

NUTRITIONAL INFORMATION

	Serving (wt-oz)	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Total Sugar (g)	Protein (g)
SEASONAL												
Seasonal GOAT with Summer Peaches	18.3oz	710	420	46	6	0	70	1040	47	9	32	34
without dressing	16.8	500	230	25	5	0	70	790	40	9	27	34
Tuscan Pesto Salad	17.6 oz	780	460	50	8	0	80	1850	49	11	15	40
without dressing	15.6 oz	520	220	23	5	0	80	1170	42	11	11	39
Heirloom BLT	13.5 oz	860	430	47	11	0	60	1530	76	4	8	26
SANDWICHES												
"Not So Fried" Chicken	14.8 oz	900	450	48	6	0	85	1350	79	5	10	35
Peruvian Steak Sandwich	11.8 oz	780	410	46	12	0	110	2340	54	3	13	41
Prosciutto & Chicken	12.5 oz	790	360	38	10	0	85	1430	63	5	10	44
Chimichurri Steak and Bacon	13.2 oz	950	470	51	10	0	105	2270	76	3	18	43
Vegan Banh Mi	12.4 oz	670	270	29	3.5	0	0	1560	77	4	18	22
The Happy Hippie	15.7 oz	820	440	47	6	0	10	960	88	12	15	14
Chicken Parm Dip	11.5 oz	940	450	49	12	0	110	2030	75	3	4	46
The Farm Club	13.9 oz	760	320	34	8	0	100	1620	69	6	7	40
Chicken Pesto Caprese	13.8 oz	800	400	42	9	0	90	1180	57	4	5	42
Vegetarian Pesto Caprese	13.3 oz	950	550	57	18	0	75	810	57	4	5	39
Turkey Avo Salsa Verde	16.1 oz	840	430	45	11	0	115	1490	63	7	8	41
½ SANDWICH COMBOS												
Chicken Pesto Caprese - Vegetarian	6.7 oz	480	280	28	9	0	35	410	28	2	3	19
Chicken Pesto Caprese	6.9 oz	400	200	21	4.5	0	45	590	28	2	3	21
The Farm Club	7 oz	380	160	17	4	0	50	810	34	3	4	20
Vegan Banh Mi	6.2 oz	330	140	15	1.5	0	0	780	39	2	9	11
"Not So Fried" Chicken	7.4 oz	450	220	24	3	0	45	670	39	3	5	17
Turkey Avo Salsa Verde	8 oz	420	220	23	6	0	55	740	31	4	4	21
SALADS												
Avocado & Quinoa Superfood Ensalada	16.1 oz	690	470	51	8	0	20	1090	47	15	10	19
without dressing	14.1 oz	400	210	22	6	0	20	570	41	14	5	19
add chicken	3.5 oz	110	20	2.5	0	0	60	500	0	0	0	20
add Impossible Chorizo	2.3 oz	130	70	7	4	0	0	430	7	2	< 1g	10
add Beyond Chorizo	2.3 oz	140	80	9	2.5	0	0	410	5	2	< 1g	10
Thai Mango Salad	19.7 oz	840	460	50	14	0	60	1780	70	12	38	35
without dressing	17.7 oz	640	320	34	12	0	60	1020	55	12	25	34
Baja Green Goddess Salad	15.3 oz	600	380	40	11	0	40	800	50	12	9	15
without dressing	13.3 oz	410	200	21	8	0	25	350	46	12	6	15
add chicken adobado	4.0 oz	100	20	2	0	0	50	500	2	0	1	17
add Impossible Chorizo	2.3 oz	130	70	7	4	0	0	430	7	2	< 1g	10
add Beyond Chorizo	2.3 oz	140	80	9	2.5	0	0	410	5	2	< 1g	10
Chen's Crispy Rice Salad with chicken	16.1 oz	700	340	37	3.5	0	60	1580	64	10	22	35
without dressing	14.1 oz	500	190	20	2.5	0	60	960	54	9	15	34
Chen's Crispy Rice Salad with tofu	16.8 oz	790	420	46	5	0	0	1750	76	11	28	29
without dressing	14.8 oz	600	270	30	4	0	0	1130	66	10	21	28
The Modern Caesar	17.8 oz	680	530	56	9	0	150	920	30	11	9	18
without dressing	15.2 oz	260	140	14	4	0	10	390	25	11	7	13
add chicken	3.5 oz	110	20	2.5	0	0	60	500	0	0	0	20
Golden State Cobb	19.5 oz	750	560	60	13	0	240	1430	29	11	9	30
without dressing	17.5 oz	450	260	28	10	0	230	880	26	11	7	29
Not So Fried Chicken - Salad Style	19.1 oz	740	440	47	4.5	0	65	1510	50	7	21	31
without dressing	16.1 oz	420	190	20	2	0	65	1020	36	7	11	27
WRAPS												
Avocado and Quinoa Superfood Ensalada Wrap	19.5 oz	1120	630	68	16	0	20	1760	108	16	9	27
Chen's Crispy Rice Wrap	17.6 oz	1040	480	52	12	0	0	1800	127	12	25	23
add Chicken	3.5 oz	110	20	2.5	0	0	60	500	0	0	0	20
add Baked Marinated Tofu	3.5 oz	210	120	14	2.5	0	0	770	9	< 1g	1	15
Baja Green Goddess Wrap	16.9 oz	970	510	55	19	0	40	1250	102	12	8	23
add Chicken Adobado	4.0 oz	100	20	2	0	0	50	520	2	0	< 1g	17
add Impossible Chorizo	2.3 oz	130	70	7	4	0	0	400	7	2	< 1g	10
Modern Caesar Wrap	21.9 oz	1090	660	70	16	0	140	1540	91	12	9	26
add Chicken	3.5 oz	110	20	2.5	0	0	60	500	0	0	0	20
Thai Mango Wrap	15.1 oz	930	440	48	15	0	0	1650	112	8	31	18
add Chicken	3.5 oz	110	20	2.5	0	0	60	500	0	0	0	20
add Baked Marinated Tofu	3.5 oz	210	120	14	2.5	0	0	770	9	< 1g	1	15
Golden State Cobb Wrap	19.0 oz	1170	710	78	21	0	240	2100	85	9	7	35

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KIDS MEALS												
Grilled Cheddar Cheese Sandwich	5.4 oz	610	360	39	21	0	130	650	43	2	8	22
Peanut Butter & Jelly	4.9 oz	520	210	23	4.5	0	40	410	69	5	24	14
Turkey & Cheddar Sandwich	6.1 oz	540	270	30	14	0	125	740	43	2	8	26
Crispy Chicken Tenders (turbo chef)	6.0 oz	320	130	14	2.5	0	60	670	18	2	3	30
Organic Ketchup	1.0 oz	35	0	0	0	0	0	320	8	0	7	0
Vegan Ranch Dressing	1.0 oz	120	120	13	1	0	0	120	< 1g	0	0	0
Apples	2 oz	35	0	0	0	0	0	0	8	2	5	0

DRESSINGS & SAUCES

Basil Dijon Vinaigrette	2 fl oz	260	240	26	3	0	0	590	6	0	4	1
Baja Green Goddess Dressing	2 fl oz	190	170	19	4	0	15	450	4	0	3	< 1g
Basil Pesto-Balsamic Vinaigrette	1 fl oz	110	90	10	1	0	0	140	3	0	2	1
Chipotle Vinaigrette	2 fl oz	280	260	29	2.5	0	0	520	6	< 1g	5	0
Ginger Ponzu Dressing	2 fl oz	250	220	25	2.5	0	0	600	8	0	7	< 1g
Classic Caesar Dressing	2 fl oz	340	310	34	4	0	110	420	4	0	2	4
Farmhouse Vinaigrette	2 fl oz	280	250	28	2	0	0	330	9	0	7	0
Jalapeño Salsa Verde	2 fl oz	25	15	2	0	0	0	170	3	< 1g	2	0
Miso Mustard Sesame Dressing	2 fl oz	220	160	18	1.5	0	0	650	13	0	10	1
Mustard Shallot Vinaigrette	2 fl oz	240	220	24	1.5	0	0	200	6	0	3	0
Rustic Red Wine Vinaigrette	2 fl oz	300	290	32	3.5	0	10	550	3	0	2	0
Pomodoro Sauce	2 fl oz	60	35	3.5	0.5	0	0	340	6	0	4	< 1g
Tangy BBQ Sauce	2 fl oz	50	0	0	0	0	0	540	13	0	12	< 1g
Thai Almond Dressing	2 fl oz	200	140	16	1.5	0	0	750	15	< 1g	14	1
Vegan Ranch	2 fl oz	250	240	26	2	0	0	240	2	0	0	0

BREADS

Ciabatta	3.7 oz	260	35	3.5	0.5	0	0	160	47	2	0	7
Gluten Free Bread	5.3 oz	420	170	18	2	0	0	920	62	6	8	6
Mom's Seeded Whole Wheat	4.1 oz	320	60	6	2	0	10	400	58	2	4	8
Maria and Ricardo Tortilla	1 wrap	320	210	7	1	0	0	270	55	3	0.5	10
Mejorado Vegan Tortilla	1 wrap	460	170	18	8	0	0	710	64	2	0	9
Potato Brioche Hoagie	2.5 oz	240	60	6	1	0	35	500	38	2	3	8
Sesame Roll	4.0 oz	300	45	5	0.5	0	0	640	54	2	1	8
Sourdough	4.7 oz	300	20	2	0	0	0	600	62	2	2	10

DELI SIDES

Southern Potato Salad Small	4.5 oz	260	160	17	1	0	0	400	22	1	2	2
Southern Potato Salad Medium	9 oz	530	330	33	2	0	0	790	44	3	4	4
Southern Potato Salad Large	18 oz	1050	660	67	3.5	0	0	1590	87	6	8	7
Basil Pesto Shells Small	3.5 oz	270	140	15	3.5	0	15	650	24	2	2	8
Basil Pesto Shells Medium	7 oz	540	280	30	7	0	30	1300	48	4	4	16
Basil Pesto Shells Large	14 oz	1070	560	59	14	0	55	2600	96	8	8	33
Kale and Apple Salad Small	3.5 oz	250	190	21	3.5	0	0	125	17	3	8	1
Kale and Apple Salad Medium	7 oz	510	380	42	7	0	0	250	35	6	16	2
Kale and Apple Salad Large	14 oz	1020	770	85	15	0	0	500	69	11	31	5
Curried Couscous Small	4.5 oz	290	180	18	0	0	0	600	25	2	7	2
Curried Couscous Medium	9 oz	580	360	36	0	0	0	1210	49	4	13	4
Curried Couscous Large	18 oz	1160	720	72	0	0	0	2420	98	9	27	9

SOUPS

Greek Lemon Chicken and Farro Soup cup	8 oz	180	110	12	7	0	35	1040	16	2	3	4
Greek Lemon Chicken and Farro Soup bowl	16 oz	360	220	24	14	0	70	2070	32	4	6	8
Tomato Basil Soup cup	8 oz	270	180	20	12	0	70	640	20	2	12	3
Tomato Basil Soup bowl	16 oz	540	360	40	24	0	140	1280	40	4	24	6

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BEVERAGES												
Iced Tea - 16oz	16 oz	5	0	0	0	0	0	15	1	0	0	0
Iced Tea - 20oz	20 oz	5	0	0	0	0	0	20	2	0	0	0
Lemonade - 16oz	16 oz	260	0	0	0	0	0	30	65	0	58	0
Lemonade - 20oz	20 oz	320	0	0	0	0	0	40	82	0	73	0
Guava Lemonade - 16oz	16 oz	350	10	1	0	0	0	30	87	9	71	< 1g
Guava Lemonade - 20oz	20 oz	440	10	1	0	0	0	35	109	11	89	1
Get Your Greens - 16oz	16 oz	190	5	0	0	0	0	35	48	< 1g	43	2
Get Your Greens - 20oz	20 oz	240	5	0.5	0	0	0	40	60	1	53	3
Pomegranate Mint Lemonade - 16oz	16 oz	260	0	0	0	0	0	35	65	0	58	0
Pomegranate Mint Lemonade - 20oz	20 oz	320	0	0	0	0	0	40	81	0	73	0
Organic Valley Milk	6.75 oz	90	20	2	1.5	0	10	105	10	0	10	7

WINES

WHITE												
SPELLBOUND Chardonnay	6 fl oz	130	0	0	0	0	0	10	4	0	2	0
RED												
SPELLBOUND Cabernet	6 fl oz	140	0	0	0	0	0	0	5	0	0	0
NOTES Pinot Noir	6 fl oz	140	0	0	0	0	0	0	4	0	0	0
MATCHBOOK Rose	6 fl oz	130	0	0	0	0	0	10	2	0	0	0
TINTO REY Rose	6 fl oz	130	0	0	0	0	0	10	2	0	0	0
TINTO REY Tempranillo	6 fl oz	150	0	0	0	0	0	10	5	0	1	0

BEERS

SO CAL												
MODERN TIMES Ice Pilsner	12 oz	160	0	0	0	0	0	20	15	0	1	1
REFUGE Blood Orange Wit	12 oz	200	0	0	0	0	0	20	17	0	4	1
SMOG CITY IPA	12 oz	230	0	0	0	0	0	20	13	0	1	2
THREE WEAVERS Cloud City Hazy IPA	12 oz	210	0	0	0	0	0	20	12	0	1	2
PIZZA PORT Shark Bite Red Ale	12 oz	220	0	0	0	0	0	20	18	0	< 1g	2
MADEWEST Standard Blonde Ale	12 oz	210	0	0	0	0	0	20	18	0	1	2
PIZZA PORT Chronic Ale Amber	12 oz	170	0	0	0	0	0	20	12	0	1	1
MOTHER EARTH Boo Koo IPA	12 oz	210	0	0	0	0	0	20	12	0	1	2
SOCIETE The Pupil IPA	12 oz	240	0	0	0	0	0	20	14	0	1	2
MIKKELLER Windy Hill Hazy IPA	12 oz	220	0	0	0	0	0	20	13	0	1	2

NOR CAL

TRUMER Pils Pilsner	12 oz	180	0	0	0	0	0	20	14	0	1	1
21ST AMENDMENT Brew Free! Or Die Blood Orange IPA	12 oz	240	0	0	0	0	0	20	15	0	< 1g	2
FIRESTONE Mind Haze Hazy IPA	12 oz	200	0	0	0	0	0	20	11	0	1	2
SIERRA NEVADA Hazy Little Thing Hazy IPA	12 oz	230	0	0	0	0	0	20	17	0	< 1g	2
DRAKES Hefeweizen	12 oz	160	0	0	0	0	0	20	12	0	< 1g	2
SEISMIC Megathrust IPA	12 oz	240	0	0	0	0	0	20	14	0	1	2
SUDWERK People's Pilsner	12 oz	190	0	0	0	0	0	20	14	0	1	1
TRACK 7 Panic IPA	12 oz	220	0	0	0	0	0	20	13	0	1	2

TEXAS

SPINDLETAP Boomtown Blonde Ale	12 oz	190	0	0	0	0	0	20	16	0	< 1g	2
ST ARNOLD Fancy Lawnmower German-Style Kolsch	12 oz	170	0	0	0	0	0	20	13	0	< 1g	< 1g
ST ARNOLD Art Car IPA	12 oz	230	0	0	0	0	0	20	13	0	< 1g	2
LONE PINT BREWERY Yellow Rose IPA	12 oz	230	0	0	0	0	0	20	17	0	< 1g	2
KARBACH BREWING Love Street Citrus Wheat	12 oz	160	0	0	0	0	0	20	13	0	0	2
COMMUNITY Texas Lager	12 oz	120	0	0	0	0	0	20	10	0	1	1
TUPPS BREWERY Juice Pack Pale Ale	12 oz	170	0	0	0	0	0	20	13	0	1	2
DEEP ELLUM BREWING Easy Peasy IPA	12 oz	170	0	0	0	0	0	20	14	0	1	2

SEATTLE

FREMONT BREWING - Golden Pilsner	12 oz	140	0	0	0	0	0	20	12	0	1	< 1g
FREMONT BREWING - Summer Pale Ale	12 oz	160	0	0	0	0	0	20	13	0	1	2
GEORGETOWN BREWING - Lucille IPA	12 oz	220	0	0	0	0	0	20	13	0	< 1g	2
SILVER CITY BREWERY - Tropic Haze IPA	12 oz	200	0	0	0	0	0	20	14	0	< 1g	2

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SANDWICHES												
The Farm Club	1/2 sandwich	380	160	17	4	0	50	810	34	3	4	20
Chimichurri Steak & Bacon	1/2 sandwich	470	240	26	5	0	55	1130	38	2	9	22
Chicken Pesto Caprese	1/2 sandwich	400	200	21	4.5	0	45	590	28	2	3	21
Mario's Caprese	1/2 sandwich	480	280	28	9	0	35	410	28	2	3	19
Prosciutto & Chicken	1/2 sandwich	420	190	20	5	0	45	950	35	3	6	23
Turkey Avo Salsa Verde	1/2 sandwich	420	220	23	6	0	55	740	31	4	4	21
Vegan Banh Mi	1/2 sandwich	320	130	14	1.5	0	0	790	39	2	9	11
"Not So Fried" Chicken	1/2 sandwich	450	220	24	3	0	45	670	39	3	5	17

SPECIALTY LEAFY SALADS

(Recommended portions w/dressing)

Avocado & Quinoa Superfood Ensalada (low portion)	3.7 oz	150	100	11	2	0	< 5mg	230	10	3	2	4
Avocado & Quinoa Superfood Ensalada (high portion)	4.9 oz	200	140	15	2.5	0	5	310	14	4	3	6
The Seasonal GOAT with Summer Peaches (low portion)	3.1 oz	160	110	12	2	0	< 5mg	250	13	2	10	3
The Seasonal GOAT with Summer Peaches (high portion)	4.8 oz	240	150	17	2.5	0	< 5mg	340	20	3	15	5
Chen's Crispy Rice Salad (low portion)	3.5 oz	170	90	10	0.5	0	10	380	14	2	6	6
Chen's Crispy Rice Salad (high portion)	5 oz	230	130	14	1	0	10	510	22	3	9	8
The Modern Caesar (low portion)	2.9 oz	160	120	13	3	0	30	230	8	2	1	4
The Modern Caesar (high portion)	4.2 oz	220	160	18	4	0	40	310	10	3	2	7
Field Greens Salad (low portion)	1.9 oz	70	50	6	0	0	0	70	4	< 1g	3	0
Field Greens Salad (high portion)	2.5 oz	90	70	8	0.5	0	0	90	6	< 1g	4	< 1g

ADD CHICKEN FOR SALADS

Low Portion	0.5 oz	15	5	0	0	0	10	70	0	0	0	3
High Portion	0.7 oz	20	5	0	0	0	10	95	0	0	0	4

BOXED SALADS

(nutrition info does not include chips, cookie, or deli side)

Avocado & Quinoa Superfood Ensalada	8.2 oz	210	100	11	3	0	10	290	23	8	3	10
Chipotle Vinaigrette	1.75 fl oz	250	230	25	2	0	0	450	5	0	4	0
Chen's Crispy Rice Salad with Chicken	11.3 oz	420	160	18	1.5	0	60	750	40	6	11	30
Miso Sesame Dressing	2 fl oz	190	150	16	1	0	0	610	10	1	7	1
The Modern Caesar 2.0	7.3 oz	190	90	10	2	0	35	410	10	5	3	16
Classic Caesar Dressing	1.75 fl oz	300	270	30	3.5	0	95	370	4	0	2	4
Field Greens Salad	4.6 oz	35	5	0	0	0	0	10	7	2	4	1
Farmhouse Vinaigrette	1.75 fl oz	210	180	21	1.5	0	0	110	7	< 1g	6	0

BOXED SANDWICHES

see 1/2 sandwiches above

GOURMET DELI SIDES

(Recommended portions)

Basil Pesto Shells (low portion)	2.9 oz	210	110	12	3	0	10	520	19	2	2	7
Basil Pesto Shells (high portion)	4.1 oz	310	160	17	4	0	15	750	27	2	2	10
Southern Potato Salad (low portion)	3.6 oz	210	130	13	0.5	0	0	320	17	1	2	1
Southern Potato Salad (high portion)	4.8 oz	280	180	18	1	0	0	420	23	1	2	2
Kale and Apple Salad (low portion)	2.4 oz	180	130	15	2.5	0	0	85	12	2	5	< 1g
Kale and Apple Salad (high portion)	3.7 oz	270	210	23	4	0	0	135	18	3	8	1
Curried Couscous (low portion)	3.6 oz	230	140	14	0	0	0	480	20	2	5	2
Curried Couscous (high portion)	4.8 oz	310	190	19	0	0	0	640	26	2	7	2

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CHEFFY COCKTAIL SANDWICHES												
(10 per order, nutrition by piece)												
BBQ Chicken & Smoked Gouda	1 piece	220	60	7	2.5	0	40	670	24	1	3	15
Caprese	1 piece	250	130	14	6	0	40	250	21	1	4	9
Tuscan Steak	1 piece	250	130	14	2	0	25	520	21	1	< 1g	11
Balsamic Steak & Bacon	1 piece	220	100	11	2	0	20	440	22	1	< 1g	8
Prosciutto and Fig	1 piece	190	60	6	3	0	35	410	24	1	7	8
GRAZING TRAYS												
(Recommended portions)												
Meat & Cheese Tray	42.8 oz	2760	1260	140	63	0	370	5510	259	13	138	128
Low Portion	4.3 oz	280	130	14	6	0	35	550	26	1	14	13
High Portion	7.1 oz	460	210	23	11	0	60	920	43	2	23	21
Veggies, Chips & Dip Tray	56.0 oz	3240	1410	150	15	0	0	5650	404	50	60	83
Low Portion	5.6 oz	320	140	15	1.5	0	0	560	40	5	6	8
High Portion	9.3 oz	540	240	25	2.5	0	0	940	67	8	10	14
CRAFTED FOR KIDS												
Peanut Butter & Jelly Platter	1 piece	120	35	4	0.5	0	0	130	18	1	5	3
Cheddar Cheese Sack Lunch	1 sandwich	610	360	39	21	0	130	650	43	2	8	22
Peanut Butter & Jelly Sack Lunch	1 sandwich	520	210	23	4.5	0	40	410	69	5	24	14
Turkey & Cheddar Sack Lunch	1 sandwich	540	270	30	14	0	125	740	43	2	8	26
DESSERTS												
Chocolate Chip Cookie	1 piece	240	100	11	4	0	10	140	36	1	20	2
Double Chocolate Chip Cookie	1 piece	250	120	13	8	0	35	125	33	1	22	2
Oatmeal Raisin Cookie	1 piece	200	60	7	2	0	20	105	33	2	18	3
Chewy Marshmallow Manifesto Bar	1 bar	230	40	4.5	3	0	15	230	45	0	22	2
NORTHERN CA STORES												
Chocolate Chunk	1 piece	210	100	11	7	0	30	320	29	2	17	4
Ginger Molasses	1 piece	200	50	6	4	0	30	290	34	<1	18	3
Lemon Cheesecake	1 piece	200	60	7	4	0	30	110	32	<1	18	2
Oat, Hemp and Date	1 piece	210	70	8	6	0	65	30	33	3	19	3

ALLERGEN INFORMATION

	Egg	Soy	Wheat	Peanut	Treenut	Milk	Fish	Shellfish	Gluten	Sesame	Coconut	Seeds	VG/V?	GF/RGF?
SEASONAL														
Seasonal GOAT with Summer Peaches					✓	✓								GF
Tuscan Pesto Salad			✓			✓								
Heirloom BLT	✓		✓			✓								
Pork Belly Banh Mi	✓	✓	✓			✓								
SANDWICHES														
"Not So Fried" Chicken	✓		✓			✓			✓					
Peruvian Steak Sandwich	✓		✓			✓	✓		✓					RGF
Prosciutto & Chicken			✓		✓	✓			✓					RGF
Chimichurri Steak and Bacon	✓		✓						✓	✓		✓		RGF
Vegan Banh Mi		✓	✓						✓	✓			V	
The Happy Hippie		✓	✓			✓			✓	✓		✓	VG	RGF
Chicken Parm Dip	✓		✓			✓			✓	✓		✓		
The Farm Club	✓		✓						✓	✓		✓		RGF
Chicken Pesto Caprese			✓			✓			✓					RGF
Vegetarian Pesto Caprese			✓			✓			✓				VG	RGF
Turkey Avo Salsa Verde	✓		✓			✓			✓					RGF
SALADS														
Avocado & Quinoa Superfood Ensalada						✓							VG	GF
Thai Mango Salad		✓	✓		✓		✓		✓	✓				
Baja Green Goddess Salad	✓	✓	✓			✓			✓		✓			
Chen's Crispy Rice Salad with chicken		✓	✓		✓				✓	✓				
The Modern Caesar	✓					✓	✓							GF
Golden State Cobb	✓					✓	✓							GF
Not So Fried Chicken - Salad Style			✓			✓			✓					
Field Greens Salad													V	GF
KIDS MEALS														
Grilled Cheddar Cheese Sandwich	✓		✓			✓			✓				VG	
Peanut Butter & Jelly	✓		✓	✓		✓			✓				VG	
Turkey & Cheddar Sandwich	✓		✓			✓			✓					
Crispy Chicken Tenders		✓	✓						✓					
Apples													V	GF
DELI SIDES & SOUPS														
Creamy Tomato Soup						✓							VG	GF
Greek Lemon, Chicken & Farro Soup			✓			✓			✓					
Basil Pesto Shells			✓			✓			✓				VG	
Curried Couscous		✓	✓						✓				V	
Kale & Apple Salad					✓	✓					✓		VG	GF
Southern Potato Salad		✓											V	GF
HOUSEMADE BEVERAGES														
Get Your Greens													V	GF
Guava Lemonade													V	GF
Lemonade													V	GF
Passionfruit Black Tea													V	GF
Pomegranate Mint Lemonade													V	GF
PROTEINS														
Beyond Chorizo			✓						✓		✓		V	
Impossible Chorizo		✓	✓						✓		✓		V	
Marinated Tofu		✓								✓			V	GF
Roasted Chicken Breast														GF
Roasted Turkey Breast														GF
Steak														GF
Pork Butt														GF

ALLERGEN INFORMATION

	Egg	Soy	Wheat	Peanut	Treenut	Milk	Fish	Shellfish	Gluten	Sesame	Coconut	Seeds	VG/V?	GF/RF?
BREADS														
Ciabatta			✓						✓				V	
Kids' Bread (Pullman Brioche)	✓		✓			✓			✓				VG	
Mom's Seeded Whole Wheat			✓						✓	✓		✓	VG	
Potato Roll	✓		✓						✓				VG	
Sesame Roll			✓						✓	✓		✓	V	
Sourdough			✓						✓				V	
Brioche Slider (Mini Cheffy Bun)	✓		✓			✓			✓				VG	
Brioche Slider			✓			✓			✓				VG	
Mejorado Vegan Tortilla			✓						✓				V	
Maria and Ricardo Tortilla		✓	✓						✓				V	
Gluten-Free Bread	✓											✓	VG	GF
SAUCES & DRESSINGS														
Aji Amarillo Sauce							✓							GF
Balsamic Glaze													V	GF
French's Yellow Mustard													V	GF
Jalapeno Salsa Verde													V	GF
Mama Lil's Pickled Sweet Peppers													V	GF
Mustard Pickle Remoulade			✓			✓			✓				VG	
Pomodoro													V	GF
Salsa Verde Aioli	✓												VG	GF
Sweet Chili Sauce													V	GF
Tangy BBQ Sauce													V	GF
Vegan Aioli		✓											V	GF
Baja Green Goddess Dressing	✓	✓	✓			✓			✓				VG	
Basil Dijon Vinaigrette						✓							VG	GF
Basil Pesto Vinaigrette						✓							VG	GF
Caesar Dressing	✓					✓	✓							GF
Chipotle Vinaigrette													V	GF
Farmhouse Vinaigrette													V	GF
Thai Almond Dressing		✓	✓		✓		✓		✓	✓				
Vegan Ranch		✓											V	GF
CATERING														
Meat & Cheese Grazing Board			✓		✓	✓			✓					
Veggie Chip & Dip Tray			✓						✓				V	
Caprese Cheffy Cocktail Sandwich						✓							VG	
BBQ Chicken & Gouda Cheffy Cocktail Sandwich						✓								
Balsamic Steak & Bacon Cheffy Cocktail Sandwich	✓													
Tuscan Steak Cheffy Cocktail Sandwich	✓					✓								
Italian Prosciutto & Fig Cheffy Cocktail Sandwich						✓								
Kids PB&J	✓		✓	✓		✓			✓				VG	
Kids Cheddar Cheese	✓		✓			✓			✓				VG	
DESSERTS														
Chocolate Chip Cookies	✓	✓	✓						✓				VG	
Double Chocolate Chip Cookies	✓	✓	✓			✓			✓				VG	
Oatmeal Raisin	✓		✓						✓				VG	
Chocolate Chunk	✓	✓	✓			✓			✓				VG	
Ginger Molasses Cookie	✓		✓			✓			✓				VG	
Lemon Cheesecake	✓	✓	✓			✓			✓				VG	
Oatmeal, Hemp, Date Cookie			✓						✓		✓	✓	V	
Chewy Marshmallow Manifesto Bar						✓								GF