

NUTRITIONAL GUIDE

UPDATED JUNE 2026

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*
Giarden Party	600	43	7	40	1780	28	6	6	15	Dairy, Eggs, Soy, Sesame, Wheat	
Steak-Cation	760	51	8	45	2350	66	30	13	34	Dairy, Soy, Wheat	
Pita The Fool	740	46	8	30	1870	68	13	4	19	Dairy, Eggs, Soy, Sesame, Wheat	

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

* 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	
Plant One On Me	660	43	4	0	2270	73	35	6	27	Peanuts, Tree Nuts, Soy, Sesame, Wheat	

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*
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	
Spice Spice Baby	830	45	11	85	1810	69	4	8	24	Dairy, Egg, Wheat, Fish	Soy, Sesame
Curryous George	970	69	12	0	910	71	5	7	14	Tree Nuts, Soy, Wheat, Shellfish	Coconut

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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	

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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INGREDIENTS

GREENS	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Arugula	18	0.6	0.5	0	18	2.4	1.2	1.2	1.8	
Kale	34	0.6		0	29	6.3	1.2	0	2.3	
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)	Allergens
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	Wheat, Soy

WRAP	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Whole Wheat Tortilla	110	3	0	0	620	33	25	0	12	Wheat

VEGGIES	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Garbanzos	45	1	0	0	70	8	2	0	3	
Carrot	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	
Spicy Pickled Peppers	10	0	0	0	200	1	1	1	0	
Green Onion	7	0	0	0	0	0	0	0	0	
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	
Olives	25	2.5	0	0	270	0	0	0	0	
Radish	9	.1	0	0	21	2	1	0	4	
Mint	5	0	0	0	0	0	0	0	0	
Giardiniera	80	8	0	0	560	2	1	0	0	Soy

CHEESE	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Tillamook White Cheddar	120	10	6	30	200	1	0	0	6	Dairy
Feta	80	7	5	30	354	1.2	0	0	4.5	Dairy
Gorgonzola	152	12.1	9.1	38	577.1	1.5	0	0	9.1	Dairy
Parmesan	83	5.5	3.5	14.4	339.2	0.7	0	0.2	7.6	Dairy

CRUNCHIES	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Garlic Crouton	30	1	0	0	80	5	0	0	1	Dairy, Gluten
Sunflower Seeds	100	8.7	1.2	0	69.2	3.9	1.8	1.5	3.4	Dairy, Tree Nuts, Peanuts, Soy, Gluten
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	Tree Nuts
Crispy Onions	90	6	0	0	30	6	0	0	0	Gluten
Crispy Jalapeños	90	3.5	0.6	36	102	0.34	0.11	0	13.3	Gluten
Pepitas	80	7	1	0	60	2	1	0	4	Tree Nuts, Peanuts, Soy
Pita Chips	80	3	0	0	170	12	1	1	2	Sesame, Wheat

SAUCES - 4 OZ	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Thai Red Curry	440	48	10	0	720	8	0	4	0	Shellfish, Coconut
Chipotle Tomatillo	40	2	0.23	0	490	6	2	3	1	

PROTEINS & PREMIUMS	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
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	Egg
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	Sesame
Makini's Chorizo Crumble	40	2.5	0	0	350	1	1	0	4	Soy
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	Fish

FINISHES	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Balsamic Glaze	35	0	0	0	0	8	0	8	0	
BBQ Sauce	28	0	0	0	383	6.6	0	5.6	0	Fish
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	
Za'atar	0	0	0	0	180	0	0	0	0	Sesame
Smoked Spices	0	0	0	0	140	0	0	0	0	Dairy, Gluten, Tree Nuts, Peanuts, Sesame
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	Soy

DRESSING - 1 OZ	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
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	Dairy
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	Dairy, Eggs
Spicy Lemon Tahini	106	10.25	1.35	0	161.5	2.31	.6	.5	1	Soy, Sesame
Caesar	170	18	2.7	15	260	1	0	0	1	Fish, Dairy, Eggs
Jalapeno Ranch	130	14	2	0	200	1	0	1	0	Dairy, Eggs