

# DIG NUTRITION

Starting from scratch means handling a lot of ingredients, so we can't guarantee the total separation of foods with allergens and foods without. If you have a severe food allergy, we kindly recommend that you do not dine with us for your own safety. As a rule of thumb, the side portions listed below are portions used in composed and BYO bowls (i.e., a single serving). Our a la carte vegetable sides are 1.5 servings, Large Sides are four servings each, and Catering trays are ten servings each. Our A La Carte protein sides vary by item. We update our menu seasonally and are always trying new recipes, so our ingredients and nutrition info may change over time. If there's anything you have questions about, email us at [contact@diginn.com](mailto:contact@diginn.com).

## PLATES

|                              | Serving Size (oz) | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) |
|------------------------------|-------------------|----------|---------------|-------------------|---------------|------------------|-------------|-----------|-----------|-----------|-------------|
| Hot Honey Chicken            | 19.7              | 860      | 40            | 14                | 0             | 250              | 1880        | 83        | 11        | 32        | 48          |
| Classic Dig                  | 20.8              | 930      | 39            | 4.5               | 0             | 180              | 2090        | 96        | 12        | 12        | 50          |
| Vegan Classic Dig            | 20.0              | 730      | 44            | 2                 | 0             | 0                | 1480        | 96        | 12        | 11        | 14          |
| Spicy Salmon Bowl            | 20.0              | 860      | 48            | 4                 | 0             | 70               | 2160        | 100       | 14        | 14        | 34          |
| Spiced Pork Tenderloin Plate | 16                | 560      | 36            | 10                | 0             | 105              | 1740        | 48        | 8         | 19        | 30          |
| Cider Herb Chicken Plate     | 15.7              | 500      | 32            | 10                | 0             | 95               | 1600        | 46        | 7         | 16        | 25          |
| Sweet Chili Tofu Plate       | 10.9              | 500      | 25            | 2                 | 0             | 0                | 1410        | 61        | 10        | 31        | 14          |

## SALADS

|                                     | Serving Size (oz) | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) |
|-------------------------------------|-------------------|----------|---------------|-------------------|---------------|------------------|-------------|-----------|-----------|-----------|-------------|
| Kale Caesar                         | 15.8              | 580      | 42            | 5                 | 0             | 0                | 1230        | 49        | 13        | 9         | 1           |
| Avo Grain Bowl                      | 16.7              | 690      | 47            | 4.5               | 0             | 0                | 1340        | 64        | 15        | 17        | 12          |
| Kale Caesar with Crispy Chicken     | 21.3              | 900      | 57            | 7                 | 0             | 105              | 2080        | 69        | 14        | 12        | 37          |
| Avo Grain Bowl with Crispy Tofu     | 18.5              | 960      | 67            | 6                 | 0             | 0                | 1960        | 70        | 15        | 16        | 31          |
| Kale Caesar with Char-grilled Steak | 16.8              | 730      | 47            | 7                 | 0             | 65               | 2910        | 51        | 14        | 9         | 36          |

## BOWL PORTION SIDES

| Market Sides                           | Serving Size (oz) | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) |
|----------------------------------------|-------------------|----------|---------------|-------------------|---------------|------------------|-------------|-----------|-----------|-----------|-------------|
| Cashew Kale Caesar                     | 2.7               | 140      | 14            | 1.5               | -             | 0                | 360         | 8         | 2         | 1         | 4           |
| Charred Broccoli with Lemon Side       | 4.3               | 100      | 7             | 0.5               | 0             | 0                | 420         | 9         | 3         | 2         | 3           |
| Jasper Hill Mac & Cheese Side          | 6.0               | 390      | 15            | 9                 | 0             | 50               | 510         | 44        | 3         | 5         | 16          |
| Roasted Sweet Potatoes Side            | 6.0               | 260      | 6             | 0.5               | -             | 0                | 220         | 43        | 6         | 9         | 3           |
| Tomatoes & Cucumbers Side              | 4.3               | 25       | 0             | 0                 | 0             | 0                | 85          | 6         | 1         | 5         | <1          |
| Sheet Tray Carrots Side                | 4.0               | 80       | 6             | 0.5               | 0             | 0                | 350         | 11        | 3         | 5         | 1           |
| Avocado with Olive Oil and Maldon Salt | 2.7               | 140      | 13            | 2                 | -             | 0                | 115         | 6         | 5         | 0         | 1           |
| Marinated Cannellini Beans             | 4.3               | 400      | 14            | 1.5               | 0             | 0                | 340         | 50        | 21        | 5         | 18          |
| Focaccia                               | 3.8               | 270      | 8             | 1                 | 0             | 0                | 600         | 43        | 2         | 2         | 7           |
| Chili Lime Brussels                    | 4.3               | 130      | 8             | 0.5               | 0             | 0                | 630         | 14        | 4         | 11        | 3           |
| Homestyle Mashed Potatoes              | 6.5               | 240      | 19            | 9                 | -             | 40               | 380         | 27        | 3         | 2         | 4           |

| Main Sides                                | Serving Size (oz) | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) |
|-------------------------------------------|-------------------|----------|---------------|-------------------|---------------|------------------|-------------|-----------|-----------|-----------|-------------|
| Seared Wild Salmon                        | 4.0               | 270      | 19            | 2.5               | 0             | 70               | 770         | 1         | 0         | 0         | 23          |
| Crispy Tofu                               | 4.0               | 280      | 20            | 1.5               | 0             | 0                | 770         | 8         | <1        | 0         | 19          |
| Charred Chicken Side                      | 4.3               | 270      | 12            | 2.5               | 0             | 180              | 990         | 1         | 1         | 0         | 38          |
| Herb Roasted Chicken Side                 | 4.0               | 170      | 10            | 2.5               | 0             | 60               | 430         | 0         | 0         | 0         | 20          |
| Crispy Chicken                            | 5.5               | 330      | 16            | 2                 | 0             | 105              | 880         | 21        | <1        | 2         | 25          |
| Hot Honey Chicken Side                    | 4.5               | 310      | 12            | 2.5               | 0             | 180              | 1130        | 12        | <1        | 10        | 38          |
| Spiced Pork Tenderloin                    | 3.7               | 170      | 7             | 1                 | 0             | 70               | 540         | 3         | <1        | 3         | 23          |
| Spiced Pork Tenderloin w/ Cider Onion Jam | 4.7               | 190      | 8             | 1.5               | 0             | 70               | 650         | 7         | 1         | 6         | 23          |

| Whole Grains          | Serving Size (oz) | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) |
|-----------------------|-------------------|----------|---------------|-------------------|---------------|------------------|-------------|-----------|-----------|-----------|-------------|
| Farm Greens with Mint | 1.5               | 10       | 0             | 0                 | 0             | 0                | 10          | 2         | 0         | 1         | <1          |
| Classic Brown Rice    | 5.0               | 210      | 10            | 0                 | 0             | 0                | 430         | 41        | 3         | 0         | 4           |
| Spiced Farro          | 5.0               | 240      | 8             | 1                 | 0             | 0                | 370         | 39        | 4         | 2         | 6           |

## SANDOS

|                                     | Serving Size (oz) | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) |
|-------------------------------------|-------------------|----------|---------------|-------------------|---------------|------------------|-------------|-----------|-----------|-----------|-------------|
| Original Crispy Chicken Sandwich    | 10.0              | 670      | 38            | 5                 | 0             | 105              | 1530        | 51        | 4         | 7         | 31          |
| Original Crispy Tofu Sandwich       | 9.1               | 630      | 42            | 4.5               | 0             | 0                | 1450        | 41        | 3         | 8         | 24          |
| Spicy Crispy Chicken Sandwich       | 10.2              | 680      | 39            | 5                 | 0             | 105              | 1530        | 53        | 5         | 7         | 31          |
| Spicy Crispy Tofu Sandwich          | 9.2               | 640      | 42            | 4.5               | 0             | 0                | 1450        | 42        | 4         | 8         | 24          |
| Sweet Chili Crispy Chicken Sandwich | 11.0              | 710      | 37            | 3.5               | 0             | 105              | 1740        | 61        | 4         | 23        | 33          |
| Sweet Chili Crispy Tofu Sandwich    | 10.4              | 700      | 42            | 3                 | 0             | 0                | 1720        | 55        | 4         | 26        | 29          |

## DESSERTS

|                       | Serving Size (oz) | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) |
|-----------------------|-------------------|----------|---------------|-------------------|---------------|------------------|-------------|-----------|-----------|-----------|-------------|
| Flourless Brownie     | 2.3               | 270      | 15            | 8                 | 0             | 60               | 350         | 30        | 0         | 34        | 5           |
| Chocolate Chip Cookie | 2.7               | 340      | 19            | 12                | 0.5           | 55               | 390         | 43        | 1         | 27        | 4           |
| Sticky Carrot Cake    | 6.7               | 680      | 33            | 4                 | 0             | 100              | 260         | 91        | 2         | 53        | 9           |
| Iced Lemon Cake       | 3.7               | 330      | 13            | 8                 | 0             | 80               | 220         | 49        | <1        | 61        | 5           |

## SAUCES

|                        | Serving Size (oz) | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) |
|------------------------|-------------------|----------|---------------|-------------------|---------------|------------------|-------------|-----------|-----------|-----------|-------------|
| Garlic Aioli           | 0.8               | 80       | 8             | 1                 | 0             | 0                | 140         | 0         | 0         | 0         | 2           |
| Lemon Wedge            | 1.0               | 0        | 0             | 0                 | 0             | 0                | 0           | 1         | 0         | 0         | 0           |
| Cashew Caesar Dressing | 1.7               | 200      | 20            | 2                 | 0             | 0                | 420         | 4         | 0         | <1        | 1           |
| Hot Honey              | 1.0               | 60       | 0             | 0                 | 0             | 0                | 210         | 15        | 0         | 14        | 0           |
| Pesto                  | 0.5               | 80       | 9             | 1                 | 0             | 0                | 75          | 0         | 0         | 0         | 0           |
| Sriracha               | 0.8               | 20       | 0             | 0                 | 0             | 0                | 410         | 3         | 0         | 2         | 0           |
| Balsamic               | 1.7               | 230      | 24            | 1.5               | 1.5           | 0                | 510         | 6         | 0         | 5         | 0           |
| Vegan Ranch            | 1.7               | 290      | 32            | 3                 | 0             | 0                | 240         | 0         | 0         | 0         | 0           |
| Gravy                  | 1.0               | 15       | 2             | 0                 | 0             | 0                | 135         | 2         | 0         | 0         | 0           |
| Sweet Chili Sauce      | 1.0               | 110      | 8             | 0.5               | -             | -                | 180         | 10        | -         | 16        | 0           |