

NATIVE FOODS

Nutritional Information



	Calories	Calories from F	Total Fat (g)	Saturated Fat	Trans Fat (g)	Cholesterol (m i	Sodium (m g)	Potassium (m g)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	
BITES AND SHAREABLES												
Cauliflower Dippers - Plain	410	220	25	2	0	0	270	570	38	5	5	
Cauliflower Dippers w/ Buffalo Sauce	410	220	25	2	0	0	1490	570	38	5	5	
Cauliflower Dippers w/ Thai Chili Cilantro Sauce	540	250	29	2.5	0	0	960	580	62	6	24	
Add Ranch Dip to Cauliflower Dippers	250	220	24	4.5	0	0	330	20	4	0	0	
Nachos	900	530	60	7	0	0	1910	580	79	12	16	
Add Taco Meat to Nachos	120	35	3.5	0	0	0	240	200	8	0	0	
Add BBQ Chicken to Nachos	170	30	3.5	0	0	0	660	240	24	1	15	
Chicken Wings Small - Plain	640	310	35	3	0	0	1110	770	45	5	4	
Chicken Wings Small w/ Buffalo Sauce	640	310	35	3	0	0	1780	760	45	5	4	
Chicken Wings Small w/ Thai Chili Cilantro Sauce	710	330	38	3	0	0	1490	770	59	6	15	
Chicken Wings Reg - Plain	1020	510	57	4.5	0	0	1770	1170	71	8	5	
Chicken Wings Reg w/ Buffalo Sauce	1020	510	57	4.5	0	0		1170	71	8	5	
Chicken Wings Reg w/ Thai Chili Cilantro Sauce	1140	540	61	5	0	0	2380	1180	92	9	23	
Add Ranch Dip to Chicken Wings	250	220	24	4.5	0	0	330	20	4	0	0	
Grilled Chicken Wings Small - Plain	260	80	9	1	0	0	770	690	17	4	3	
Grilled Chicken Wings Small w/ Thai Chili Cilantro	330	100	11	1.5	0	0	1150	700	30	5	14	
Grilled Chicken Wings Small w/ Buffalo Sauce	260	80	9	1	0	0	1440	690	16	4	3	
Grilled Chicken Wings Regular - Plain	400	130	15	1.5	0	0	1220	1060	25	6	4	
Grilled Chicken Wings Reg w/ Thai Chili Cilantro	520	160	18	2	0	0	1840	1060	46	7	22	
Grilled Chicken Wings Regular w/ Buffalo Sauce	400	130	15	1.5	0	0	2300	1060	25	6	4	
ENTREES												
Buddha Bowl w/ Jasmine Rice	780	270	30	3	0	0	600	890	117	11	21	
Buddha Bowl w/ Cauliflower Rice	520	270	31	3	0	0	680	1140	57	12	22	
Cauliflower Chickpea Shawarma w/ Jasmine Rice	650	310	35	4	0	0	970	1030	71	14	7	
Cauliflower Chickpea Shawarma w/ Cauli. Rice	450	280	31	4	0	0	1050	960	36	10	9	
Orange Cauliflower w/ Brown Rice	830	390	44	4.5	0	0	1910	910	91	8	21	
Orange Cauliflower w/ Cauliflower Rice	710	380	43	4.5	0	0	1990	1060	66	8	23	





BURGERS

	Calories	Calories from F	Total Fat (g)	Saturated Fat	Trans Fat (g)	Cholesterol (m i	Sodium (m g)	Potassium (m g)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)
BBQ Brisket Burger	1440	680	77	12	0	0	2470	760	131	7	19
Double Cheeseburger	840	340	39	9	0	0	1860	850	81	3	12
Gastropub Burger	1400	680	77	13	0	0	2280	500	123	6	13
Poppin Jalapeno Burger	1280	640	73	20	0	0	2250	900	110	5	8

HANDHELDS

Cauliflower Chickpea Shawarma Wrap	940	470	53	7	0	0	1510	860	95	15	5
Cauliflower Po' Boy	760	260	30	5	0	0	1940	650	101	6	7
Crazy Good Grilled Chicken Sandwich	810	380	43	11	0	0	1430	640	75	7	7
Meatball Sub	950	420	47	9	0	0	2180	710	96	8	6
Chicken Bacon Avo Club	910	440	50	6	0	0	1980	960	83	10	10
Chicken Run Ranch	920	460	52	6	0	0	1420	840	79	6	7
The Real Nashville Hot	890	500	56	9	0	0	2250	620	74	6	8
Twister Wrap w/ Crispy Chicken And Chipotle	920	430	48	8	0	0	1880	1140	91	13	8
Twister Wrap w/ Crispy Chicken And Ranch	910	430	48	8	0	0	1910	1150	88	13	5
Twister Wrap w/ Crispy Chicken, Buffalo, Chipotle	920	430	48	8	0	0	3090	1140	91	13	8
Twister Wrap w/ Crispy Chicken, Buffalo, Ranch	910	430	48	8	0	0	3130	1150	88	13	5
Twister Wrap w/ Grilled Chicken And Chipotle	750	310	35	7	0	0	1830	1240	77	13	9
Twister Wrap w/ Grilled Chicken And Ranch	740	310	35	7	0	0	1860	1250	74	13	6
Twister Wrap w/ Grilled Chicken, Buffalo, Chipotle	750	310	35	7	0	0	3020	1230	77	13	8
Twister Wrap w/ Grilled Chicken, Buffalo, Ranch	740	310	35	7	0	0	3050	1240	74	13	5



SALADS AND SOUP

BBQ Chicken Salad - No Dressing	613	221	24.6	3	0	0	2357	1293	65	14	24
Add Green Goddess Dressing to BBQ Chicken Salad	227	193	21.4	4	0	0	243	67	6	1	2
Taco Salad - No Dressing	405	128	14.2	1.4	0	0	896	965	42	8	8
Add Creamy Chipotle Dressing to Taco Salad	275	223	24.8	4.6	0	0	264	5	10	0	7
Cauliflower Soup Bowl	210	150	17	1	0	0	650	440	10	3	4
Cauliflower Soup Cup	110	80	9	0.5	0	0	330	230	5	2	2
Organic Chickpea Lentil Soup Bowl	200	30	3	0	0	0	990	0	32	9	5
Organic Chickpea Lentil Soup Cup	100	15	1.5	0	0	0	490	0	16	4	2
Organic Coconut Lentil Soup Bowl	240	50	6	3	0	0	840	0	34	11	4
Organic Coconut Lentil Soup Cup	120	25	3	1.5	0	0	420	0	17	6	2
Potato Kale Soup Bowl	200	50	6	1	0	0	1360	690	35	4	5
Potato Kale Soup Cup	100	25	3	0	0	0	680	350	18	2	2
Red Thai Curry Soup Bowl	680	540	61	47	0	0	1040	860	34	6	14

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KIDS												
Chicken Strips - No Sauces	380	190	21	1.5	0	0	660	410	26	3	1	
Add Ranch Dip to Chicken Strips	250	220	24	4.5	0	0	330	20	4	0	0	
Kids Seasoned Fries	240	140	15	2	0	0	440	320	21	2	1	
Lil' Buddha Bowl	370	110	13	1.5	0	0	390	510	60	6	11	
Kids Side: Brown Rice	140	10	1.5	0	0	0	10	105	30	1	0	
Kids Side: Steamed Veggies	15	0	0	0	0	0	20	160	3	1	2	
SIDES												
Sweet Potato Fries Side	470	270	31	2	0	0	430	410	43	5	13	
Sweet Potato Fries Large	840	490	55	3.5	0	0	590	730	77	9	22	
Seasoned Fries Side	400	230	26	3.5	0	0	780	540	36	4	2	
Seasoned Fries Large	710	410	46	7	0	0	1220	960	64	6	3	
Side Salad - No Dressing	35	0	0	0	0	0	60	310	7	2	4	
Add Balsamic Tarragon Dressing to Side Salad	160	130	15	1	0	0	135	40	3	0	2	
Steamed Kale	60	15	2.0	0	0	0	50	340	10	4	2	
DESSERTS												
Chocolate Chip Cookie	350	110	13	5	0	0	250	0	55	2	33	
Oatmeal Cream Pie	590	290	32	9	0	0	430	0	61	0	48	
Peanut Butter Parfait	630	300	34	11	0	0	150	360	75	4	53	
CRAFTED BEVERAGES												
Iced Tea Black (12 fl Oz)	0	0	0	0	0	0	10	130	1	0	0	
Iced Tea Blueberry (12 fl Oz)	0	0	0	0	0	0	0	30	1	0	0	
Iced Tea Green (12 fl Oz)	0	0	0	0	0	0	0	30	0	0	0	
Lavendar Lemonade (22 fl Oz)	250	0	0	0	0	0	85	95	66	1	60	
ML Iced Tea - Black Organic (12 fl Oz)	0	0	0	0	0	0	10	130	1	0	0	
ML Iced Tea - Green Sunburst (12 fl Oz)	0	0	0	0	0	0	0	30	0	0	0	
ML Iced Tea - Pomberry (12 fl Oz)	0	0	0	0	0	0	0	30	1	0	0	
Watermelon Fresca (22 fl Oz)	180	0	0	0	0	0	15	160	46	0	44	

