

EVERGREENS

NUTRITIONAL GUIDE

UPDATED APRIL 2025

ALLERGEN INFO STARTS ON PAGE 16

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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
Jalapeño 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
Spicy Pickled Peppers	10	0	0	0	200	1	1	1	0
Green Onion	7	0	0	0	0	0	0	0	0
Golden Raisins	65	0	0	0	5	16	1	14	1
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



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
Sesame Sticks	68	4.8	0.7	0	180	5.6	0.8	2.8	1.2
Herb Garlic Marcona Almonds	85	8	0.5	0	90	3	2	0.5	3





INGREDIENTS (CONTINUED)

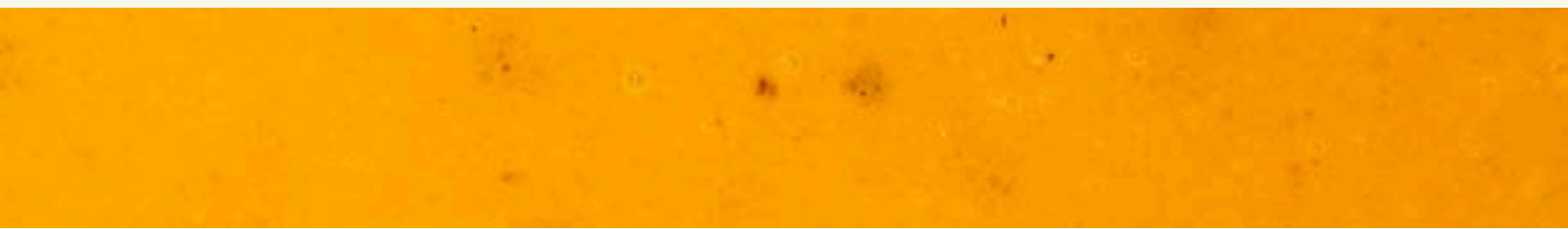
PROTEINS & PREMIUMS (cont.)	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Grilled Chicken	70	1.5	0.4	36	31.5	1	0	0	13.2
Grilled Steak	94	5.3	1.9	40	21.3	0	0	0	10.9
Hard-Boiled Egg	78	5	1.6	187	124	0.6	0	0.6	6
Jalapeño Pesto 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
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





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
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



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

DRESSING - 1 OZ (cont.)	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 Yogurt	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

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





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	650	46	14	95	1740	24	4	12	23
Southern Saucepitality	540	16	6	30	1230	31	5	13	10
Act Cashewal	590	46	5	0	840	36	14	9	16



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	500	32	8	65	1540	43	28	4	32





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
Harissa La Vista, Baby	550	35	10	45	1800	61	31	5	24



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
Ses-a-me, Mario!	620	25	3	35	1030	74	4	11	21





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
Let It Reign	900	60	7	0	1170	66	19	9	19
For Beet's Sake	650	51	10	30	1540	46	7	16	12



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

BOWLS									
	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
WRAPS									
	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)

VEGGIES (cont.)	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
Spicy Pickled Peppers								x	x
Green Onion								x	x
Golden Raisins								x	x
Pineapple								x	x
Dried Cranberries								x	x
CHEESE	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
Sesame Sticks	x			x		x	x	x	x
Marcona Almonds	x			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									
Jalapeno Pesto 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						
Jalapeno Pesto								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
Creamy Cashew				x		x		x	x
Harissa Yogurt		x			x				
Ginger Sesame	x					x	x	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	
Act Cashewal	x			x		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				
Harissa La Vista, Baby	x	x		x	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		
Ses-a-me, Mario!	x	x		x	x	x	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							
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

BOWLS	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			
WRAPS	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Vegetarian	Vegan
Southwest Bound	x	x			x	x			

