

**EVERGREENS**

**NUTRITIONAL GUIDE**

UPDATED MARCH 2025

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# **NUTRITIONAL INFORMATION**



# INGREDIENTS

GREENS	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Arugula	18	0.6	0.5	0	18	2.4	1.2	1.2	1.8
Kale	99	1.8	0.3	0	75	18	7.2	4.5	8.6
Mixed Greens	30	0	0	0	142.5	6	1.5	1.5	1.5
Romaine	18	0.3	0	0	8.6	3.6	2.3	1.3	1.3
Spinach	21	0.4	0.1	0	471.1	3.3	2	0.4	2.6
GRAINS	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Jasmine Rice	233	2.5	0.3	0	140	47	0	0	4
Quinoa	204	6	0	0	251	36	6	0	6
Ancient Grains	70	0.5	0	0	90	15	2	0	2
Jalapeno Pesto Lentils	60	2	0.2	0	95	5	3	0	3
WRAPS	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Whole Wheat Tortilla	110	3	0	0	620	33	25	0	12
VEGGIES	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Black Beans	45	0.3	0	0	230	9.5	3	0.3	3.5
Beets	0	0	0	0	45	4	1	1	6



## INGREDIENTS (CONTINUED)

VEGGIES (cont.)	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Garbanzos	45	1	0	0	70	8	2	0	3
Shredded Carrots	10	0	0	0	15	2	1	1	0
Celery	0	0	0	0	10	0	0	0	0
Cucumber	4	0	0	0	0.5	1	0.2	0.5	0
Fire-Roasted Corn	41	0.7	0	0	0	7.1	1.9	2.6	1.1
Pickles	3	0.1	0	0	433	0.67	0.08	0.3	0.01
Grape Tomatoes	8	0.1	0	0	2.3	1.8	0.6	1.2	0.4
Jalapeños	6	0.1	0	0	0.2	1.3	0.6	0.7	0.3
Red Bell Pepper	12	0.1	0	0	1.5	2.2	0.8	1.6	0.4
Zucchini	5	0.1	0	0	0	1	0.3	0	0.3
Pepperoncini	5	0	0	0	620	0	1	0	1
Green Onion	7	0	0	0	0	0	0	0	0
Golden Raisins	65	0	0	0	5	16	1	14	1
Crushed Pineapple	40	0	0	0	0	9	0.5	0	0.5
Dried Cranberries	60	0	0	0	0	16	2	15	0
Pickled Red Onion	24	0	0	0	82.2	4.3	0.7	1.9	0.5





## INGREDIENTS (CONTINUED)

CHEESE	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Tillamook White Cheddar	120	10	6	30	200	1	0	0	6
Feta	80	7	5	30	354	1.2	0	0	4.5
Gorgonzola	152	12.1	9.1	38	577.1	1.5	0	0	9.1
Aged Parmesan	83	5.5	3.5	14.4	339.2	0.7	0	0.2	7.6
CRUNCHIES	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Garlic Cheese Crouton	30	1	0	0	80	5	0	0	1
Sunflower Seeds	100	8.7	1.2	0	69.2	3.9	1.8	1.5	3.4
Tortilla Chips	140	9	1.5	0	129.9	15	1	0	2
Cashews	120	9.9	1.8	0	0	6.3	0.7	1.4	3.5
Crispy Onions	71	5.25	0	0	20	14.5	0	0	0
Crispy Jalapeños	90	3.5	0.6	36	102	0.34	0.11	0	13.3
Candied Walnuts	100	11	1	0	55	2	1	2	2
PROTEINS & PREMIUMS	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Hard-Boiled Egg	78	5	1.6	187	124	0.6	0	0.6	6





## INGREDIENTS (CONTINUED)

PROTEINS & PREMIUMS (cont.)	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Grilled Chicken	70	1.5	0.4	36	31.5	1	0	0	13.2
Grilled Steak	94	5.3	1.9	40	21.3	0	0	0	10.9
Chimi Chicken	90	3.5	0.6	36	102	0.34	0.11	0	13.3
Chimi Tofu	60	3	0.44	0	35	1	0	0	5
Tofu	42	2.2	0.3	0	17	1.2	0.6	0.2	4.3
Avocado	117	9.9	1.9	0	2	7.6	5.5	2.4	2.2
Hummus	120	10	1.2	0	150	8	4	0	4
Roasted Broccoli	60	6	0.8	0	45	3	1	1	1
Roasted Sweet Potato	45	1.5	0.2	0	20	8	1	2	1
Roasted Yellow Tomatoes	60	0	0	0	130	3	1	0	2
Bacon	64.5	4.5	1.5	18	284	0	0	0	5.4

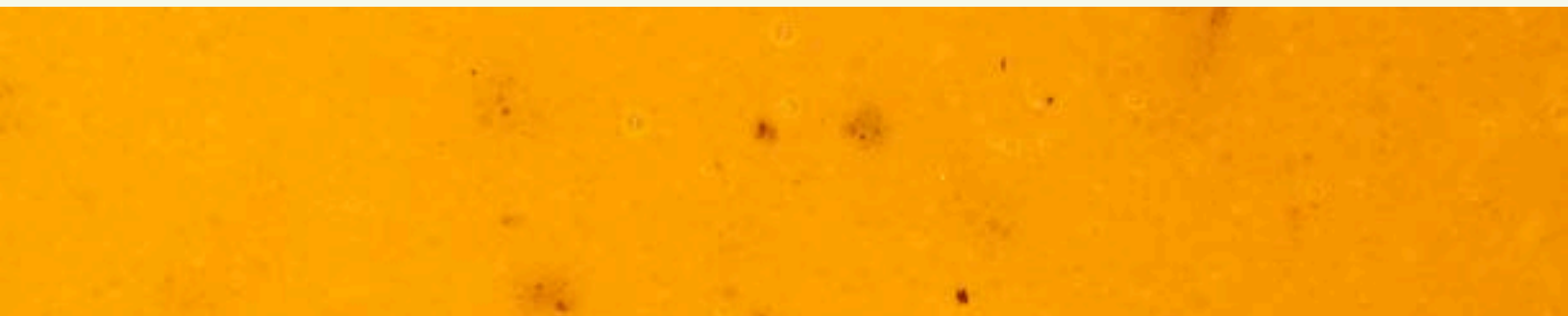
FINISHES	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Pete's Hot Sauce	0	0	0	0	345	0	0	0	0
BBQ Sauce	28	0	0	0	383	6.6	0	5.6	0





## INGREDIENTS (CONTINUED)

FINISHES (cont.)	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Balsamic Glaze	35	0	0	0	0	8	0	8	0
Fix Sriracha	3	0	0	0	127	0.7	0	0.7	0.1
Chimichurri	80	8	0.7	0	353	1.7	0.56	0	0.56
Smoked Spices	0	0	0	0	140	0	0	0	0
Black Pepper	0	0	0	0	0	0	0	0	0
Fresh Lemon	1	0	0	0	0	0.5	0	0.2	0
Jalapeno Pesto	80	0.6	0	0	280	2	1	0	0



## DRESSINGS & SAUCES (1 OZ)

DRESSING - 1 OZ	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Dijon Balsamic	130	12	1.5	0	210	6	0	5	0
Caesar	170	18	2.7	15	260	1	0	0	0.1





# DRESSINGS & SAUCES CONTINUED

<b>DRESSING - 1 OZ (cont.)</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Red Wine Vini	140	16	2.6	0	70	0	0	0	0
Greek Yogurt	50	4.5	2	8.2	210	1.5	0	1	1
Cilantro Lime Vini	130	13	1.65	0	135	4	0	3	0
Peppercorn Ranch	113	12	1.5	10	230	1	0	0	0.5
Spicy Lemon Tahini	106	10.25	1.35	0	161.5	2.31	0.55	0.507	1
Habanero Mango	70	70	1	0	70	5	0	5	0
<b>SAUCES - 4 OZ</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Green Curry	110	8.5	7.8	0	590	6	1	5	1
Chipotle Tomatillo	40	2	0.23	0	490	6	2	3	1





## SALADS

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Spicy + Kale Caesar	590	10	4	15	620	30	6	5	16
El Sombrero	760	34	12.4	30	720	47	15	8	21
Cobb Your Enthusiasm	730	32	14	245	1080	18	9	6	25
Steak It Off	640	22	11	70	1710	23	4	10	24
Southern Saucepitality	540	16	6	30	1230	31	5	13	10
For Beet's Sake	650	51	10	30	1540	46	7	16	12



## WRAPS

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Not Not a Burrito	500	19	7	65	2010	77	35	7	36
I Dream of Tahini	490	32	8	65	1960	42	28	3	33





## WRAPS CONTINUED

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Ranch the Wrapper	550	30	4	60	120	65	28	5	29
'Buff Said	700	45	9	90	2440	58	29	2	36
Mango Unchained	530	31	4	35	1490	67	31	15	31



## BOWLS

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Jalapeño Business	660	26	9	65	1180	78	12	10	32
The Fast & the Curryous	640	24	11	65	1390	75	4	8	26
Med Over Heels	780	44	12	120	1740	60	14	7	47
Chimi Fallon	790	38	5	35	670	95	11	16	25
Broccy Balboa	850	58	12	105	1670	50	8	4	33





## DIGITAL EXCLUSIVES & LTOS

SALADS	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Citrus Got Real	632	25	8	65	640	20	5	5	26
Game of Ketones	410	21	8	65	900	18	8	6	19
The Spice is Right	555	38	9	30	1345	42	9	7	15
Let It Reign	900	60	7	0	1170	66	19	9	19



## BREAD

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Focaccia (WA)	130	3	0	0	240	22	1	0	4
Focaccia (OR)	160	0.5	0	0	290	34	0	1	



# BREAKFAST

<b>BOWLS</b>									
	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Steaks On a Plane	850	56	13	280	1600	62	11	8	34
FAA-vorite Bowl	720	50	10	275	1860	44	7	4	28
<b>WRAPS</b>									
	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Southwest Bound	600	32	10	265	2050	70	33	4	39



# **ALLERGEN INFORMATION**

# INGREDIENTS

GREENS	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Vegetarian	Vegan
Arugula								x	x
Kale								x	x
Mixed Greens								x	x
Romaine								x	x
Spinach								x	x
GRAINS	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Vegetarian	Vegan
Jasmine Rice								x	x
Quinoa								x	x
Ancient Grains	x							x	x
Jalapeno Pesto Lentils								x	x
WRAPS	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Vegetarian	Vegan
Whole Wheat Tortilla	x							x	x
VEGGIES	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Vegetarian	Vegan
Black Beans								x	x
Garbanzos								x	x
Shredded Carrots								x	x
Celery								x	x
Cucumber								x	x



# INGREDIENTS (CONTINUED)

<b>VEGGIES (cont.)</b>	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Vegetarian	Vegan
Fire-Roasted Corn								x	x
Pickles								x	x
Grape Tomatoes								x	x
Jalapeños								x	x
Red Bell Pepper								x	x
Zucchini								x	x
Pepperoncini								x	x
Green Onion								x	x
Golden Raisins								x	x
Crushed Pineapple								x	x
Dried Cranberries								x	x
<b>CHEESE</b>	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Vegetarian	Vegan
Tillamook White Cheddar		x						x	
Feta		x						x	
Gorgonzola		x						x	
Aged Parmesan		x						x	





# INGREDIENTS (CONTINUED)

CRUNCHIES	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Vegetarian	Vegan
Garlic Cheese Crouton	x	x						x	
Sunflower Seeds	x			x	x	x		x	
Tortilla Chips						x		x	x
Cashews				x				x	x
Crispy Onions	x							x	x
Crispy Jalapeños	x							x	x
PROTEINS & PREMIUMS (cont.)	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Vegetarian	Vegan
Grilled Chicken									
Grilled Steak									
Chimi Chicken									
Chimi Tofu						x		x	x
Tofu						x		x	x
Avocado								x	x
Hummus						x	x	x	x
Roasted Broccoli								x	x
Roasted Sweet Potato								x	x
Roasted Yellow Tomatoes								x	x
Hard-Boiled Egg					x			x	



# INGREDIENTS (CONTINUED)

FINISHES	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Vegetarian	Vegan
Pete's Hot Sauce						x		x	x
BBQ Sauce			x						
Chimichurri								x	x
Balsamic Glaze								x	x
Fix Sriracha								x	x
Smoked Spices								x	x
Black Pepper								x	x
Fresh Lemon								x	x

# DRESSINGS & SAUCES

DRESSING - 1 OZ	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Vegetarian	Vegan
Dijon Balsamic								x	x
Caesar		x	x		x	x			
Red Wine Vini								x	x
Greek Yogurt		x						x	
Cilantro Lime Vini								x	x
Peppercorn Ranch		x			x			x	
Spicy Lemon Tahini						x	x	x	x
Habanero Mango								x	x



# DRESSINGS & SAUCES CONTINUED

SAUCES - 4 OZ	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Vegetarian	Vegan
Green Curry			x						
Chipotle Tomatillo								x	x

# SALADS

	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Vegetarian	Vegan
Spicy + Kale Caesar	x	x	x		x	x		x	
El Sombrero		x				x		x	
Cobb Your Enthusiasm		x			x				
Steak It Off	x	x			x				
Southern Saucepitality	x	x	x		x			x	
For Beet's Sake	x	x				x		x	

# WRAPS

	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Vegetarian	Vegan
Not Not a Burrito	x	x							
Med Zeppelin	x	x					x		
Ranch the Wrapper	x	x			x				
'Buff Said	x	x			x				
Mango Unchained	x								



# BOWLS

	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Vegetarian	Vegan
Jalapeño Business	x	x	x						
The Fast & the Curryous	x		x						
Med Over Heels	x	x		x	x	x	x		
Chimi Fallon	x								
Broccy Balboa		x							

# DIGITAL EXCLUSIVES

SALADS	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Vegetarian	Vegan
Citrus Got Real		x		x		x	x		
Salad (Taylor's Version)	x	x							
Game of Ketones		x							
The Spice Is Right	x	x				x	x	x	
Let It Reign	x			x		x	x	x	x

# BREAD

	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Vegetarian	Vegan
Focaccia (WA)	x							x	x
Focaccia (OR)	x							x	x



# BREAKFAST

<b>BOWLS</b>	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Vegetarian	Vegan
Steaks On a Plane		x			x	x			
FAA-vorite Bowl		x			x	x			
<b>WRAPS</b>	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Vegetarian	Vegan
Southwest Bound	x	x			x	x			

