilantro Dressing (Cashews, Lime Juice, Cilantro, Sea Salt)
Meatloaf w/ Potatoes and Green Beans	Regular	390	17g (34%)	13g (17%)	1.5g (8%)	53g (19%)	11g (39%)	800mg (35%)	10g	2g	Soy, Walnut		Meatloaf (Tofu*, GF Oats*, Onion, Ketchup (Tomato Paste (Tomatoes*, Citric Acid), Agave Syrup*, Cider Vinegar*, Molasses, Sea Salt, Spice), Green Bell Pepper*, Walnuts, Lentils*, Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Tamari Sauce (Water, Soybeans*, Salt, Organic Alcohol* (to preserve freshness)), brown Rice Miso* (Soybeans, Rice Koji, Salt,)), Mushroom Powder*, Olive Oil*, Garlic*), Veggies (Potatoes, Green Beans, Onion, Garlic*, Spice, Olive Oil*, salt). *Organic
Meatloaf w/ Potatoes and Green Beans	Large	580	26g (52%)	20g (26%)	2.5g (13%)	79g (29%)	17g (61%)	1190mg (52%)	16g	3g			

											Coconut	Yes	Mediterranean loaded sweet potato - topping and potato (Sweet Potato, Chickpeas*, Parsley, Onion, Lemon Juice, tomatoes, Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Nutritional Yeast, Sea Salt, Spice, Garlic*. *Organic), Sauce (Sunflower Seeds, Lemon Juice, salt, White Wine Vinegar, Garlic*, Coconut Sugar*, Spice). *Organic
Mediterranean Loaded Sweet Potato	Regular	390	15g (30%)	7g (9%)	.5g (3%)	72g (26%)	15g (54%)	790mg (34%)	15g	0g			
Mediterranean Loaded Sweet Potato	Large	590	23g (46%)	10g (13%)	1g (5%)	108g (39%)	23g (82%)	1180mg (51%)	23g	0g			
											Wheat, Walnut	Yes	Green Bell Peppers*, Mushrooms*, Meatballs with no oil (Kidney beans*, Carrots, GF Oats*, Parsley*, Walnuts, Basil, Flaxseed*, Sun Dried Tomatoes*, Garlic*, Sea Salt, Spice), Onion, Whole Wheat Semolina*, Capers, nutritional yeast, Spice, Sea Salt. *Organic
Orzo Stuffed Peppers	Regular	380	17g (34%)	7g (9%)	.5g (3%)	67g (24%)	15g (54%)	730mg (32%)	10g	0g			
Orzo Stuffed Peppers	Large	560	25g (50%)	10g (13%)	1g (5%)	101g (37%)	23g (82%)	1100mg (48%)	14g	0g			
											Wheat, Walnut		Roasted Vegetables for Pesto Bowl (Zucchini, Mushrooms, Red Peppers*, Sea Salt, Olive Oil*), Sun-Dried Tomato Orzo (Onion, Whole Wheat Semolina*, Tomatoes*, Garlic*, Olive Oil*, Sea Salt), Meatballs (Kidney beans*, Carrots, GF Oats*, Parsley*, Walnuts, Basil, Flaxseed*, sun-dried tomatoes (tomatoes*, olive oil, vinegar*, citric acid, spice), Olive Oil*, salt, Garlic*, Spice), Pesto Sauce (Basil, Walnuts, Lemon Juice, Olive Oil*, nutritional yeast, Garlic*, Sea Salt). *Organic
Pesto Bowl	Regular	390	14g (28%)	14g (18%)	1.5g (8%)	58g (21%)	12g (43%)	790mg (34%)	10g	0g			
Pesto Bowl	Large	570	20g (40%)	20g (26%)	2g (10%)	84g (31%)	17g (61%)	1150mg (50%)	14g	0g			
													Poblano Peppers, Raw , halved and cleaned, Black Beans*, Onion, Corn*, Quinoa*, Tomatoes, Spice, Olive Oil*, salt. *Organic
Quinoa Stuffed Poblano Peppers	Regular	380	16g (32%)	5g (6%)	1g (5%)	70g (25%)	15g (54%)	460mg (20%)	15g	0g			
Quinoa Stuffed Poblano Peppers	Large	570	24g (48%)	7.5g (9%)	1.5g (8%)	105g (38%)	23g (82%)	690mg (30%)	23g	0g			
											Soy	Yes	Kidney beans*, Brown Rice*, Onion, Green Bell Pepper*, Celery*, Tempeh Bacon (tempeh (cultured soybeans*, organic brown rice*), Tamari (Water, Soybeans*, Salt, Alcohol (To Preserve Freshness))), nutritional yeast, Maple Syrup*, Liquid Smoke (Water, Natural Hickory Smoke Flavor, Vinegar, Molasses, Caramel Color, Salt), Apple Cider Vinegar, salt), nutritional yeast, Garlic*, Mushroom Powder*, Sea Salt, Spice. *organic
Red Beans and Rice	Regular	340	21g (42%)	3g (4%)	.5g (3%)	60g (22%)	16g (57%)	680mg (30%)	4g	<1g			
Red Beans and Rice	Large	540	32g (64%)	4.5g (6%)	1g (5%)	98g (36%)	26g (93%)	1060mg (46%)	10g	<1g			
											Soy		Tofu*, Brown Rice*, Red Bell Peppers*, Shallots, Tamari (Water, Soybeans*, Salt, Alcohol (To Preserve Freshness)), red curry paste (red chili pepper, garlic, lemongrass, galangal (thai ginger) salt, shallot, spices, kaffir lime), Agave Syrup*, Basil, Ginger, Garlic*, Olive Oil*. *Organic
Red Thai Tofu w/ Brown Rice	Regular	310	17g (34%)	8g (10%)	1g (5%)	43g (16%)	6g (21%)	740mg (32%)	10g	4g			
Red Thai Tofu w/ Brown Rice	Large	470	26g (52%)	12g (15%)	1.5g (8%)	63g (23%)	9g (32%)	1100mg (48%)	15g	6g			

											Cashew	Potatoes*, carrots*, green beans*, Lentils*, Onion, Cashews, Chickpea Miso (rice koji*, chickpeas*, sea salt, water, koji spores), Lemon Juice, Olive Oil*, Sea Salt, Garlic*, Nutritional Yeast, Dried Porcini Mushrooms, Arrowroot Flour, Spice, salt	
Shepard's Pie	Regular	390	17g (34%)	7g (11%)	1g (5%)	67g (22%)	18g (72%)	780mg (33%)	7g	0g			
Shepard's Pie	Large	560	24g (48%)	11g (14%)	2g (10%)	97g (35%)	27g (96%)	1210mg (53%)	11g	0g			
											Peanuts, Soy	Yes	Broccoli, buckwheat flour, Peanut Butter (peanuts*, salt), tempeh (cultured soybeans*, organic brown rice*), Kale*, Rice Vinegar, Tamari (Water, Soybeans*, Salt, Alcohol (To Preserve Freshness)), Scallions, Maple Syrup*, Garlic*, Lime Juice, Ginger, Spice, salt. *Organic
Soba Noodles w/ Kale and Peanut Sauce	Regular	380	14g (28%)	15g (19%)	2g (10%)	47g (17%)	9g (32%)	680mg (30%)	8g	3g			
Soba Noodles w/ Kale and Peanut Sauce	Large	570	21g (42%)	22g (28%)	3g (15%)	70g (25%)	12g (43%)	1020mg (44%)	11g	5g			
											Cashew	Yes	Potatoes*, Black Beans*, Sour Cream (Cashews, Lemon Juice, White Wine Vinegar, salt), Corn*, Red Peppers*, Onion, Cilantro*, Green Bell Pepper*, Lime Juice, Nutritional Yeast, Sea Salt, Jalapenos*, Spice. *Organic
Southwest Baked Potato	Regular	400	16g (32%)	9g (12%)	1.5g (8%)	69g (25%)	11g (39%)	730mg (32%)	6g	0g			
Southwest Baked Potato	Large	610	25g (50%)	14g (18%)	2.5g (13%)	104g (38%)	17g (61%)	1100mg (48%)	9g	0g			
											Wheat, Walnut, Coconut		Marinara (diced tomatoes* (tomatoes*, tomato juice*, citric acid, calcium chloride), Onion, Mushrooms*, red wine, Tomato Paste (Tomatoes*, Citric Acid), Carrots*, Celery*, Parsley, Olive Oil*, Sea Salt, Garlic*, Spice, Coconut Sugar*), Meatballs (Kidney beans*, Carrots, GF Oats*, Parsley*, Walnuts, Basil, Flaxseed*, sun-dried tomatoes (tomatoes*, olive oil, vinegar*, citric acid, spice), Olive Oil*, salt, Garlic*, Spice), whole wheat semolina*. *Organic
Spaghetti and "Meatballs"	Regular	330	12g (24%)	6g (8%)	1g (5%)	55g (20%)	11g (39%)	580mg (25%)	10g	0g			
Spaghetti and "Meatballs"	Large	500	18g (36%)	9g (12%)	1.5g (8%)	84g (31%)	16g (57%)	910mg (40%)	17g	0g			
											Peanuts, Soy		Pineapple, Broccoli, Brown Rice*, Tofu*, Red Peppers*, Onion, Green Peppers*, Maple Syrup*, Tamari Sauce (Water, Soybeans*, Salt, Organic Alcohol* (to preserve freshness)), Rice Vinegar (Water, Rice), Orange Juice, Arrowroot Flour, Sesame Oil*, Lime Juice, brown Rice Miso* (Soybeans, Rice Koji, Salt,)), Jalapenos*, Peanut Butter (peanuts*, salt), Garlic*, Spice. *Organic
Sweet and Sour Tofu and Vegetables	Regular	370	15g (30%)	9g (12%)	1.5g (8%)	61g (22%)	9g (32%)	810mg (35%)	26g	9g			
Sweet and Sour Tofu and Vegetables	Large	550	22g (44%)	13g (17%)	2g (10%)	91g (33%)	13g (46%)	1200mg (52%)	40g	14g			
											Cashew		Onion, Corn Tortillas (Water, Whole White Corn*, Yellow Corn Masa Flour*, Lime, Guar Gum*), Red Sauce for enchiladas (Tomato Paste (Tomatoes*, Citric Acid), Olive Oil*, Spice, Rice Flour*, Arrowroot Flour, salt), Sweet Potato, Black Beans*, Red Peppers*, Spinach*, Tomatoes*, Lime Cilantro Dressing (Cashews, Lime Juice, Cilantro, Sea Salt, spices), Lime Juice, Olive Oil*, Spice, Garlic*, Sea Salt. *Organic
Sweet Potato Enchildas	Regular	410	13g (26%)	10g (13%)	1g (5%)	74g (27%)	12g (43%)	710mg (31%)	13g	0g			
Sweet Potato Enchildas	Large	610	19g (38%)	15g (19%)	1.5g (8%)	110g (40%)	18g (64%)	1050g (46%)	19g	0g			

											Almond	Tomato Sauce* (Tomatoes, Tomato Juice, Salt, Citric Acid, Calcium Chloride), Black Beans*, Red Peppers*, Pinto Beans*, Onion, Corn*, Cornmeal*, Almond Milk* (Almonds, Sea Salt, Locust Bean Gum, Sunflower Lecithin, Gellan Gum, Natural Flavor), green chiles (chile peppers, water, calcium chloride, citric acid, salt), Olive Oil*, Lime Juice, Agave Syrup*, Jalapenos*, Sea Salt, Baking Powder (Cornstarch, Sodium Bicarbonate, Monocalcium Phosphate), Arrowroot Flour, Spice, Garlic*, Flaxseed*. *Organic	
Tamale Pie	Regular	390	15g (30%)	8g (10%)	1g (5%)	70g (25%)	16g (57%)	770mg (33%)	12g	2g			
Tamale Pie	Large	580	23g (46%)	11g (14%)	1.5g (8%)	104g (38%)	24g (86%)	1150mg (50%)	18g	3g			
											Soy, Cashew	Yes	Chipotle Pinto Beans for Tex Mex Bowl (Pinto Beans*, Orange Juice, Lime Juice, Cilantro*, Agave Syrup*, Sea Salt, Apple Cider Vinegar), Cilantro Rice (Brown Rice, Lime Juice, Cilantro*, Sea Salt), Sauteed Onions & Peppers (Green Bell Peppers*, Onion, Red Bell Peppers*, Sea Salt, Spice), Roasted Red Pepper Sauce (Red Bell Peppers*, Potatoes, Lemon Juice, Tamari (Water, Soybeans*, Salt, Alcohol (To Preserve Freshness))), Sea Salt), Lime Cilantro Dressing (Cashews, Lime Juice, Cilantro, Sea Salt)
Tex Mex Bowl	Regular	370	15g (30%)	7g (9%)	1g (5%)	67g (24%)	15g (54%)	770mg (33%)	10g	0g			
Tex Mex Bowl	Large	560	23g (46%)	10g (13%)	1.5g (8%)	100g (36%)	22g (79%)	1150mg (50%)	15g	<1g			
											Soy, Coconut	Yes	Brown Rice*, Coconut Milk* (Coconut, Water, Guar Gum), Cauliflower, sugar snap peas, Bamboo shoots, Carrots, Onion, Lime Juice, green curry paste (green chili, garlic, lemongrass, thai ginger, salt, shallot, spice, kaffir lime), Tamari (Water, Soybeans*, Salt, Alcohol (To Preserve Freshness)), Cilantro*, Basil, Ginger, Garlic*, Coconut Sugar*. *Organic
Thai Green Curry Vegetables w/ Brown Rice	Regular	380	10g (20%)	18g (23%)	15g (75%)	46g (17%)	8g (29%)	810mg (35%)	11g	1g			
Thai Green Curry Vegetables w/ Brown Rice	Large	560	14g (28%)	27g (35%)	22g (110%)	68g (25%)	12g (43%)	1200mg (52%)	16g	2g			
											Wheat, Almond, Coconut		Pot Pie Filling (Potatoes*, Mushrooms*, Almond Milk* (Almonds, Sea Salt, Locust Bean Gum, Sunflower Lecithin, Gellan Gum, Natural Flavor), Peas*, Corn*, carrots*, green beans*, Celery*, Onion, Whole Grain Wheat Flour, Olive Oil*, Sea Salt, Garlic*, Spice, salt), Pot Pie Biscuits (Whole Grain Wheat Flour, Almond Milk* (Almonds, Sea Salt, Locust Bean Gum, Sunflower Lecithin, Gellan Gum, Natural Flavor), Sweet Potato, Coconut Oil*, Aluminum-Free Baking Powder, Sea Salt, Apple Cider Vinegar, Spice). *Organic
Vegetable Pot Pie	Regular	340	11g (22%)	11g (14%)	4g (20%)	54g (20%)	9g (32%)	770mg (33%)	6g	0g			
Vegetable Pot Pie	Large	510	17g (34%)	16g (21%)	6g (30%)	81g (29%)	14g (50%)	1160 (50%)	10g	0g			

Veggie Mac	Regular	410	19g (38%)	14g (18%)	2.5g (13%)	59g (21%)	10g (36%)	800mg (35%)	6g	0g	Wheat, Soy, Almond, Cashew	Yes	Veggie Mac - Broccoli, Almond Milk* (Almonds, Sea Salt, Locust Bean Gum, Sunflower Lecithin, Gellan Gum, Natural Flavor), durum wheat flour*, Zucchini, Cashews, Carrots, Lemon Juice, Ezekiel Bread* (sprouted wheat, barley, millet, lentil, soybeans and/or spelt, malted barley, yeast, wheat gluten, salt, sesame seeds), Nutritional Yeast, Sea Salt, Garlic*, Mustard (Distilled Vinegar, Water, Mustard Seed, Salt, Spice)
Veggie Mac	Large	610	29g (58%)	22g (28%)	3.5g (18%)	88g (32%)	15g (54%)	1200mg (52%)	9g	0g			
<b>Soups</b>	<b>Portion</b>	<b>Calories</b>	<b>Protein</b>	<b>Total Fat</b>	<b>Saturated Fat</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Sodium</b>	<b>Sugar</b>	<b>Added Sugar</b>	<b>Allergens</b>	<b>No Oil</b>	<b>Ingredients (*Organic)</b>
African Bean Soup	Regular	280	12g (24%)	9g (12%)	1g (5%)	39g (14%)	10g (36%)	600 (26%)	10g	0g	Peanuts, Soy	Yes	Sweet Potato, Tomatoes*, Chickpeas*, Red Peppers*, Peanut Butter (peanuts*, salt), Carrots, Tamari Sauce (Water, Soybeans*, Salt, Organic Alcohol* (to preserve freshness)), Celery*, Cilantro*, Spice. *Organic
African Bean Soup	Large	420	18g (36%)	14g (18%)	2g (10%)	59g (21%)	15g (54%)	890mg (39%)	15g	0g			
Arabian Lentil and Rice Soup	Regular	310	15g (30%)	3.5g (4%)	0g	57g (21%)	16g (57%)	760mg (33%)	6g	0g			Onion, Lentils*, Carrots*, Brown Rice*, Lemon Juice, Chickpea Miso (rice koji*, chickpeas*, sea salt, water, koji spores), Garlic*, Sea Salt, Olive Oil*, lemon zest, Nutritional Yeast. *Organic
Arabian Lentil and Rice Soup	Large	460	23g (46%)	3.5g (4%)	0g	85g (31%)	23g (82%)	1140mg (50%)	9g	0g			
Chickpea Noodle Soup	Regular	300	15g (30%)	7g (9%)	1g (5%)	50g (18%)	12g (43%)	730mg (32%)	8g	<1g	Wheat, Cashew, Coconut	Yes	Chickpeas*, Celery*, Onion, Carrots*, whole wheat semolina*, Spinach*, Cashews, Sea Salt, Mushroom Powder*, Sun Dried Tomatoes*, Coconut Sugar*, Turmeric*. *organic
Chickpea Noodle Soup	Large	450	23g (46%)	11g (14%)	1.5g (8%)	75g (27%)	17g (61%)	1090 (47%)	12g	1g			
Claire's Kale and Sweet Potato Soup	Regular	180	8g (16%)	2.5g (3%)	0g	34g (12%)	8g (29%)	580mg (25%)	7g	0g			Sweet Potato, diced tomatoes* (tomatoes*, tomato juice*, citric acid, calcium chloride), Kidney beans*, Onion, Kale*, Carrots, Celery, Chickpea Miso (rice koji*, chickpeas*, sea salt, water, koji spores), Olive Oil*, Mushroom Powder*, Sea Salt, nutritional yeast, Spice, Garlic*. *Organic
Claire's Kale and Sweet Potato Soup	Large	270	12g (24%)	3.5g (4%)	.5g (3%)	51g (19%)	12g (43%)	870mg (38%)	10g	0g			
Corn Chowder	Regular	370	15g (30%)	8g (10%)	1g (5%)	66g (24%)	12g (43%)	900mg (39%)	10g	2g	Cashew, Coconut		Corn*, Potatoes*, Onion, Lentils*, Cashews, Celery*, Lemon Juice, Olive Oil*, Coconut Sugar*, Sea Salt, Nutritional Yeast, Garlic*, Spice. *Organic
Corn Chowder	Large	490	20g (40%)	12g (15%)	2g (10%)	85g (31%)	17g (61%)	1060mg (46%)	13g	3g			
Creamy Mushroom Soup	Regular	300	13g (26%)	15g (23%)	12g (60%)	31g (10%)	9g (32%)	740mg (31%)	5g	0g	Coconut	Yes	Mushrooms*, Coconut Milk* (Coconut, Water, Guar Gum), Onion, Lentils*, Chickpea Miso (rice koji*, chickpeas*, sea salt, water, koji spores), Garlic*, Mushroom Powder*, salt, nutritional yeast, Spice
Red Lentil Dhal	Regular	350	19g (38%)	8g (10%)	5g (25%)	53g (19%)	21g (75%)	800mg (35%)	6g	2g	Coconut	Yes	Lentils*, Onion, Coconut Milk* (Coconut, Water, Guar Gum), Lime Juice, Carrots*, Cilantro*, Agave Syrup*, salt, Spice, Ginger, Garlic*, Turmeric*. *Organic



Red Lentil Dhal	Large	530	28g (56%)	11g (14%)	8g (40%)	80g (29%)	31g (111%)	1190mg (52%)	9g	2g			
											Coconut	Yes	Potatoes*, Coconut Milk* (Coconut, Water, Guar Gum), Onion, Lentils*, Celery*, Lemon Juice, nutritional yeast, Chickpea Miso (rice koji*, chickpeas*, sea salt, water, koji spores), Garlic*, Sea Salt, Mushroom Powder*, Spice. *organic
Smoky Potato Soup	Regular	330	11g (22%)	10g (13%)	8g (40%)	52g (19%)	9g (32%)	770mg (33%)	6g	0g			
Smoky Potato Soup	Large	495	17g (34%)	15g (20%)	12g (60%)	78g (29%)	14g (50%)	1150mg (50%)	9g	0g			
													diced tomatoes* (tomatoes*, tomato juice*, citric acid, calcium chloride), Onion, Brown Rice, Black Eyed Peas*, Kale*, Carrots, Raisins*, Chickpea Miso (rice koji*, chickpeas*, sea salt, water, koji spores), Jalapenos*, Sea Salt, Olive Oil*, Mushroom Powder*, nutritional yeast, Garlic*, Spice. *organic
Spicy Black-Eyed Peas and Greens Soup	Regular	210	9g (18%)	2.5g (3%)	0g	40g (15%)	6g (21%)	590mg (26%)	11g	0g			
Spicy Black-Eyed Peas and Greens Soup	Large	315	14g (28%)	4g (5%)	0g	60g (23%)	9g (32%)	885mg (39%)	17g	0g			
											Coconut	Yes	Butternut Squash, Brown Rice, Coconut Milk* (Coconut, Water, Guar Gum), Onion, Lentils*, Lime Juice, red curry paste (red chili pepper, garlic, lemongrass, galangal (thai ginger) salt, shallot, spices, kaffir lime), Coconut Sugar*, Sea Salt, Ginger, Lime Zest, Garlic*. *Organic
Thai Butternut Squash Soup	Regular	360	10g (20%)	13g (17%)	10g (50%)	53g (19%)	11g (39%)	620mg (27%)	7g	1g			
Thai Butternut Squash Soup	Large	540	14g (28%)	20g (26%)	15g (75%)	79g (29%)	16g (57%)	930mg (40%)	10g	2g			
													diced tomatoes* (tomatoes*, tomato juice*, citric acid, calcium chloride), Pinto Beans*, Onion, Green Bell Pepper*, Corn*, Tortilla chips (whole corn*, sunflower oil*, sea salt, lime), Cilantro*, Jalapenos*, Lime Juice, Olive Oil*, salt, Garlic*, Chickpea Miso (rice koji*, chickpeas*, sea salt, water, koji spores), Mushroom Powder*, Spice, nutritional yeast. *Organic
Tortilla Soup	Regular	290	9g (18%)	8g (10%)	1g (5%)	47g (17%)	9g (32%)	770mg (33%)	9g	0g			
Tortilla Soup	Large	430	14g (28%)	12g (15%)	1.5g (8%)	71g (26%)	14g (50%)	1150mg (50%)	13g	0g			
<b>Dips/Dressings</b>	<b>Portion</b>	<b>Calories</b>	<b>Protein</b>	<b>Total Fat</b>	<b>Saturated Fat</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Sodium</b>	<b>Sugar</b>	<b>Added Sugar</b>	<b>Allergens</b>	<b>No Oil</b>	<b>Ingredients (*Organic)</b>
Corn Salsa	8oz	45	2g (4%)	0g	0g	10g (3%)	1g (4%)	220mg (9%)	2g	0g		Yes	Corn*, Red Peppers*, Lime Juice, Scallions, Cilantro*, Jalapenos*, salt
Hummus	8oz	100	3g (6%)	7g (9%)	1g (5%)	7g (3%)	2g (7%)	180mg (8%)	1g	0g			Chickpeas*, Sesame Tahini*, Olive Oil*, Lemon Juice, salt, Lemon Zest, Garlic*, Spice
Lemon Tahini Dressing	8oz	60	2g (4%)	4.5g (7%)	.5g (3%)	4g (1%)	<1g (4%)	160mg (7%)	<1g	0g	Soy	Yes	Lemon Juice, Sesame Tahini*, Tamari Sauce (Water, Soybeans*, Salt, Organic Alcohol* (to preserve freshness)), Garlic*, Spice
Lemon Thyme Dressing	8oz	50	0g	3g (5%)	0g	8g (3%)	0g	350mg (15%)	6g	6g			Lemon Juice, Agave Syrup*, Olive Oil*, Spice, salt
Lime Cilantro Dressing	8oz	60	2g (4%)	5g (8%)	1g (5%)	4g (1%)	0g	95mg (4%)	<1g	0g	Cashew	Yes	Cashews, Lime Juice, Cilantro, Sea Salt
Mayo	8oz (?)	140	0g	16g (25%)	1.5g (8%)	1g (0%)	0g	45mg (2%)	<1g	<1g	Almond, Coconut		Grapeseed Oil, Almond Milk* (Almonds, Sea Salt, Locust Bean Gum, Sunflower Lecithin, Gellan Gum, Natural Flavor), White Wine Vinegar, Lemon Juice, Flaxseed*, Coconut Sugar*, Spice, salt

Nacho Cheese Dip	8oz	60	3g (6%)	3g (4%)	0g	6g (2%)	2g (7%)	210mg (9%)	<1g	0g	Cashew	Yes	Cashews, nutritional yeast, Red Bell Peppers*, green chiles (chile peppers, water, calcium chloride, citric acid, salt), Lemon Juice, salt, Pickled Jalapeños*
Ranch Dressing	8oz	100	3g (6%)	7g (9%)	1.5g (8%)	6g (2%)	<1g (2%)	125mg (5%)	1g	0g	Cashew	Yes	Cashews, Apple Cider Vinegar, Garlic*, salt, Spice
Sour Cream	8oz (?)	80	3g (6%)	6g (9%)	1g (5%)	5g (2%)	0g	160mg (7%)	<1g	0g	Cashew	Yes	Cashews, Lemon Juice, White Wine Vinegar, salt
Sweet Mustard Dressing	8oz (?)	90	0g	5g (8%)	0g	8g (3%)	0g	280mg (12%)	7g	7g	Almond, Coconut		Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Maple Syrup*, Mayo (Grapeseed Oil, Almond Milk* (Almonds, Sea Salt, Locust Bean Gum, Sunflower Lecithin, Gellan Gum, Natural Flavor), White Wine Vinegar, Lemon Juice, Flaxseed*, Coconut Sugar*, Spice, salt)
<b>Salad Pints</b>	<b>Portion</b>	<b>Calories</b>	<b>Protein</b>	<b>Total Fat</b>	<b>Saturated Fat</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Sodium</b>	<b>Sugar</b>	<b>Added Sugar</b>	<b>Allergens</b>	<b>No Oil</b>	<b>Ingredients (*Organic)</b>
Buffalo Chickpea Salad	Pint	190	10g (20%)	7g (9%)	1g (5%)	26g (9%)	7g (25%)	290mg (13%)	5g	0g	Cashew, Coconut	Yes	Chickpeas*, Celery*, Sour Cream (Cashews, Lemon Juice, White Wine Vinegar, salt), Carrots, Sesame Tahini*, Pepper Sauce (Distilled Vinegar, Red Pepper, Salt), Scallions, Nutritional Yeast, Lemon Juice, salt, Spice, Coconut Sugar*. *Organic
Cranberry Chickpea Salad	Pint	310	10g (63%)	15g	1.5g	37g	9g	400mg	13g	4g	Pecan	Yes	Chickpeas*, Celery*, Sesame Tahini*, White Wine Vinegar, dried cranberries (cranberries*, apple juice concentrate*), Pecans, Scallions, Maple Syrup*, salt, Spice. * organic
Eggless Salad	Pint	160	9g (18%)	12g (15%)	1.5g (8%)	6g (2%)	2g (7%)	330mg (14%)	1g	0g	Soy, Almond, Coconut		Tofu*, Celery*, Mayo (Grapeseed Oil, Almond Milk* (Almonds, Sea Salt, Locust Bean Gum, Sunflower Lecithin, Gellan Gum, Natural Flavor), White Wine Vinegar, Lemon Juice, Flaxseed*, Coconut Sugar*, Spice, salt), relish (cured cucumber*, vinegar*, water, salt, calcium chloride, mustard seed, onions*, red bell peppers*, xanthan gum, spices), Scallions, nutritional yeast, Mustard (Distilled Vinegar, Water, Mustard Seed, Salt, Spice), salt, Spice. *Organic
Macaroni Salad	Pint	170	4g (8%)	10g (13%)	1g (5%)	20g (7%)	3g (11%)	250mg (11%)	3g	0g	Wheat, Almond, Coconut		Corn*, durum wheat flour*, Mayo (Grapeseed Oil, Almond Milk* (Almonds, Sea Salt, Locust Bean Gum, Sunflower Lecithin, Gellan Gum, Natural Flavor), White Wine Vinegar, Lemon Juice, Flaxseed*, Coconut Sugar*, Spice, salt), Peas*, Carrots, relish (cured cucumber*, vinegar*, water, salt, calcium chloride, mustard seed, onions*, red bell peppers*, xanthan gum, spices), Mustard (Distilled Vinegar, Water, Mustard Seed, Salt, Spice), salt, Spice
UnTuna Salad	Pint	140	6g (12%)	6g (8%)	.5g (3%)	18g (7%)	5g (18%)	370mg (16%)	4g	0g		Yes	Chickpeas*, relish (cured cucumber*, vinegar*, water, salt, calcium chloride, mustard seed, onions*, red bell peppers*, xanthan gum, spices), Apples*, Sesame Tahini*, Onion, Celery*, Capers, Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), salt, Raw kelp*, Spice. *Organic

Salad Meals	Portion	Calories	Protein	Total Fat	Saturated Fat	Carbs	Fiber	Sodium	Sugar	Added Sugar	Allergens	No Oil	Ingredients (*Organic)
Andi's Summer Zucchini Salad (?)	Regular	330	14g (28%)	8g (10%)	1g (5%)	53g (19%)	11g (39%)	750mg (33%)	8g	0g			Chickpeas*, Zucchini*, Quinoa*, Lemon Juice, Parsley*, Scallions, Olive Oil*, Sea Salt, Nutritional Yeast, Spice, Dill. *Organic
Andi's Summer Zucchini Salad (?)	Large	490	21g (42%)	12g (15%)	1.5g (8%)	77g (28%)	16g (57%)	1125mg (50%)	11g	0g			
BLT Salad	Regular	390	24g (48%)	16g (21%)	3g (15%)	42g (15%)	13g (46%)	740mg (32%)	10g	2g	Soy, Cashew	Yes	Arugula*, Tomatoes*, Onion), Chickpea Croutons (Chickpeas*, Tamari (Water, Soybeans*, Salt, Alcohol (To Preserve Freshness))), nutritional yeast, Maple Syrup*, Liquid Smoke (Water, Natural Hickory Smoke Flavor, Vinegar, Molasses, Caramel Color, Salt), Apple Cider Vinegar, salt), Ranch Dressing (Cashews, Apple Cider Vinegar, Lemon Juice, Garlic*, salt, Spice), Tempeh Bacon (tempeh (cultured soybeans*, organic brown rice*), Tamari (Water, Soybeans*, Salt, Alcohol (To Preserve Freshness))), nutritional yeast, Maple Syrup*, Liquid Smoke (Water, Natural Hickory Smoke Flavor, Vinegar, Molasses, Caramel Color, Salt), Apple Cider Vinegar, salt). *organic
BLT Salad	Large	585	36g (72%)	24g (32%)	4.5g (23%)	63g (23%)	20g (69%)	1110mg (48%)	15g	3g			
Buffalo Chickpea Salad on Romaine	Regular	390	17g (34%)	18g (23%)	3g (15%)	44g (16%)	13g (46%)	530mg (23%)	10g	0g	Cashew, Coconut, Almond	Yes	Lettuce*, Carrots*, Buffalo Chickpea Salad (Chickpeas*, Celery*, Sour Cream (Cashews, Lemon Juice, White Wine Vinegar, salt), Carrots, Sesame Tahini*, Pepper Sauce (Distilled Vinegar, Red Pepper, Salt), Scallions, Nutritional Yeast, Lemon Juice, salt, Spice, Coconut Sugar*), Ranch Dressing (Cashews, Apple Cider Vinegar, Lemon Juice, Garlic*, salt, Spice). *Organic
Buffalo Chickpea Salad on Romaine	Large	585	23g (51%)	27g (35%)	4.5g (23%)	66g (24%)	20g (69%)	795mg (35%)	15g	0g			
Cranberry Chickpea Salad w/ Mixed Greens	Regular	380	13g (26%)	17g (22%)	2g (10%)	49g (18%)	12g (43%)	490mg (21%)	18g	4g	Pecan	Yes	Lettuce*, Oranges, Cranberry Chickpea Salad (Chickpeas*, Celery*, Sesame Tahini*, White Wine Vinegar, dried cranberries (cranberries*, apple juice concentrate*), Pecans, Scallions, Maple Syrup*, salt, Spice). *Organic
Cranberry Chickpea Salad w/ Mixed Greens	Large	570	20g (40%)	25.5 (33%)	3g (15%)	74g (27%)	18g (65%)	735mg (32%)	27g	6g			
Grilled Tempeh Salad w/ Lemon Thyme Dre	Regular	290	20g (40%)	12g (15%)	2g (10%)	29g (11%)	10g (36%)	750mg (33%)	12g	8g	Soy		lettuce*, Red Peppers*, tempeh (cultured soybeans*, organic brown rice*), Lemon Thyme Dressing (Lemon Juice, Agave Syrup*, Olive Oil*, Spice, salt), Lemon Juice, Tamari Sauce (Water, Soybeans*, Salt, Organic Alcohol* (to preserve freshness)), White Wine Vinegar, Olive Oil*, Spice, Garlic*. *Organic
Grilled Tempeh Salad w/ Lemon Thyme Dre	Large	435	30g (60%)	18g (23%)	3g (15%)	44g (17%)	15g (54%)	1125mg (50%)	18g	12g			

Kale Salad w/ Pecan Topping	Regular	250	6g (12%)	19g (24%)	2g (10%)	17g (6%)	5g (18%)	320mg (14%)	5g	0g	Pecan		Kale*, Lemon Juice, Pecans, Olive Oil*, dried cherries (cherries*, sunflower oil*), nutritional yeast, salt, Garlic*, Spice. *Organic
Kale Salad w/ Pecan Topping	Large	375	9g (18%)	28.5g (36%)	3g (15%)	26g (9%)	8g (27%)	480mg (21%)	8g	0g			
Quinoa and Black Bean Salad	Regular	300	13g (26%)	3.5g (4%)	0g	55g (20%)	11g (39%)	580mg (25%)	4g	0g		Yes	Quinoa, Black Beans*, Corn*, Green Peppers*, Lime Juice, Jalapenos*, Cilantro*, Red Wine Vinegar, Nutritional Yeast, Sea Salt, Spice. *Organic
Quinoa and Black Bean Salad	Large	450	20g (40%)	6g (8%)	.5g (3%)	83g (30%)	16g (57%)	870mg (38%)	6g	0g			
Roasted Carrot and Feta Salad	Regular	350	17g (34%)	10g (13%)	6g (30%)	52g (19%)	12g (43%)	760mg (33%)	16g	7g	Soy, Coconut		Carrots*, White Beans*, Lettuce*, Tofu*, Dressing: (Lemon Juice, Agave Syrup*, Basil, Cider Vinegar, Arrowroot Flour, Salt), Onion, Coconut Oil*, Cider Vinegar, Coconut Sugar*, Sea Salt, Spice. *Organic
Roasted Carrot and Feta Salad	Large	525	23g (51%)	15g (19%)	9g (45%)	78g (29%)	18g (65%)	1140mg (48%)	24g	11g			
Taco Salad w/ Sour Cream and Salsa	Regular	390	18g (36%)	15g (19%)	2g (10%)	49g (18%)	17g (61%)	640mg (28%)	7g	0g	Cashew, Walnut	Yes	Lettuce*, Taco Meat (Lentils*, Walnuts, Spice, Salt), Salsa (Tomato Puree*, Tomatoes*, onion*, tomato juice*, green bell pepper*, anaheim pepper*, garlic*, jalapeno*, cilantro*, lime juice*, salt, vinegar*, citric acid, calcium chloride), Black Beans*, Corn*, Sour Cream (Cashews, Lemon Juice, White Wine Vinegar, Salt), Red Peppers*. *Organic
Taco Salad w/ Sour Cream and Salsa	Large	585	27g (54%)	22.5g (29%)	3g (15%)	74g (27%)	26g (93%)	960mg (42%)	11g	0g			
UnTuna Salad w/ Mixed Greens	Regular	310	14g (28%)	12g (15%)	1.5g (8%)	42g (15%)	12g (43%)	780mg (34%)	10g	0g		Yes	UnTuna Salad (Chickpeas*, relish (cured cucumber*, vinegar*, water, salt, calcium chloride, mustard seed, onions*, red bell peppers*, xanthan gum, spices), Apples*, Sesame Tahini*, Onion, Celery*, Capers, Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), salt, Raw kelp*, Spice. *Organic), UnTuna Salad w/ Mixed Greens - Toppings (Lettuce*, Lemon Juice. *Organic). *Organic
UnTuna Salad w/ Mixed Greens	Large	465	21g (42%)	18g (23%)	2.25g (12%)	63g (23%)	18g (65%)	1170mg (51%)	15g	0g			
Wasabi Peanut Quinoa Salad	Regular	370	16g (32%)	14g (18%)	1.5g (8%)	45g (16%)	9g (32%)	760mg (33%)	10g	3g	Peanuts, Soy, Coconut	Yes	Quinoa*, Red Peppers*, edamame*, Carrots*, Peanut Butter (peanuts*, salt), Lime Juice, Tamari (Water, Soybeans*, Salt, Alcohol (To Preserve Freshness)), Cilantro*, Scallions, Agave Syrup*, Coconut Sugar*, Sea Salt, Sesame Seeds, Horseradish, Mustard, Wasabi, Garlic*. *Organic
Wasabi Peanut Quinoa Salad	Large	560	25g (50%)	20g (31%)	2g (10%)	68g (23%)	14g (56%)	1140mg (48%)	15g	4g			
<b>Wraps</b>	<b>Portion</b>	<b>Calories</b>	<b>Protein</b>	<b>Total Fat</b>	<b>Saturated Fat</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Sodium</b>	<b>Sugar</b>	<b>Added Sugar</b>	<b>Allergens</b>	<b>No Oil</b>	<b>Ingredients (*Organic)</b>

														Buffalo Chickpea Salad (Chickpeas*, Celery*, Sour Cream (Cashews, Lemon Juice, White Wine Vinegar, salt), Carrots, Sesame Tahini*, Pepper Sauce (Distilled Vinegar, Red Pepper, Salt), Scallions, Nutritional Yeast, Lemon Juice, salt, Spice, Coconut Sugar*), Buffalo Chickpea Salad Wrap - Toppings (tortilla (whole wheat flour*, water, soybean oil*, sea salt, baking powder), Lettuce*, Carrots*. *Organic), Ranch Dressing (Cashews, Apple Cider Vinegar, Lemon Juice, Garlic*, salt, Spice). *Organic
Buffalo Chickpea Salad Wrap	Regular	380	15g (30%)	16g (21%)	2g (10%)	50g (18%)	9g (32%)	610mg (27%)	7g	0g				
Buffalo Chickpea Salad Wrap	Large	570	23g (34%)	24g (32%)	3g (15%)	75g (27%)	14g (48%)	915mg (41%)	11g	0g				
Cranberry Chickpea Salad Wrap	Regular	360	12g (24%)	14g (18%)	1g (5%)	51g (19%)	9g (32%)	570mg (25%)	11g	3g				Cranberry Chickpea Salad (Chickpeas*, Celery*, Sesame Tahini*, White Wine Vinegar, dried cranberries (cranberries*, apple juice concentrate*), Pecans, Scallions, Maple Syrup*, salt, Spice), tortilla (whole wheat flour*, water, soybean oil*, sea salt, baking powder), Lettuce*. *Organic
Cranberry Chickpea Salad Wrap	Large	540	18g (36%)	21g (27%)	1.5g (8%)	77g (29%)	14g (48%)	855mg (38%)	17g	5g				
Eggless Salad Wrap	Regular	330	14g (28%)	15g (19%)	1.5g (8%)	37g (13%)	7g (25%)	650mg (28%)	6g	0g				Carrots*, tortilla (whole wheat flour*, water, soybean oil*, sea salt, baking powder), Lettuce*, Eggless Salad (Tofu*, Celery*, Mayo (Grapeseed Oil, Almond Milk* (Almonds, Sea Salt, Locust Bean Gum, Sunflower Lecithin, Gellan Gum, Natural Flavor), White Wine Vinegar, Lemon Juice, Flaxseed*, Coconut Sugar*, Spice, salt), relish (cured cucumber*, vinegar*, water, salt, calcium chloride, mustard seed, onions*, red bell peppers*, xanthan gum, spices), Scallions, nutritional yeast, Mustard (Distilled Vinegar, Water, Mustard Seed, Salt, Spice), salt, Spice. *Organic). *Organic
Eggless Salad Wrap	Large	495	21g (42%)	22.5g (29%)	2.25g (12%)	56g (20%)	11g (38%)	975mg (42%)	9g	0g				
Grilled Sesame Wrap	Regular	270	14g (28%)	11g (17%)	1g (5%)	30g (10%)	5g (20%)	590mg (25%)	4g	0g				Grilled Sesame Wrap - Toppings (Red Bell Peppers*, Lettuce. *Organic), Tofu*, tortilla (whole wheat flour*, water, soybean oil*, sea salt, baking powder), Hummus (Chickpeas*, Sesame Tahini*, Olive Oil*, Lemon Juice, salt, Lemon Zest, Garlic*, Spice), Tamari Sauce (Water, Soybeans*, Salt, Organic Alcohol* (to preserve freshness)), Sesame Oil*, Olive Oil*. *Organic
Grilled Sesame Wrap	Large	405	21g (42%)	16.5g (26%)	1.5g (8%)	45g (15%)	8g (30%)	885mg (38%)	6g	0g				

UnTuna Salad Wrap	Regular	310	11g (22%)	9g (12%)	1g (5%)	50g (18%)	10g (36%)	690mg (30%)	9g	0g	Wheat, Soy		UnTuna Salad (Chickpeas*, relish (cured cucumber*, vinegar*, water, salt, calcium chloride, mustard seed, onions*, red bell peppers*, xanthan gum, spices), Apples*, Sesame Tahini*, Onion, Celery*, Capers, Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), salt, Raw kelp*, Spice. *Organic), Carrots*, tortilla (whole wheat flour*, water, soybean oil*, sea salt, baking powder), Lettuce*. *Organic
UnTuna Salad Wrap	Large	465	17g (34%)	13.5g (18%)	1.5g (8%)	75g (27%)	15g (54%)	1035mg (34%)	14g	0g			
<b>Snack Plates</b>	<b>Portion</b>	<b>Calories</b>	<b>Protein</b>	<b>Total Fat</b>	<b>Saturated Fat</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Sodium</b>	<b>Sugar</b>	<b>Added Sugar</b>	<b>Allergens</b>	<b>No Oil</b>	<b>Ingredients (*Organic)</b>
Cranberry Chickpea Salad and Crackers Snac	Regular	370	10g (20%)	17g (22%)	2g (10%)	44g (16%)	10g (36%)	520mg (23%)	9g	2g	Pecan	Yes	celery*, Cranberry Chickpea Salad (Chickpeas*, Celery*, Sesame Tahini*, White Wine Vinegar, dried cranberries (cranberries*, apple juice concentrate*), Pecans, Scallions, Maple Syrup*, salt, Spice), crackers (brown rice*, quinoa*, pumpkin seeds*, sunflower seeds*, flax seeds*, sesame seeds*, poppy seeds*, water, salt, seaweed*, black pepper*, herbs* ). *organic
Eggless Salad Snack Plate	Regular	390	14g (28%)	21g (32%)	2.5g (13%)	37g (12%)	10g (40%)	660mg (28%)	6g	0g	Soy, Almond, Coconut		Eggless Salad Snack Plate - Toppings (Carrots*, Celery*), Eggless Salad (Tofu*, Celery*, Mayo (Grapeseed Oil, Almond Milk* (Almonds, Sea Salt, Locust Bean Gum, Sunflower Lecithin, Gellan Gum, Natural Flavor), White Wine Vinegar, Lemon Juice, Flaxseed*, Coconut Sugar*, Spice, salt), relish (cured cucumber*, vinegar*, water, salt, calcium chloride, mustard seed, onions*, red bell peppers*, xanthan gum, spices), Scallions, nutritional yeast, Mustard (Distilled Vinegar, Water, Mustard Seed, Salt, Spice), salt, Spice. *Organic), crackers (brown rice*, quinoa*, pumpkin seeds*, sunflower seeds*, flax seeds*, sesame seeds*, poppy seeds*, water, salt, seaweed*, black pepper*, herbs* )
Hummus and Crackers Snack Plate	Regular	450	11g (22%)	26g (33%)	3.5g (18%)	43g (16%)	11g (39%)	770mg (33%)	5g	0g			Celery*, Hummus (Chickpeas*, Sesame Tahini*, Olive Oil*, Lemon Juice, salt, Lemon Zest, Garlic*, Spice), crackers (brown rice*, quinoa*, pumpkin seeds*, sunflower seeds*, flax seeds*, sesame seeds*, poppy seeds*, water, salt, seaweed*, black pepper*, herbs* ). *organic
Hummus and Veggies Snack Plate	Regular	340	9g (18%)	20g (26%)	2.5g (13%)	34g (12%)	11g (39%)	650mg (28%)	12g	0g			Hummus & Veggie Snack Plate - toppings (Celery*, Carrots*, Red Bell Peppers*. *Organic), Hummus (Chickpeas*, Sesame Tahini*, Olive Oil*, Lemon Juice, salt, Lemon Zest, Garlic*, Spice). *Organic
Peanut Butter and Apples Snack Plate	Regular	330	10g (20%)	19g (24%)	2.5g (13%)	31g (11%)	8g (29%)	50mg (2%)	19g	0g	Peanuts	Yes	Apples* (dipped in lemon juice), Peanut Butter (peanuts*, salt). *organic

Trail Mix Snack Plate	Regular	350	9g (18%)	23g (29%)	4g (20%)	32g (12%)	8g (29%)	80mg (3%)	16g	4g	Almond, Coconut		Apples* (dipped in lemon juice), Almonds, Trail Mix Cookies (GF Oats*, Maple Syrup*, Almond Butter (Almonds), Coconut Oil*, Almond Meal, Almonds, Coconut Sugar*, Dairy Free Chocolate Chips (Evaporated Cane Juice, Natural Chocolate Liquor (Non-alcoholic), Non-dairy Cocoa Butter)), Dried Coconut*, Sunflower Seeds, Sesame Seeds, Chia Seeds*, Flaxseed*, Vanilla Extract (Alcohol, Vanilla Bean), salt, Baking Powder (Cornstarch, Sodium Bicarbonate, Monocalcium Phosphate), Baking Soda, Spice. *organic). *organic
Sides	Portion	Calories	Protein	Total Fat	Saturated Fat	Carbs	Fiber	Sodium	Sugar	Added Sugar	Allergens	No Oil	Ingredients (*Organic)
Carrot Raisin Slaw	8oz	1020	18g (36%)	47g (72%)	4g (20%)	155g (52%)	21g (84%)	1410mg (59%)	101g	5g	Walnuts	Yes	Carrots*, Orange Juice, Raisins*, Walnuts, Lemon Juice, Agave Syrup*, Sea Salt, Spice
Chickpea Crackers	N/A	120	5g (10%)	5g (8%)	3g (15%)	13g (4%)	3g (12%)	170mg (7%)	2g	0g	Coconut		Chickpea Flour, Coconut Oil*, Aluminum-Free Baking Powder, Sea Salt, Spice
Red Cabbage Salad	8oz	90	2g (4%)	5g (8%)	.5g (3%)	11g (4%)	3g (12%)	200mg (8%)	7g	2g	Pecans	Yes	Apples*, Cabbage, Cabbage, Lemon Juice, Pecans, Sunflower Seeds, Agave Syrup*, salt, Spice
Sesame Ginger Slaw	8oz	60	1g (2%)	4.5g (7%)	.5g (3%)	5g (2%)	2g (8%)	110mg (5%)	3g	0g			Cabbage, Carrots*, Rice Vinegar, Sesame Oil*, Scallions, Sesame Seeds, Agave Syrup*, Ginger, salt, Cilantro*
Side Salad	Regular	35	2g (4%)	0g	0g	7g (2%)	3g (12%)	50mg (2%)	3g	0g		Yes	Lettuce*, Red Peppers*, Carrots*
Side Salad	Large	50	3g (6%)	0g	0g	11g (4%)	4g (16%)	75mg (3%)	5g	0g			
Breakfast	Portion	Calories	Protein	Total Fat	Saturated Fat	Carbs	Fiber	Sodium	Sugar	Added Sugar	Allergens	No Oil	Ingredients (*Organic)
Apple Cinnamon Oatmeal	Regular	320	9g (18%)	13g (17%)	1.5g (8%)	43g (16%)	10g (36%)	125mg (5%)	10g	3g	Almond, Walnut	Yes	Almond Milk* (Almonds, Sea Salt, Locust Bean Gum, Sunflower Lecithin, Gellan Gum, Natural Flavor), Apples*, GF Oats*, Walnuts, Chia Seeds*, Maple Syrup*, Vanilla Extract (Alcohol, Vanilla Bean), Spice. *Organic
Apple Cinnamon Oatmeal	Large	480	14g (28%)	19.5g (26%)	2.25g (12%)	65g (24%)	15g (54%)	188mg (8%)	15g	5g			
Black Bean and Quinoa Taco	1 Taco	160	7g (14%)	1.5g (2%)	0g	33g (12%)	6g (21%)	350mg (15%)	2g	0g			Black Beans*, Corn Tortillas (Water, Whole White Corn*, Yellow Corn Masa Flour*, Lime, Guar Gum*), Onion, Quinoa*, Lime Juice, Jalapenos*, Cilantro*, salt, Spice. *Organic
Blueberry Almond Oatmeal	Regular	300	9g (18%)	12g (15%)	1g (5%)	39g (14%)	9g (32%)	125mg (5%)	8g	3g	Almond	Yes	Almond Milk* (Almonds, Sea Salt, Locust Bean Gum, Sunflower Lecithin, Gellan Gum, Natural Flavor), Blueberries*, GF Oats*, Almonds, Chia Seeds*, Maple Syrup*, Vanilla Extract (Alcohol, Vanilla Bean). *Organic
Blueberry Almond Oatmeal	Large	450	14g (28%)	18g (23%)	1.5g (8%)	59g (21%)	14g (48%)	188mg (8%)	12g	5g			

Breakfast Burrito Bowl	Regular	370	14g (28%)	15g (19%)	1.5g (8%)	49g (18%)	8g (29%)	810mg (35%)	5g	0g	Wheat, Soy, Almond, Cashew, Coconut		Final Tex Mex Scramble as ingredient (Tofu*, Onion, Mushrooms*, Red Peppers*, Jalapenos*, Lime Juice, Olive Oil*, Sea Salt, Spice, Garlic*, Turmeric*), Potatoes*, tortilla (whole wheat flour*, water, soybean oil*, sea salt, baking powder), Ranch Dressing (Sour Cream (Cashews, Lemon Juice, White Wine Vinegar, salt), Mayo (Grapeseed Oil, Almond Milk* (Almonds, Sea Salt, Locust Bean Gum, Sunflower Lecithin, Gellan Gum, Natural Flavor), White Wine Vinegar, Lemon Juice, Flaxseed*, Coconut Sugar*, Spice, salt), Almond Milk* (Almonds, Sea Salt, Locust Bean Gum, Sunflower Lecithin, Gellan Gum, Natural Flavor), Spice, Lemon Juice, Nutritional Yeast, White Wine Vinegar, salt), Black Beans*, Cilantro*, Olive Oil*, Spice, salt. *Organic
Breakfast Burrito Bowl	Large	555	21g (42%)	22.5g (29%)	2.25g (12%)	74g (27%)	12g (43%)	1215mg (53%)	8g	0g			
Carrot Cake Oatmeal	Regular	390	9g (18%)	14g (18%)	1.5g (8%)	61g (22%)	11g (39%)	350mg (15%)	24g	4g	Almond, Pecan	Yes	Almond Milk* (Almonds, Sea Salt, Locust Bean Gum, Sunflower Lecithin, Gellan Gum, Natural Flavor), Carrots*, GF Oats*, Raisins*, Pecans, Chia Seeds*, Maple Syrup*, Spice, Vanilla Extract (Alcohol, Vanilla Bean), salt. *Organic
Carrot Cake Oatmeal	Large	585	14g (28%)	21g (27%)	2.25g (12%)	92g (33%)	17g (59%)	525mg (23%)	36g	6g			
Chickpea Scramble Plate	Regular	380	13g (26%)	7g (9%)	1g (5%)	70g (25%)	15g (54%)	780mg (34%)	15g	0g			Roasted Sweet Potatoes (breakfast) (Sweet Potato, Spice, Olive Oil*, Sea Salt), Chickpea Scramble (Chickpeas*, Onion, Kale*, Red Peppers*, Mushrooms*, Olive Oil*, Sea Salt, Lemon Juice, Turmeric*, nutritional yeast, Spice, Garlic*. *Organic). *Organic
Chickpea Scramble Plate	Large	570	20g (40%)	10.5g (14%)	1.5g (8%)	105g (38%)	23g (82%)	1170mg (51%)	23g	0g			
Cranberry Orange Oatmeal	Regular	340	7g (14%)	13g (17%)	1g (5%)	49g (18%)	9g (32%)	80mg (3%)	17g	7g	Almond, Pecan	Yes	Almond Milk* (Almonds, Sea Salt, Locust Bean Gum, Sunflower Lecithin, Gellan Gum, Natural Flavor), GF Oats*, dried cranberries (cranberries*, apple juice concentrate*), Pecans, Chia Seeds*, Maple Syrup*, Vanilla Extract (Alcohol, Vanilla Bean), Orange Zest, Spice. *Organic
Cranberry Orange Oatmeal	Large	510	11g (22%)	19.5g (26%)	1.5g (8%)	74g (27%)	14g (48%)	120mg (5%)	26g	11g			
Frittata Muffins	Regular	290	19g (38%)	7g (9%)	1g (5%)	44g (16%)	11g (39%)	510mg (22%)	20g	<1g	Soy	Yes	Apples* (dipped in lemon juice), Tofu*, Mushrooms*, Potatoes*, Tempeh Bacon (tempeh (cultured soybeans*, organic brown rice*), Tamari (Water, Soybeans*, Salt, Alcohol (To Preserve Freshness)), nutritional yeast, Maple Syrup*, Liquid Smoke (Water, Natural Hickory Smoke Flavor, Vinegar, Molasses, Caramel Color, Salt), Apple Cider Vinegar, salt), Onion, Spinach*, Red Peppers*, Green Bell Pepper*, Chickpeas*, nutritional yeast, Sesame Tahini*, Garlic*, Sea Salt, Apple Cider Vinegar
Frittata Muffins	Large	435	29g (58%)	10.5g (14%)	1.5g (8%)	66g (24%)	17g (59%)	765mg (33%)	30g	<1g			



														Rosemary Potatoes (Potatoes*, Olive Oil*, Spice, salt), Tofu Scramble (Tofu*, Onion, Mushrooms*, Green Bell Pepper*, Olive Oil*, Sea Salt, Spice, Turmeric*), Sausage (Wheat Gluten, White Beans*, Olive Oil*, Tamari Sauce (Water, Soybeans*, Salt, Organic Alcohol* (to preserve freshness)), Maple Syrup*, Nutritional Yeast, Spice, salt, Cider Vinegar*). *Organic
Hearty Breakfast Plate	Regular	300	19g (38%)	8g (10%)	1g (5%)	41g (15%)	6g (21%)	730mg (32%)	5g	1g				
Hearty Breakfast Plate	Large	450	29g (58%)	12g (15%)	1.5g (8%)	61g (22%)	9g (32%)	1100mg (48%)	8g	2g				
Picadillo Potato Taco	1 Taco	190	7g (14%)	5g (8%)	0g	31g (10%)	5g (20%)	280mg (12%)	1g	0g	Walnut	Yes		Potatoes*, Lentils, Corn Tortillas (Water, Whole White Corn*, Yellow Corn Masa Flour*, Lime, Guar Gum*), Walnuts, Spice, Sea Salt, salt. *Organic
Raspberry Breakfast Parfait	Regular	350	12g (24%)	6g (8%)	1g (5%)	67g (24%)	12g (43%)	270mg (12%)	39g	0g	Soy	Yes		Raspberry Pudding (Tofu*, Raspberry Chia Seed Jam (Raspberries, Dates, Chia Seeds*, Vanilla Extract (Alcohol, Vanilla Bean). *Organic), Dates, Lemon Juice, Vanilla Extract (Alcohol, Vanilla Bean), salt), Granola (GF Oats*, Dates, Vanilla Extract (Alcohol, Vanilla Bean), Spice, salt. *Organic). *Organic
Raspberry Breakfast Parfait	Large	525	18g (36%)	9g (12%)	1.5g (8%)	101g (36%)	18g (65%)	405g (18%)	59g	0g				
Smoothie Kit-Berry Coconut	1 Kit	250	4g (8%)	1.5g (2%)	0g	61g (20%)	11g (44%)	260mg (11%)	45g	0g	Coconut	Yes		Coconut Water, Strawberries, Blueberries*, Dates
Smoothie Kit-Green	1 Kit	190	4g (8%)	1g (2%)	0g	49g (16%)	5g (20%)	25mg (1%)	26g	0g		Yes		Bananas*, Mangos*, Kale*, Lime Juice, Ginger*
Smoothie Kit-Immunity	1 Kit	240	3g (6%)	1g (2%)	0g	64g (21%)	8g (32%)	5mg (<1%)	45g	0g		Yes		Oranges, Mangos*, Dates, Lime Juice, Lemon Juice, Bananas*, Ginger*, Turmeric*. *organic
Smoothie Kit-Peanut Butter Banana	1 Kit	430	10g (20%)	14g (22%)	2g (10%)	71g (24%)	10g (40%)	810mg (34%)	42g	0g	Peanuts	Yes		Bananas*, Peanut Butter (peanuts*, salt), Dates, Vanilla Extract (Alcohol, Vanilla Bean), salt
Tofu Scramble Taco	1 Taco	150	8g (16%)	5g (8%)	.5g (3%)	21g (7%)	3g (12%)	410mg (17%)	2g	0g	Soy			Tofu*, Corn Tortillas (Water, Whole White Corn*, Yellow Corn Masa Flour*, Lime, Guar Gum*), Onion, Mushrooms*, Green Bell Pepper*, Olive Oil*, Sea Salt, Spice, Turmeric*
Tex Mex Scramble Taco	1 Taco	140	8g (16%)	3.5g (4%)	0g	22g (8%)	3g (11%)	390mg (17%)	3g	0g	Soy	Yes		Tofu*, Corn Tortillas (Water, Whole White Corn*, Yellow Corn Masa Flour*, Lime, Guar Gum*), Onion, Mushrooms*, Red Peppers*, Jalapenos*, Lime Juice, Sea Salt, Spice, Garlic*, Turmeric*. *Organic
<b>Desserts</b>	<b>Portion</b>	<b>Calories</b>	<b>Protein</b>	<b>Total Fat</b>	<b>Saturated Fat</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Sodium</b>	<b>Sugar</b>	<b>Added Sugar</b>	<b>Allergens</b>	<b>No Oil</b>	<b>Ingredients (*Organic)</b>	
Banana Raspberry Bread	1 Slice	170	3g (6%)	4g (6%)	0g	32g (11%)	4g (16%)	270mg (11%)	11g	10g	Wheat, Coconut, Soy			Whole Wheat Flour*, Coconut Sugar*, Filtered Water, Whole Organic Soybeans, Raspberry Chia Seed Jam (Raspberries, Dates, Chia Seeds*, Vanilla Extract (Alcohol, Vanilla Bean). *Organic), Canola Oil, Vanilla Extract (Alcohol, Vanilla Bean), Sea Salt, Baking Soda
Blueberry Apple Crisp	1 Bowl	200	5g (10%)	3.5g (4%)	0g	37g (13%)	7g (25%)	120mg (5%)	16g	4g	Coconut	Yes		Blueberries*, Apples*, GF Oats*, Applesauce (APPLES, WATER, ASCORBIC ACID (VITAMIN C))* , Chickpea Flour, Flaxseed, Coconut Sugar*, Arrowroot Powder, Vanilla Extract (Alcohol, Vanilla Bean), Spice, Sea Salt. *Organic

Blueberry Cream Pop	1 Pop	120	3g (6%)	5g (8%)	1g (5%)	18g (6%)	2g (8%)	35mg (1%)	12g	0g	Cashew	Yes	Blueberries*, Dates, Cashews, Vanilla Extract (Alcohol, Vanilla Bean), Sea Salt
Carrot Cake Breakfast Cookie	1 Cookie	300	8g (16%)	17g (22%)	4g (20%)	34g (12%)	8g (29%)	350mg (15%)	13g	7g	Almond, Pecan, Coconut	Yes	carrots*, maple syrup*, gluten free oats, almond meal, pecans, applesauce (apples, water)*, raisins*, dried coconut*, almond butter (almonds), chia seeds*, flaxseed*, spice, sea salt, baking soda. *organic
Chocolate Cheesecake	1 Slice	620	10g (20%)	44g (68%)	18g (90%)	55g (18%)	5g (20%)	240mg (10%)	33g	28g	Coconut, Cashew, Pecan		Coconut Milk* (Coconut, Water, Guar Gum), Dairy Free Chocolate Chips (Evaporated Cane Juice, Natural Chocolate Liquor (Non-alcoholic), Non-dairy Cocoa Butter)), Cashews, Pecans, Maple Syrup*, Brown Rice Syrup (Brown Rice, Water), GF Oats*, Lemon Juice, Coconut Sugar*, Arrowroot Flour, Cocoa, Coconut Oil*, Vanilla Extract (Alcohol, Vanilla Bean), salt, Flaxseed
Chocolate Chip Cookie	1 Cookie	140	4g (8%)	9g (12%)	1g (5%)	14g (5%)	2g (7%)	85mg (4%)	8g	7g	Almond, Coconut	Yes	Almond Meal, Almond Butter (Almonds), Coconut Sugar*, GF Oats*, Dairy Free Chocolate Chips (Evaporated Cane Juice, Natural Chocolate Liquor (Non-alcoholic), Non-dairy Cocoa Butter)), Flaxseed*, Vanilla Extract (Alcohol, Vanilla Bean), Sea Salt, Baking Powder (Cornstarch, Sodium Bicarbonate, Monocalcium Phosphate), Baking Soda
Chocolate Chip Snack Bar	1 Bar	280	6g (12%)	17g (22%)	5g (25%)	33g (12%)	4g (14%)	105mg (5%)	20g	8g	Cashew, Walnut	Yes	Dairy Free Chocolate Chips (Evaporated Cane Juice, Natural Chocolate Liquor (Non-alcoholic), Non-dairy Cocoa Butter)), Dates, Cashews, Walnuts, GF Oats*, Sea Salt
Chocolate Dipped Coconut Macaroons	1 Cookie	200	3g (6%)	14g (22%)	7g (35%)	19g (6%)	3g (12%)	35mg (1%)	10g	7g	Walnut, Coconut		Dried Coconut*, Walnuts, Dairy Free Chocolate Chips (Evaporated Cane Juice, Natural Chocolate Liquor (Non-alcoholic), Non-dairy Cocoa Butter)), GF Oats*, Maple Syrup*, Organic Barley Malt Extract, Canola Oil, Coconut Oil*, Baking Powder (Cornstarch, Sodium Bicarbonate, Monocalcium Phosphate), Sea Salt
Chocolate Frosted Peanut Butter Bar	1 Bar	300	5g (10%)	16g (21%)	5g (25%)	33g (12%)	4g (14%)	190mg (8%)	12g	12g	Peanuts, Soy, Coconut		Peanut Butter Cookies (Whole Wheat Flour*, Coconut Sugar*, Peanut Butter (peanuts*, salt), GF Oats*, Canola Oil, Filtered Water, Whole Organic Soybeans, Aluminum-Free Baking Powder, Vanilla Extract (Alcohol, Vanilla Bean), Sea Salt), Chocolate Filling (Maple Syrup*, Organic coconut oil, Cocoa)
Chocolate Fudge Pop	1 Pop	140	4g (8%)	7g (11%)	1.5g (8%)	21g (7%)	4g (16%)	115mg (5%)	12g	0g	Cashew	Yes	Dates, Cashews, Cocoa*, Vanilla Extract (Alcohol, Vanilla Bean), Sea Salt

Chocolate Muffins	1 Muffin	190	4g (8%)	6g (9%)	1.5g (8%)	32g (11%)	5g (20%)	170mg (7%)	14g	11g	Almond, Wheat	Yes	Bananas*, Whole Wheat Flour*, Almond Milk* (Almonds, Sea Salt, Locust Bean Gum, Sunflower Lecithin, Gellan Gum, Natural Flavor), Maple Syrup*, Dairy Free Chocolate Chips (Evaporated Cane Juice, Natural Chocolate Liquor (Non-alcoholic), Non-dairy Cocoa Butter)), Almond Meal, Flaxseed, Cocoa, Apple Cider Vinegar, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate), Vanilla Extract (Alcohol, Vanilla Bean), salt, Baking Soda
Chocolate Pudding	1 Bowl	220	5g (10%)	6g (8%)	1.5g (8%)	40g (15%)	4g (14%)	140mg (6%)	26g	21g	Cashew, Coconut	Yes	Sweet Potato, Coconut Sugar*, Cashews, Cocoa*, Vanilla Extract (Alcohol, Vanilla Bean), salt, Dates. *Organic
Double Chocolate Cookies	1 Cookie	110	2g (4%)	5g (8%)	1.5g (8%)	16g (5%)	2g (8%)	95mg (4%)	10g	9g	Almond, Coconut	Yes	GF Oats*, Dairy Free Chocolate Chips (Evaporated Cane Juice, Natural Chocolate Liquor (Non-alcoholic), Non-dairy Cocoa Butter)), Almond Butter (Almonds), Coconut Sugar*, Maple Syrup*, Flaxseed, Sea Salt, Baking Powder (Cornstarch, Sodium Bicarbonate, Monocalcium Phosphate), Baking Soda
Fudge Brownie	1 Brown	250	5g (10%)	15g (19%)	3.5g (18%)	28g (10%)	4g (14%)	260mg (11%)	15g	14g	Coconut, Walnut, Almond	Yes	Dairy Free Chocolate Chips (Evaporated Cane Juice, Natural Chocolate Liquor (Non-alcoholic), Non-dairy Cocoa Butter)), Coconut Sugar*, Organic Brown Rice, Almond Meal, Almond Butter (Almonds), Almond Milk* (Almonds, Sea Salt, Locust Bean Gum, Sunflower Lecithin, Gellan Gum, Natural Flavor), Walnuts, Cocoa, Flaxseed*, Sea Salt, Vanilla Extract (Alcohol, Vanilla Bean), Baking Soda, Arrowroot Flour
Ginger Molasses Cookies	1 Cookie	110	2g (4%)	3g (4%)	0g	19g (7%)	2g (7%)	130mg (6%)	9g	9g	Almond, Coconut	Yes	GF Oats*, blackstrap molasses, Maple Syrup*, Almond Butter (Almonds), Sugar, Coconut Sugar*, Spice, Arrowroot Flour, Flaxseed, Baking Soda, Sea Salt, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate), Almond Meal
Maple Cinnamon Pecans	1 Bag	260	3g (6%)	24g (37%)	2g (10%)	11g (4%)	4g (16%)	250mg (10%)	6g	5g	Pecan	Yes	Pecans, Maple Syrup*, salt, Spice
Peanut Butter and Chocolate Sandwich Cookies	1 Cookie	420	7g (14%)	23g (29%)	7g (25%)	46g (17%)	6g (21%)	260mg (11%)	17g	16g	Wheat, Peanuts, Soy, Coconut		Peanut Butter Cookies (Whole Wheat Flour*, Coconut Sugar*, Peanut Butter (peanuts*, salt), GF Oats*, Canola Oil, Filtered Water, Whole Organic Soybeans, Aluminum-Free Baking Powder, Vanilla Extract (Alcohol, Vanilla Bean), Sea Salt), Chocolate Filling (Maple Syrup*, Organic coconut oil, Cocoa)
Peanut Butter Banana Pop	1 Pop	130	4g (8%)	6g (9%)	1g (5%)	15g (5%)	3g (12%)	60mg (3%)	11g	0g	Peanuts	Yes	Dates, Kirkland Organic Creamy Peanut Butter, Bananas*, Vanilla Extract (Alcohol, Vanilla Bean), Sea Salt
Pumpkin Muffins	1 Muffin	220	4g (8%)	9g (12%)	.5g (3%)	32g (12%)	5g (18%)	190mg (8%)	13g	11g	Wheat, Coconut, Almond, Walnut		Pumpkin, Whole Wheat Flour*, Coconut Sugar*, Bananas*, Almond Milk* (Almonds, Sea Salt, Locust Bean Gum, Sunflower Lecithin, Gellan Gum, Natural Flavor), Walnuts, Canola Oil, blackstrap molasses, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate), Spice, Flaxseed, salt

Pumpkin Pie	1 Slice	300	5g (10%)	18g (28%)	3g (15%)	32g (11%)	5g (20%)	250mg (10%)	19g	16g	Pecan, Cashew, Almond, Coconut		Pumpkin, Pecans, Maple Syrup*, Cashews, Almond Milk* (Almonds, Sea Salt, Locust Bean Gum, Sunflower Lecithin, Gellan Gum, Natural Flavor), Brown Rice Syrup (Brown Rice, Water), GF Oats*, Coconut Sugar*, Lemon Juice, Coconut Oil*, Flaxseed, Arrowroot Flour, salt, Spice, Vanilla Extract (Alcohol, Vanilla Bean)
Pumpkin Pie Pop	1 Pop	110	3g (6%)	5g (8%)	1g (5%)	17g (6%)	3g (12%)	90mg (4%)	10g	0g	Cashew		Pumpkin, Dates, Cashews, Spice, Vanilla Extract (Alcohol, Vanilla Bean), Sea Salt
Raspberry Almond Thumbprint Cookies	1 Cookie	120	3g (6%)	8g (12%)	1.5g (8%)	10g (3%)	2g (8%)	35mg (1%)	5g	4g	Almond, Coconut		Raspberry Chia Seed Jam (Raspberries, Dates, Chia Seeds*, Vanilla Extract (Alcohol, Vanilla Bean). *Organic), Almond Meal, Almond Butter (Almonds), Maple Syrup*, Organic Brown Rice, Dried Coconut*, Flaxseed, Baking Powder (Cornstarch, Sodium Bicarbonate, Monocalcium Phosphate), Sea Salt, Almond Extract (Water, Alcohol (32%), And Oil Of Bitter Almond)
Raspberry Lemon Cheesecake	1 Slice	550	12g (24%)	34g (52%)	11g (55%)	54g (18%)	7g (28%)	220mg (9%)	28g	22g	Coconut, Cashew, Almond		Coconut Milk* (Coconut, Water, Guar Gum), Raspberry Chia Seed Jam (Raspberries, Dates, Chia Seeds*, Vanilla Extract (Alcohol, Vanilla Bean). *Organic), Cashews, Almonds, Maple Syrup*, Brown Rice Syrup (Brown Rice, Water), lemon zest, Lemon Juice, GF Oats*, Arrowroot Flour, Coconut Sugar*, Coconut Oil*, Flaxseed, Vanilla Extract (Alcohol, Vanilla Bean), salt, Spice
Sour Cherry and Pumpkin Seed Snack Bar	1 Bar	210	5g (10%)	11g (14%)	1.5g (8%)	23g (8%)	3g (11%)	105mg (5%)	12g	0g	Cashew, Walnut		Dates, GF Oats*, Pumpkin Seeds, Cashews, Walnuts, dried cherries (cherries*, sunflower oil*), Sea Salt
Trail Mix Cookie	1 Cookie	130	4g (8%)	8g (12%)	1.5g (8%)	14g (5%)	3g (12%)	85mg (4%)	6g	5g	Almond, Coconut	Yes	GF Oats*, Maple Syrup*, Almond Butter (Almonds), Almond Meal, Almonds, Coconut Sugar*, Dairy Free Chocolate Chips (Evaporated Cane Juice, Natural Chocolate Liquor (Non-alcoholic), Non-dairy Cocoa Butter)), Dried Coconut*, Sunflower Seeds, Sesame Seeds, Flaxseed*, Chia Seeds*, Vanilla Extract (Alcohol, Vanilla Bean), salt, Baking Powder (Cornstarch, Sodium Bicarbonate, Monocalcium Phosphate), Baking Soda, Spice. *organic
<b>Holiday Items</b>	<b>Portion</b>	<b>Calories</b>	<b>Protein</b>	<b>Total Fat</b>	<b>Saturated Fat</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Sodium</b>	<b>Sugar</b>	<b>Added Sugar</b>	<b>Allergens</b>	<b>No Oil</b>	<b>Ingredients (*Organic)</b>
Holiday Gravy	Single	60	2g (4%)	2.5g (4%)	0g	6g (2%)	<1g (4%)	290mg (12%)	1g	0g	Soy		Mushrooms*, Onion, red wine, Rice Flour*, Tamari (Water, Soybeans*, Salt, Alcohol (To Preserve Freshness)), Olive Oil*, Garlic, brown Rice Miso* (Soybeans, Rice Koji, Salt,), salt, Spice. *Organic

Holiday Meatloaf	Single	320	14g (28%)	15g (23%)	2g (10%)	33g (11%)	7g (28%)	820mg (34%)	4g	0g	Soy, Walnut		Holiday Gravy (Mushrooms*, Onion, red wine, Rice Flour*, Tamari (Water, Soybeans*, Salt, Alcohol (To Preserve Freshness)), Olive Oil*, Garlic, brown Rice Miso* (Soybeans, Rice Koji, Salt,)), salt, Spice. *Organic), Tofu*, GF Oats*, Onion, Green Bell Pepper*, Walnuts, Onion, Lentils*, Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Tamari Sauce (Water, Soybeans*, Salt, Organic Alcohol* (to preserve freshness)), brown Rice Miso* (Soybeans, Rice Koji, Salt,)), Worcestershire Sauce (Vinegar* Tamari* (water, soybeans*, salt) Evaporated Cane Juice* Salt, Spices), Spice, Mushroom Powder*, Olive Oil*, nutritional yeast, Garlic*. *Organic
Mac and Cheese	Single	320	15g (30%)	9g (14%)	1.5g (8%)	51g (17%)	7g (28%)	470mg (20%)	3g	0g	Wheat, Soy, Cashew	Yes	durum wheat flour*, Cashews, Nutritional Yeast, Lemon Juice, salt, White Miso, Mustard (Distilled Vinegar, Water, Mustard Seed, Salt, Spice)
Thanksgiving Brown Gravy	Single	25	1g (2%)	1g (2%)	0g	3g (1%)	<1g (3%)	190mg (8%)	1g	0g	Soy		Mushrooms*, Onion, Tamari (Water, Soybeans*, Salt, Alcohol (To Preserve Freshness)), Chickpea Flour, Olive Oil*, White Wine Vinegar, Garlic, Spice, brown Rice Miso* (Soybeans, Rice Koji, Salt,)), salt
Thanksgiving Cheesy Broccoli Rice	Single	280	15g (30%)	11g (17%)	1.5g (8%)	37g (12%)	9g (36%)	570mg (24%)	4g	0g	Cashew		Broccoli, Brown Rice*, Onion, Mushrooms*, Cashews, Lemon Juice, nutritional yeast, Celery*, Sunflower Seeds, Tortilla chips (whole corn*, sunflower oil*, sea salt, lime), Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Sea Salt, Olive Oil*, Spice, Garlic, White Miso. *organic
Thanksgiving Green Bean Casserole	Single	220	9g (18%)	11g (17%)	1.5g (8%)	25g (8%)	6g (24%)	450mg (19%)	7g	0g	Cashew, Almond, Coconut		Green Beans, Mushrooms*, Onion, Onion, Chickpea Flour, Cashews, Almond Meal, Olive Oil*, Lemon Juice, Mushroom Powder*, Sun Dried Tomatoes*, Coconut Sugar*, Turmeric*, Sea Salt, nutritional yeast, salt, Garlic*. *Organic
Thanksgiving Mashed Potatoes	Single	170	5g (10%)	5g (8%)	1g (5%)	28g (9%)	3g (12%)	550mg (23%)	3g	0g	Cashew	Yes	Potatoes, Cashews, salt, Lemon Juice, nutritional yeast, Spice
Thanksgiving Mashed Potatoes w/Gravy	Single	190	6g (12%)	6g (9%)	1g (5%)	31g (10%)	4g (16%)	740mg (31%)	4g	0g	Soy, Cashew		Thanksgiving Mashed Potatoes (Potatoes, Cashews, salt, Lemon Juice, nutritional yeast, Spice), Gravy (Mushrooms*, Onion, Tamari (Water, Soybeans*, Salt, Alcohol (To Preserve Freshness)), Chickpea Flour, Olive Oil*, White Wine Vinegar, Garlic, Spice, brown Rice Miso* (Soybeans, Rice Koji, Salt,)), salt). *organic
Thanksgiving Quinoa and Wild Rice Stuffing	Single	250	7g (14%)	4.5g (7%)	0g	46g (15%)	5g (20%)	460mg (19%)	13g	1g	Pecans	Yes	Quinoa*, Orange Juice, Onion, Wild Rice, Apples*, dried cranberries (cranberries*, apple juice concentrate*), Celery*, Dried Apricots*, Pecans, Scallions, Orange Zest, Sea Salt, Garlic*, Spice

Thanksgiving Stuffed Acorn Squash	Single	360	9g (18%)	5g (8%)	.5g (3%)	75g (25%)	8g (32%)	800mg (33%)	35g	7g	Pecans	Yes	acorn squash, Thanksgiving Quinoa & Wild Rice Stuffing (Quinoa*, Orange Juice, Onion, Wild Rice, Apples*, dried cranberries (cranberries*, apple juice concentrate*), Celery*, Dried Apricots*, Pecans, Scallions, Orange Zest, Sea Salt, Garlic*, Spice), Maple Syrup*, Sea Salt, Spice. *organic
Thanksgiving Sweet Potatoes & Apples	Single	220	2g (4%)	6g (8%)	1.5g (8%)	42g (15%)	5g (18%)	310mg (13%)	20g	8g			Sweet Potato, Apples*, Orange Juice, Maple Syrup*, Earth Balance spread, salt, Spice