

EVERGREENS NUTRITIONAL GUIDE

UPDATED SEPTEMBER 2025

SEASONALS

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens	Allergen Manufacturing Consideration*
Peel The Love	690	47	8	50	1100	42	9	19	30	Wheat, Dairy, Peanut, Tree Nut, Soy, Egg	
Beauty and the Beets	600	37	12	74	2000	59	29	9	36	Wheat, Dairy, Egg, Peanut, Sesame, Soy	Coconut
Pump Up The Yam	860	51	14	38	1550	87	14	35	22	Dairy, Peanut, Soy	

SALADS

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens	Allergen Manufacturing Consideration*
Spicy + Kale Caesar	590	46	9	41	1150	32	6	6	19	Wheat, Dairy, Soy, Egg, Fish	
El Sombrero	760	56	13	30	1210	18	15	15	17	Dairy, Soy	
Cobb Your Enthusiasm	730	64	18	240	1220	18	9	6	25	Dairy, Eggs	
Steak It Off	650	46	14	94	1740	24	4	12	23	Wheat, Dairy, Egg, Fish, Soy, Sesame, Wheat	Coconut
Southern Saucepitality	540	40	14	53	1640	30	4	14	10	Wheat, Dairy, Fish, Egg, Soy, Sesame, Wheat	Coconut
Game of Ketones	410	21	8	65	900	18	8	6	19	Dairy, Soy, Sesame, Wheat	Coconut
Let It Reign	900	60	7	0	1170	66	19	9	19	Wheat, Nuts, Soy, Sesame	Egg, Dairy, Peanut, Tree Nut
Hot Grill Summer	460	24	3	0	1660	37	11	9	15	Soy, Sesame, Wheat	Coconut

* This menu item is are prepared in a facility that also handles common allergens where cross-contact may occur.

WRAPS

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens	Allergen Manufacturing Consideration*
Not Not A Burrito	520	17	7	60	2080	78	35	9	37	Wheat, Dairy, Fish	
Ranch The Wrapper	550	30	4	59	1200	65	28	5	29	Wheat, Dairy, Egg	
I Dream of Tahini	500	32	8	66	1530	43	28	4	32	Wheat, Dairy, Sesame	

BOWLS

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens	Allergen Manufacturing Consideration*
Jurassic Pork	670	18	4	48	1560	91	9	11	28	Wheat, Fish	
Med Over Heels	780	44	12	118	1730	60	14	7	47	Dairy, Nuts, Soy, Sesame	Egg, Peanut, Tree Nut, Wheat
Fast & The Curryous	640	24	11	66	1390	75	4	8	26	Fish	
Jalapeno Business	660	26	9	66	1180	78	12	10	32	Dairy	

BREAD

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens	Allergen Manufacturing Consideration*
Focaccia (WA)	130	3	0	0	240	22	1	0	4	Wheat, Sesame	Tree Nut, Peanut
Focaccia (OR)	160	0.5	0	0	290	34	0	1	4	Wheat, Sesame	Tree Nut, Peanut

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BREAKFAST (AIRPORTS ONLY)

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens	Allergen Manufacturing Consideration*
Southwest Bound	600	32	10	265	2040	70	33	4	38	Dairy, Wheat, Egg, Soy	
Pigs Can Fly	880	55	13	300	2430	72	26	4	40	Dairy, Wheat, Egg, Soy, Sesame, Fish	
Now Boar-Ding	720	40	12	277	1650	58	14	9	34	Dairy, Egg, Soy, Fish	
Steaks on a Plane	850	56	13	280	1594	62	11	8	34	Dairy, Egg, Soy	

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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
Jalapeño Pesto Lentils	60	2	0.2	0	95	5	3	0	3

WRAP	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

INGREDIENTS (CONTINUED)

VEGGIES	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
Spicy Pickled Peppers	10	0	0	0	200	1	1	1	0
Green Onion	7	0	0	0	0	0	0	0	0
Pineapple Tidbits	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
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)

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
Sesame Sticks	68	4.8	0.7	0	180	5.6	0.8	2.8	1.2

SAUCES - 4 OZ	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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

INGREDIENTS (CONTINUED)

PROTEINS & PREMIUMS	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
Hard-Boiled Egg	78	5	1.6	187	124	0.6	0	0.6	6
Jalapeño Pesto Tofu	70	4.5	0.4	0	110	2	1	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
Baba's Chorizo Crumble	40	2.5	0	0	350	1	1	0	4
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
Smoked Pork	100	2	1.5	30	380	3	0	2	11

INGREDIENTS (CONTINUED)

FINISHES	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
BBQ Sauce	28	0	0	0	383	6.6	0	5.6	0
Pete's Hot Sauce	0	0	0	0	345	0	0	0	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
Jalapeño Pesto	80	0.6	0	0	280	2	1	0	0

DRESSING - 1 OZ	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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
Creamy Cashew	92	9.2	1.28	0	276	3.57	0.11	1.55	0.7
Harissa Ranch	78.32	7.98	1.79	7	229	1.39	0.09	0.75	0.7
Ginger Sesame	62	4.75	0.65	0	263	4.3	0.18	3.354	0.53