

# WELLNESS BAR - JUICES

Serving Size: 16 floz

## Sweet Gold



Turmeric, Sweet Potatoes, Pineapple

Cals 320   Fat <1g   Carbs 75g   Protein 4g   Sugar 40g   Sodium 70mg   Fiber 6g

## Power Greens Plus



Black Pepper, Turmeric, Ginger, Celery, Apples, Lemon, Kale, Spinach

Cals 60   Fat <1g   Carbs 11g   Protein 3g   Sugar 4g   Sodium 220mg   Fiber 6g

## Ginger Berry



Apple, Strawberry, Ginger

Cals 190   Fat 1g   Carbs 46g   Protein 1g   Sugar 37g   Sodium 11mg   Fiber 5g

## Juicy Carrot



Carrot, Orange

Cals 210   Fat <1g   Carbs 49g   Protein 4g   Sugar 31g   Sodium 170mg   Fiber 3g

## Rainbow



Beet, Carrot, Apple, Ginger, Kale, Parsley

Cals 180   Fat 1g   Carbs 43g   Protein 4g   Sugar 30g   Sodium 180mg   Fiber 5g



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# WELLNESS BAR - PROTEIN SMOOTHIES & PITAYA BOWL

## Blended Almond Kickstart Smoothie



Coffee, Hemp Seeds, Almond Milk, Cinnamon, Banana

Contains: Tree Nuts

Cals 290   Fat 16g   Carbs 31g   Protein 11g   Sugar 15g   Sodium 75mg   Fiber 5g

## Vanilla Almond Bliss Smoothie



Vanilla Whey Protein, Cinnamon, Vanilla, Hemp Seeds, Banana, Almond Butter, Almond Milk

Contains: Milk, Soy, Tree Nuts

Cals 560   Fat 27g   Carbs 58g   Protein 33g   Sugar 27g   Sodium 230mg   Fiber 14g

## Avocado Cacao, Coconut Water Smoothie



Cocoa, Honey, Coconut Water, Banana, Avocado, Chocolate Whey Protein

Contains: Milk, Soy, Tree Nuts

Cals 360   Fat 15g   Carbs 40g   Protein 23g   Sugar 22g   Sodium 150mg   Fiber 10g

## Berry Goji Smoothie



Dates, Whey Protein, Soy Milk, Goji Berries, Chia Seeds, Banana, Raspberries

Contains: Milk, Soy

Cals 500   Fat 12g   Carbs 73g   Protein 32g   Sugar 42g   Sodium 250mg   Fiber 20g

## Tropical Pitaya Coconut Bowl



Pineapple, Dragon Fruit, Coconut Water, Strawberries, Kiwi, Mango, Banana, Honey, Flax Seeds, Shredded Coconut, Pomegranate

Contains: Tree Nuts

Cals 250   Fat 5g   Carbs 52g   Protein 4g   Sugar 36g   Sodium 30mg   Fiber 7g



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# WELLNESS BAR - WELLNESS SHOTS

## Turmeric, Lemon, Black Pepper

Turmeric Root, Lemon Juice, Black Pepper

Cals 50    Fat <1g    Carbs 12g    Protein 1g    Sugar 1g    Sodium 10mg    Fiber 2g

## Ginger Berry Beet

Beets, Raspberries, Strawberries, Ginger

Cals 40    Fat <1g    Carbs 9g    Protein 1g    Sugar 5g    Sodium 22mg    Fiber 2g

## Spicy Ginger Lemon

Ginger Root, Lemon Juice, Cayenne

Cals 20    Fat <1g    Carbs 6g    Protein 1g    Sugar 1g    Sodium 0mg    Fiber 2g



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# WELLNESS BAR - ENHANCEMENTS

Serving Size: 1 Tbsp

Cacao Powder 

Cacao

Cals 10    Fat 1g    Carbs 3g    Protein 1g    Sugar 1g    Sodium 0mg    Fiber 0g

Matcha Powder 

Green Tea

Cals 10    Fat 0g    Carbs 1g    Protein 0g    Sugar 0g    Sodium 0mg    Fiber 0g

Cacao Nibs 

Cals 50    Fat 4g    Carbs 2g    Protein 2g    Sugar 0g    Sodium 2mg    Fiber 1g

Hemp Seeds 

Cals 60    Fat 5g    Carbs 1g    Protein 3g    Sugar 0g    Sodium 0mg    Fiber 0g

Ground Flax Seeds 

Cals 40    Fat 3g    Carbs 2g    Protein 1g    Sugar 0g    Sodium 2mg    Fiber 2g

Spirulina 

Blue Green Algae

Cals 10    Fat 0g    Carbs 1g    Protein 2g    Sugar 0g    Sodium 0mg    Fiber 0g

Turmeric 

Cals 10    Fat 0g    Carbs 2g    Protein 0g    Sugar 0g    Sodium 0mg    Fiber 1g

Chia Seeds 

Cals 20    Fat 2g    Carbs 2g    Protein 1g    Sugar 0g    Sodium 0mg    Fiber 2g

Cinnamon Powder 

Cals 10    Fat 0g    Carbs 2g    Protein 0g    Sugar 0g    Sodium 0mg    Fiber 1g

Ground Cayenne Pepper 

Cals 10    Fat 0g    Carbs 1g    Protein 0g    Sugar 0g    Sodium 0mg    Fiber 0g



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# WELLNESS BAR - ENHANCEMENTS

Serving Size: 2 Tbsp

## Collagen Powder

Hydrolyzed Collagen (Beef)

Cals 20    Fat 0g    Carbs 0g    Protein 6g    Sugar 0g    Sodium 0mg    Fiber 0g

## Vanilla Whey Protein Powder

Whey Protein Concentrate, Creamer Base, Sunflower Oil, Rice Extract, Rosemary Extract, Natural Flavors, Sea Salt, Stevia, Monk Fruit Extract

Contains: Milk

Cals 70    Fat 2g    Carbs 7g    Protein 11g    Sugar 1g    Sodium 140mg    Fiber 2g

## Chocolate Whey Protein Powder

Whey Protein Concentrate, Creamer Base, Sunflower Oil, Rice Extract, Sunflower Lecithin, Rosemary Extract, Cocoa, Natural Flavors, Sea Salt, Stevia, Monk Fruit Extract

Contains: Milk

Cals 70    Fat 2g    Carbs 7g    Protein 11g    Sugar 1g    Sodium 360mg    Fiber 2g

## Hemp Protein Powder

Hemp Protein Powder

Cals 60    Fat 1g    Carbs 5g    Protein 7g    Sugar 0g    Sodium 0mg    Fiber 4g

## Peanut Butter Protein Powder

Pea Protein, Brown Rice Protein, Chia Seeds, Defatted Peanut Flour, Creamer Base, Sunflower Oil, Sunflower Lecithin, Rosemary Extract, Sea Salt, Stevia, Natural Flavors

Contains: Peanuts

Cals 80    Fat 3g    Carbs 8g    Protein 11g    Sugar 0g    Sodium 200mg    Fiber 5g



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# WELLNESS BAR - OATS & PARFAITS

Serving Size: 8oz

## Cocoa Strawberry Overnight Oats

Oatmeal, Skim Milk, Cocoa, Dark Chocolate Shavings, Strawberries

Contains: Milk, Soy, Wheat

Cals 200   Fat 3g   Carbs 34g   Protein 10g   Sugar 11g   Sodium 70mg   Fiber 5g

## Mango Coconut Chia Pudding

Coconut Milk, Maple Syrup, Pure Vanilla Extract, Chia Seeds, Mango, Coconut

Contains: Tree Nuts

Cals 490   Fat 35g   Carbs 42g   Protein 7g   Sugar 22g   Sodium 25mg   Fiber 9g

## Raspberry, Granola, Plain Greek Yogurt Parfait

Granola, Raspberries, Nonfat Plain Greek Yogurt

Contains: Milk, Wheat, Soy

Cals 220   Fat 5g   Carbs 29g   Protein 17g   Sugar 13g   Sodium 130mg   Fiber 5g

## Very Berry Overnight Oats

Vanilla Yogurt, Low Fat Milk, Oats, Brown Sugar, Lemon Zest, Strawberries, Blueberries

Contains: Milk, Wheat

Cals 160   Fat 2g   Carbs 35g   Protein 4g   Sugar 22g   Sodium 30mg   Fiber 3g

## Chocolate, Raspberry & Toasted Coconut Chia Pudding

Dates, Soy Milk, Chia Seeds, Cocoa, Agave, Vanilla Extract, Salt, Shredded Coconut, Raspberries

Contains: Soy, Tree Nuts

Cals 350   Fat 14g   Carbs 53g   Protein 10g   Sugar 32g   Sodium 160mg   Fiber 14g

## Strawberry and Blueberry Granola Parfait

Plain Greek Yogurt, Strawberries, Blueberries, Granola

Contains: Milk, Wheat, Soy

Cals 240   Fat 5g   Carbs 33g   Protein 16g   Sugar 9g   Sodium 140mg   Fiber 3g



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# WELLNESS BAR - OATS & PARFAITS

Serving Size: 9 oz

## Apple Vanilla Overnight Oats

Oat Milk, Apples, Vanilla Extract, Oatmeal

Contains: **Wheat**

Cals 360   Fat 6g   Carbs 65g   Protein 12g   Sugar 14g   Sodium 80mg   Fiber 9g

## Strawberry, Granola, Plain Greek Yogurt

Plain Greek Yogurt, Strawberries, Granola

Contains: **Milk, Wheat**

Cals 210   Fat 3g   Carbs 20g   Protein 13g   Sugar 12g   Sodium 100mg   Fiber 2g

## Blueberry, Granola, Plain Greek Yogurt

Plain Greek Yogurt, Blueberries, Granola

Contains: **Milk, Wheat**

Cals 170   Fat 3g   Carbs 24g   Protein 13g   Sugar 15g   Sodium 100mg   Fiber 3g

## Berry Chia Pudding

Vanilla Extract, Cinnamon, Nutmeg, Strawberries, Blueberries, Maple Syrup, Chia Seeds, Granola, Soy Milk

Contains: **Soy, Wheat**

Cals 380   Fat 17g   Carbs 49g   Protein 13g   Sugar 23g   Sodium 90mg   Fiber 17g

## Greek Yogurt Parfait, Granola, Berries

Plain Greek Yogurt, Strawberries, Blueberries, Granola

Contains: **Milk, Wheat**

Cals 210   Fat 5g   Carbs 30g   Protein 15g   Sugar 17g   Sodium 140mg   Fiber 3g

## Coconut Mocha Chocolate Chia Pudding

Coconut Milk, Almonds Milk, Cocoa, Decaf Coffee, Vanilla Extract, Salt, Maple Syrup

Contains: **Tree Nuts**

Cals 440   Fat 28g   Carbs 47g   Protein 10g   Sugar 22g   Sodium 210mg   Fiber 17g

## Overnight Oats, Blueberries, Toasted Coconut

Milk, Vanilla Yogurt, Oatmeal, Blueberries, Coconut

Contains: **Tree Nuts**

Cals 340   Fat 11g   Carbs 50g   Protein 11g   Sugar 17g   Sodium 79mg   Fiber 5g



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# WELLNESS BAR - OATS & PARFAITS

Serving Size: 8oz

## Blueberry Overnight Oats

Whole Milk, Oatmeal, Vanilla Yogurt, Blueberries

Contains: Milk, Wheat

Cals 320 Fat 7g Carbs 54g Protein 13g Sugar 20g Sodium 90mg Fiber 6g

## Strawberry Overnight Oats

Whole Milk, Oatmeal, Greek Vanilla Yogurt, Strawberries

Contains: Milk, Wheat

Cals 240 Fat 4g Carbs 35g Protein 17g Sugar 15g Sodium 70mg Fiber 4g

## Blueberry Lemon Overnight Oats

Honey, Chia Seeds, Vanilla Extract, Lemon, Blueberries, Oatmeal, Skim Milk

Contains: Milk, Wheat

Cals 300 Fat 6g Carbs 52g Protein 12g Sugar 24g Sodium 80mg Fiber 8g

## Carrot Cake Overnight Oats

Oatmeal, Skim Milk, Carrots, Raisins, Cinnamon, Maple Syrup, Plain Greek Yogurt

Contains: Milk, Wheat

Cals 260 Fat 2g Carbs 47g Protein 13g Sugar 23g Sodium 100mg Fiber 5g

## Cocoa Strawberry Overnight Oats

Oatmeal, Skim Milk, Cocoa, Dark Chocolate Shavings, Strawberries

Contains: Milk, Wheat

Cals 220 Fat 4g Carbs 38g Protein 11g Sugar 13g Sodium 70mg Fiber 5g

## Strawberry, Banana, Chia, Soy Milk

Banana, Vanilla Extract, Honey, Strawberries, Chia Seeds, Oatmeal, Soy Milk

Contains: Soy, Wheat

Cals 330 Fat 8g Carbs 57g Protein 11g Sugar 26g Sodium 70mg Fiber 10g

## Cinnamon Apple Overnight Oats

Oatmeal, Skim Milk, Apples, Brown Sugar, Apple Cider, Cinnamon

Contains: Milk, Wheat

Cals 270 Fat 2g Carbs 57g Protein 9g Sugar 31g Sodium 60mg Fiber 7g

## Cocoa Banana Overnight Oats

Oatmeal, Skim Milk, Banana, Cocoa, Dark Chocolate Shavings

Contains: Milk, Wheat

Cals 250 Fat 4g Carbs 45g Protein 11g Sugar 16g Sodium 80mg Fiber 6g



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# WELLNESS BAR - FRUIT CUPS & QUICK PICKS

Serving Size: 8 oz

Strawberry 

Cals 40 Fat <1g Carbs 9g Protein 1g Sugar 6g Sodium 0mg Fiber 2g

Blueberry 

Cals 60 Fat <1g Carbs 16g Protein 1g Sugar 11g Sodium 0mg Fiber 3g

Cantaloupe 

Cals 60 Fat <1g Carbs 14g Protein 1g Sugar 13g Sodium 30mg Fiber 2g

Honeydew 

Cals 60 Fat <1g Carbs 15g Protein 1g Sugar 14g Sodium 30mg Fiber 1g

Grape 

Cals 120 Fat <1g Carbs 30g Protein 1g Sugar 26g Sodium 0mg Fiber 2g

Pineapple 

Cals 90 Fat <1g Carbs 22g Protein 1g Sugar 17g Sodium 0mg Fiber 9g

Blackberry 

Cals 70 Fat <1g Carbs 16g Protein 2g Sugar 8g Sodium 0mg Fiber 9g

Raspberry 

Cals 60 Fat <1g Carbs 13g Protein 1g Sugar 5g Sodium 0mg Fiber 7g

Papaya 

Cals 50 Fat <1g Carbs 12g Protein <1g Sugar 9g Sodium 10mg Fiber 2g

Hard Boiled Eggs 

Eggs

Contains: Egg

2 ea Cals 130 Fat 8g Carbs 1g Protein 11g Sugar 0g Sodium 130mg Fiber 0g



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# WELLNESS BAR – TOAST

Serving Size: 1 ea

Avocado, Hard Boiled Egg 

Contains: Egg, Wheat

Cals 370   Fat 10g   Carbs 45g   Protein 9g   Sugar 0g   Sodium 720mg   Fiber 4g

Almond Butter, Dark Chocolate, Shredded Coconut, Banana 

Contains: Tree Nuts, Soy, Wheat

Cals 710   Fat 38g   Carbs 79g   Protein 18g   Sugar 36g   Sodium 490mg   Fiber 13g

Bacon, Hard Boiled Egg, Avocado

Contains: Egg, Wheat

Cals 410   Fat 13g   Carbs 45g   Protein 12g   Sugar 0g   Sodium 850mg   Fiber 4g



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# WELLNESS BAR - BLOUNT ORGANIC SOUPS

Serving Size: 16 fl oz

## Chana Masala Cauliflower Soup

Contains: Tree Nuts (Coconut)

Cals 280   Fat 12g   Carbs 38g   Protein 8g   Sugar 10g   Sodium 1080mg   Fiber 6g

## Native Three Sisters Soup

Cals 280   Fat 8g   Carbs 38g   Protein 8g   Sugar 8g   Sodium 1420mg   Fiber 10g

## Santa Fe Tortilla

Cals 200   Fat 4g   Carbs 36g   Protein 6g   Sugar 6g   Sodium 920mg   Fiber 6g

## Corn Chowder Soup

Contains: Milk

Cals 410   Fat 20g   Carbs 52g   Protein 6g   Sugar 11g   Sodium 1180mg   Fiber 4g



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# WELLNESS BAR - SALADS

Serving Size: 1 ea

## Spicy Sweet Potato Bowl

Spiced Sweet Potato [Chile Pepper, Olive Oil, Salt, Pepper], Arugula, Green Beans, Green Lentils, Roasted Cauliflower [Canola Oil, Salt, Pepper], Red Onion, Chia Seeds, Hemp Seeds

Cals 200   Fat 6g   Carbs 30g   Protein 11g   Sugar 8g   Sodium 160mg

## French Countryside Bowl

Lettuce, Tomatoes, Green Beans, Olives, Egg, Tri-Color Potatoes

Contains: Egg, Soy

Cals 270   Fat 13g   Carbs 30g   Protein 14g   Sugar 7g   Sodium 690mg

## Bacon California Garden Bowl

Romaine Lettuce, Grape Tomato, Corn, Onions, Pork Bacon, Avocado, Cucumbers, Sunflower Seeds

Cals 510   Fat 36g   Carbs 36g   Protein 21g   Sugar 9g   Sodium 420mg



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# WELLNESS BAR - MTO SALAD BASES

Serving Size: 3 cups lettuce

Baby Kale 

Cals 20    Fat 1g    Carbs 3g    Protein 2g    Sugar 1g    Sodium 30mg    Fiber 3g

Arugula 

Cals 20    Fat 0g    Carbs 2g    Protein 2g    Sugar 1g    Sodium 20mg    Fiber 1g

Spinach 

Cals 20    Fat 0g    Carbs 3g    Protein 3g    Sugar 0g    Sodium 20mg    Fiber 2g

Romaine 

Cals 20    Fat 0g    Carbs 5g    Protein 2g    Sugar 2g    Sodium 10mg    Fiber 3g

Red Cabbage 

Cals 70    Fat 0g    Carbs 15g    Protein 3g    Sugar 8g    Sodium 60mg    Fiber 4g

Iceberg Lettuce 

Cals 20    Fat 0g    Carbs 5g    Protein 2g    Sugar 3g    Sodium 20mg    Fiber 2g

Spring Mix 

Cals 20    Fat 0g    Carbs 4g    Protein 2g    Sugar 2g    Sodium 10mg    Fiber 2g



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# WELLNESS BAR – SALAD HOT GRAINS

Serving Size: ¼ cup

## Tri-Color Quinoa



Cals 60

Fat 1g

Carbs 12g

Protein 2g

Sugar 1g

Sodium <5mg

Fiber 1g

## Black Barley

Contains: Wheat



Cals 70

Fat <1g

Carbs 14g

Protein 2g

Sugar <1g

Sodium 5mg

Fiber 3g

## Freekeh

Contains: Wheat



Cals 50

Fat <1g

Carbs 10g

Protein 2g

Sugar 0g

Sodium <5mg

Fiber 2g

## Wild Rice



Cals 40

Fat <1g

Carbs 8g

Protein 2g

Sugar <1g

Sodium <5mg

Fiber 1g



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# WELLNESS BAR - MTO SALAD TOPPINGS

Serving Size: 1/2 - 2 oz

Grape Tomatoes		Cals 10	Fat 0g	Carbs 2g	Protein <1g	Sugar 2g	Sodium <1mg	Fiber 1g
Raw Beets		Cals 10	Fat 0g	Carbs 3g	Protein <1g	Sugar 2g	Sodium 20mg	Fiber <1g
Shredded Cabbage		Cals 10	Fat 0g	Carbs 2g	Protein <1g	Sugar 1g	Sodium 10mg	Fiber 1g
Dried Chili Pepper		Cals 40	Fat 1g	Carbs 7g	Protein 2g	Sugar g	Sodium 10mg	Fiber 3g
Basil		Cals 0	Fat 0g	Carbs 0g	Protein 0g	Sugar 0g	Sodium 0mg	Fiber 0g
Cilantro		Cals 0	Fat 0g	Carbs 0g	Protein 0g	Sugar 0g	Sodium 0mg	Fiber 0g
Red Onion		Cals 10	Fat 0g	Carbs 3g	Protein 0g	Sugar 1g	Sodium 1mg	Fiber 1g
Za'atar Croutons		Cals 70	Fat 4g	Carbs 8g	Protein 2g	Sugar 0g	Sodium 240mg	Fiber <1g
<i>Contains: Sesame, Wheat</i>								
Strawberries		Cals 10	Fat <1g	Carbs 2g	Protein <1g	Sugar 1g	Sodium <1mg	Fiber 1g



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# WELLNESS BAR - SALAD TOPPINGS

Serving Size: 1 Tbsp

## Hemp Seeds

Cals 60 Fat 4g Carbs 1g Protein 3g Sugar <1g Sodium 0mg Fiber 1g

## Sunflower Seeds

Cals 50 Fat 4g Carbs 2g Protein 2g Sugar <1g Sodium 0mg Fiber 1g

## Chia Seeds

Cals 20 Fat 2g Carbs 2g Protein 1g Sugar 0g Sodium 0mg Fiber 2g

## Raisins

Cals 30 Fat 0g Carbs 8g Protein <1g Sugar 7g Sodium 3mg Fiber <1g

## Pumpkin Seeds

Cals 80 Fat 7g Carbs 2g Protein 4g Sugar <1g Sodium 3mg Fiber 1g

## Goji Berries

Cals 50 Fat 0g Carbs 9g Protein 2g Sugar 8g Sodium 40mg Fiber 1g

## Toasted Sesame Seeds

Contains: Sesame

Cals 50 Fat 4g Carbs 2g Protein 1g Sugar 0g Sodium <1mg Fiber 1g

## Corn

Cals 20 Fat 0g Carbs 5g Protein 1g Sugar 1g Sodium 0mg Fiber 1g

## Cranberries

Cals 30 Fat <1g Carbs 8g Protein <1g Sugar 7g Sodium <1mg Fiber <1g

## Flax Seeds

Cals 60 Fat <1g Carbs 3g Protein 2g Sugar 0g Sodium 3mg Fiber 1g



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# WELLNESS BAR - SALAD TOPPINGS

Serving Size: 2 oz

## Cucumbers



Cals 0    Fat 0g    Carbs 0g    Protein 0g    Sugar 0g    Sodium 0mg    Fiber 0g

## Bell Peppers



Cals 10    Fat 0g    Carbs 2g    Protein 0g    Sugar 2g    Sodium 0mg    Fiber 1g

## Caramelized Onions



Onions, Olive Oil

Cals 40    Fat 3g    Carbs 3g    Protein 0g    Sugar 1g    Sodium 0mg    Fiber 1g

## Kalamata Olives



Olives, Salt, Vinegar, Olive Oil

Cals 80    Fat 9g    Carbs 2g    Protein 1g    Sugar 0g    Sodium 880mg    Fiber 2g

## Dill Pickles



Cucumbers, White Vinegar, Salt, Spices

Cals 5    Fat 0g    Carbs 1g    Protein 0g    Sugar <1g    Sodium 230mg    Fiber 0g

## Edamame



Contains: Soy

Cals 60    Fat 3g    Carbs 5g    Protein 7g    Sugar 1g    Sodium 2mg    Fiber 2g

## Diced Apples



Cals 30    Fat 0g    Carbs 8g    Protein 0g    Sugar 6g    Sodium 0mg    Fiber 1g

## Sun-Dried Tomato



Cals 170    Fat 2g    Carbs 32g    Protein 8g    Sugar 21g    Sodium 680mg    Fiber 7g

## Radicchio



Cals 10    Fat 0g    Carbs 3g    Protein 1g    Sugar 0g    Sodium 10mg    Fiber 1g

## Mushrooms



Cals 30    Fat <1g    Carbs 8g    Protein 1g    Sugar 2g    Sodium 2mg    Fiber 1g



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# WELLNESS BAR - SALAD TOPPINGS

Serving Size: 2 oz

## Roasted Brussels Sprouts

Brussels Sprouts, Black pepper, Salt, Olive Oil

Cals 30    Fat 2g    Carbs 4g    Protein 1g    Sugar 1g    Sodium 40mg    Fiber 1g

## Roasted Sweet Potato

Sweet Potato, Olive Oil, Salt

Cals 110    Fat 3g    Carbs 20g    Protein 2g    Sugar 6g    Sodium 260mg    Fiber 3g

## Roasted Cauliflower

Cauliflower, Salt, Black Pepper, Olive Oil

Cals 30    Fat 2g    Carbs 3g    Protein 1g    Sugar 1g    Sodium 50mg    Fiber 1g

## Spicy Broccoli

Broccoli, Red Chili Pepper, Olive Oil

Cals 30    Fat 1g    Carbs 4g    Protein 2g    Sugar 1g    Sodium 20mg    Fiber 2g

## Miso Roasted Root Vegetables

Cals 70    Fat 2g    Carbs 12g    Protein 1g    Sugar 4g    Sodium 220mg    Fiber 3g

## Chickpeas

Cals 90    Fat 1g    Carbs 15g    Protein 5g    Sugar 3g    Sodium 140mg    Fiber 4g

## Toasted Farro

Farro, Vegetable Broth 

Contains: Wheat

Cals 60    Fat 0g    Carbs 12g    Protein 3g    Sugar 0g    Sodium 40mg    Fiber 1g

## Fried Tortilla Strips

Contains: Wheat

Cals 220    Fat 13g    Carbs 23g    Protein 4g    Sugar <1g    Sodium 420mg    Fiber 1g

## Roasted Chickpeas

Cals 60    Fat 2g    Carbs 8g    Protein 3g    Sugar 1g    Sodium 100mg    Fiber 2g

## Bacon Bits

Cals 70    Fat 5g    Carbs 0g    Protein 5g    Sugar 0g    Sodium 240mg    Fiber 0g

## Pee Wee Potato

Cals 60    Fat 1g    Carbs 11g    Protein 1g    Sugar 1g    Sodium 70mg    Fiber 1g



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# WELLNESS BAR - SALAD TOPPINGS

Serving Size: 1 oz

Avocado 

Cals 90 Fat 8g Carbs 4g Protein 1g Sugar 0g Sodium 4mg Fiber 4g

Shredded Carrots 


Cals 10 Fat 0g Carbs 3g Protein 0g Sugar 1g Sodium 20mg Fiber 1g

Fennel 

Cals 10 Fat 0g Carbs 2g Protein 0g Sugar 1g Sodium 10mg Fiber 1g

Radish 

Cals 5 Fat 0g Carbs 1g Protein 0g Sugar 1g Sodium 10mg Fiber 1g

Roasted Peppers 

Red Peppers, Green Peppers

Cals 10 Fat 0g Carbs 2g Protein 0g Sugar 1g Sodium 0mg Fiber 1g

Parmesan Cheese 

Milk, Salt

Contains: Milk

Cals 20 Fat 1g Carbs 0g Protein 2g Sugar 0g Sodium 80mg Fiber 0g

Feta Cheese 

Milk, Salt

Contains: Milk

Cals 80 Fat 6g Carbs 0g Protein 4g Sugar 0g Sodium 320mg Fiber 0g

Blue Cheese 

Milk, Salt

Contains: Milk

Cals 30 Fat 2g Carbs 0g Protein 2g Sugar 0g Sodium 100mg Fiber 0g

Goat Cheese 

Milk, Salt

Contains: Milk

Cals 80 Fat 6g Carbs 0g Protein 5g Sugar 0g Sodium 130mg Fiber 0g

Lentils 

Cals 30 Fat 1g Carbs 6g Protein 3g Sugar 1g Sodium 0mg Fiber 2g



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# WELLNESS BAR - SALAD TOPPINGS

Serving Size: 1 Tbsp

Almonds 


Contains: Tree Nuts

Cals 40    Fat 4g    Carbs 1g    Protein 1g    Sugar 0g    Sodium 0mg    Fiber 1g

Walnuts 

Contains: Tree Nuts

Cals 50    Fat 5g    Carbs 1g    Protein 1g    Sugar 0g    Sodium 0mg    Fiber 1g

Peanuts 

Peanuts, Salt

Contains: Peanuts, Tree Nuts

Cals 50    Fat 5g    Carbs 2g    Protein 2g    Sugar 0g    Sodium 40mg    Fiber 1g

Cashews 

Cashews, Salt

Contains: Tree Nuts

Cals 50    Fat 4g    Carbs 3g    Protein 1g    Sugar 0g    Sodium 50mg    Fiber 0g



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# WELLNESS BAR - PREMIUM TOPPINGS

## Grilled Lemon Pepper Chicken Breast (4 oz)

Chicken Breast, Olive Oil, Lemon Juice, Lemon Zest, Salt, Black Pepper

Cals 120   Fat 4g   Carbs 0g   Protein 22g   Sugar 0g   Sodium 330mg   Fiber 0g

## Tamarind Glazed Tempeh (3 oz)



Contains: Soy

Cals 210   Fat 10g   Carbs 15g   Protein 14g   Sugar 6g   Sodium 290mg   Fiber 5g

## Herb Grilled Salmon (4 oz)

Contains: Fish

Cals 240   Fat 14g   Carbs 0g   Protein 28g   Sugar 0g   Sodium 220mg   Fiber 0g

## Chicken Cutlet (4 oz)

Contains: Egg, Wheat

Cals 260   Fat 16g   Carbs 11g   Protein 18g   Sugar 1g   Sodium 370mg   Fiber 1g



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# WELLNESS BAR - HOUSE MADE DRESSINGS

Serving Size: 2 Tbsp

## Caesar Dressing

Soybean Oil, Distilled Vinegar, Water, Apple Cider Vinegar, Romano Cheese, Mustard Flour, Salt, Black Pepper, Anchovy Paste

Contains: Egg, Fish, Milk

Cals 150   Fat 16g   Carbs 1g   Protein 1g   Sugar 0g   Sodium 280mg   Fiber 0g

## Avocado Green Goddess Dressing

Parsley, Tarragon, Chives, Anchovies, White Wine Vinegar, Garlic, Avocado, Sour Cream, Olive Oil, Lemon Juice, Salt, White Pepper

Contains: Milk, Fish

Cals 140   Fat 15g   Carbs 1g   Protein 0g   Sugar 0g   Sodium 100mg   Fiber 0g

## Balsamic Vinaigrette

Dijon Mustard, Shallots, Honey,  Salt, White Pepper, Balsamic Vinegar, Red Wine Vinegar, Olive Oil, Olive Oil, Thyme

Cals 170   Fat 19g   Carbs 1g   Protein 0g   Sugar 1g   Sodium 140mg   Fiber 0g

## Spicy Lime Cilantro Vinaigrette

Honey, Lime Juice, Lime Zest, Orange Juice, Cilantro, Olive Oil, Salt Serrano Chili Pepper

Cals 70   Fat 7g   Carbs 3g   Protein 0g   Sugar 3g   Sodium 60mg   Fiber 0g

## Roasted Shallot Vinaigrette

White Balsamic Vinegar, Shallots, Thyme, Garlic, Dijon Mustard, Black Pepper, Salt, Olive Oil

Cals 110   Fat 10g   Carbs 3g   Protein 1g   Sugar 1g   Sodium 170mg   Fiber 1g



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# WELLNESS BAR - HOUSE MADE DRESSINGS

Serving Size: 2 Tbsp

Lemon Juice		Cals 5	Fat 0g	Carbs 1g	Protein 0g	Sugar <1g	Sodium <1mg	Fiber 0g	
Balsamic Vinegar		Cals 20	Fat 0g	Carbs 1g	Protein 0g	Sugar 1g	Sodium 5mg	Fiber 0g	
Olive Oil		Cals 120	Fat 14g	Carbs 0g	Protein 0g	Sugar 0g	Sodium <1mg	Fiber 0g	
White Wine Vinegar		Grape Wine	Cals 5	Fat 0g	Carbs 0g	Protein 0g	Sugar 0g	Sodium 5mg	Fiber 0g
Red Wine Vinegar		Grape Wine	Cals 5	Fat 0g	Carbs 0g	Protein 0g	Sugar 0g	Sodium 5mg	Fiber 0g



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# WELLNESS BAR - SNACKS

Serving Size: 1 ea

## Cranberry Pistachio Energy Balls

Oats, Dates, Pistachio, Honey, Chia Seeds, Flax Seeds, Cranberries, Vanilla Whey Protein Powder

Contains: Milk, Soy, Tree Nuts, Wheat

2oz Cals 200 Fat 4g Carbs 37g Protein 6g Sugar 9g Sodium 60mg Fiber 4g

## Hard Boiled Eggs

Eggs

Contains: Egg

2 ea Cals 140 Fat 9g Carbs 1g Protein 11g Sugar 1g Sodium 110mg Fiber 0g

## Cheddar, Grapes, Crackers

Cheddar Cheese, Crackers, Grapes

Contains: Milk, Soy, Wheat

Cals 340 Fat 20g Carbs 26g Protein 14g Sugar 14g Sodium 480mg Fiber 1g

## Veggie Box, Pretzels, Marinated Feta and Hummus

Carrots, Celery, Hummus, Pretzels, Herbs, Feta Cheese, Olive Oil

Contains: Milk, Sesame, Soy, Wheat

Cals 860 Fat 51g Carbs 85g Protein 17g Sugar 7g Sodium 1600mg Fiber 9g



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# WELLNESS BAR - SNACKS

Serving Size: 1 ea

## Chocolate Coffee Energy Bites



Dates, Pumpkin Seeds, Cocoa, Coffee, Chia Seeds, Salt, Sunflower Butter

2oz Cals 220 Fat 14g Carbs 22g Protein 8g Sugar 12g Sodium 70mg Fiber 5g

## Peanut Butter, Coconut, Chocolate Energy Balls



Oats, Coconut, Agave, Peanut Butter, Vanilla Extract, Wheat Germ, Ground Flax Seeds, Dark Chocolate Chips

Contains: Milk, Peanuts, Tree Nuts, Soy, Wheat

2oz Cals 260 Fat 16g Carbs 22g Protein 10g Sugar 13g Sodium 140mg Fiber 4g

## Chocolate Avocado Mousse



Dark Chocolate, Avocado, Cocoa, Vanilla Extract, Almond Milk, Salt, Dates

Contains: Milk, Tree Nuts

6oz Cals 490 Fat 30g Carbs 56g Protein 8g Sugar 33g Sodium 820mg Fiber 15g

## Protein Box, Walnuts and Raisins, Hard Boiled Egg, Lentil Salad, Feta, Mint, Grape Tomatoes



Walnuts, Raisins, Tomatoes, Eggs, Lentils, Olive Oil, Red Wine Vinegar, Garlic, Bell Peppers, Green Onions, Feta Cheese, Salt, Black Pepper

Contains: Egg, Milk, Tree Nuts

1ea Cals 490 Fat 27g Carbs 47g Protein 19g Sugar 24g Sodium 170mg Fiber 11g

## Veggie Snack Box, Green Goddess Dip

Yogurt, Parsley, Basil, Green Onions, Anchovy Fillets, Olive Oil, Apple Cider Vinegar, Black Pepper, Tomatoes, Carrots, Cucumbers

Contains: Milk, Fish

1ea Cals 140 Fat 5g Carbs 18g Protein 8g Sugar 10g Sodium 120mg Fiber 4g

## Veggie Snack Box, Chipotle Yogurt Dip



Cucumber, Cauliflower, Radish, Greek Yogurt, Chipotle Peppers, Olive Oil, Green Onions, Cilantro

Contains: Milk

1ea Cals 110 Fat 5g Carbs 11g Protein 7g Sugar 5g Sodium 90mg Fiber 3g



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# WELLNESS BAR - SNACKS

Serving Size: 1 ea

## Peanut Butter Protein Box, Egg, Grapes, Cheddar, Apples, Wheat Pita



Grapes, Cheddar Cheese, Peanut Butter, Apples, Egg, Whole Wheat Pita

Contains: Egg, Milk, Peanuts, Soy, Wheat

Cals 550   Fat 34g   Carbs 42g   Protein 25g   Sugar 19g   Sodium 570mg   Fiber 5g

## Red Pepper Eggplant Dip, Grilled Chicken, Sundried Tomato, Pita

Eggplant, Roasted Peppers, Onions, Olive Oil, Pomegranate Molasses, Garlic, Parsley, Salt, Black Pepper, Chicken, Lemon, Coriander, Whole Wheat Pita Pocket, Cayenne Pepper, Cumin, Kalamata Olives, Stuffed Green Olives, Black Olives, Sun-Dried Tomatoes

Contains: Soy, Wheat

Cals 480   Fat 26g   Carbs 35g   Protein 29g   Sugar 10g   Sodium 1210mg   Fiber 8g



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# OUR FOOD, YOUR HEALTH

## What's the information?

We're going above and beyond to give you more information about our delicious food. Our menu will feature nutritional information, ingredients and icons for identification.

## What does it mean?

Check out our icons and learn what they represent. Due to our open kitchen environments we are not able to label items as free of allergens, but please refer to our symbols and speak with a manager for questions related to food allergies.



Vegetarian: containing no meat, fish, seafood or poultry but allows for eggs, dairy products or other animal derived products.



Vegan: containing no animal or animal-derived products including eggs, dairy products or honey.

