



Nutrition (Winter 2025)

Breakfast

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Dietary Fiber (g)	Protein (g)	Sugars (g)	Carbohydrates (g)	Sodium (mg)	Gluten Free 1	Vegetarian	Vegan
Everything Croissant Sandwich with Bacon	540	39	16	410	0	21	6	26	540			
Everything Croissant Sandwich	460	31	13	390	0	18	6	26	400			
Rustic Breakfast Wrap with Chicken Sausage	620	37	12	510	2	30	6	46	980			
Rustic Breakfast Wrap	580	34	12	490	2	26	5	45	830		✓	
Fruit Cup	130	0	0	0	3	2	27	32	25	✓	✓	✓
Proper Yogurt Parfait	250	7	2	5	2	7	34	42	20	✓	✓	
Chilaquiles	680	36	19	480	2	36	5	56	1720	✓	✓	
Coconut Chia Pudding	180	7	3	0	3	2	21	31	210	✓		✓
Rustic Breakfast Plate with Bacon	430	28	10	760	3	26	3	13	455	✓		
lemon ricotta cheese	70	6	3	20	0	5	0	1	115	✓		
Rustic Breakfast Plate	280	14	5	725	4	22	4	14	215	✓	✓	
lemon ricotta cheese	70	6	3	20	0	5	0	1	115	✓	✓	
Overnight Oats	290	7	0.5	0	0	8	19	50	75	✓		✓
Pumpkin Spice Overnight Oats	250	6	1	0	1	7	12	43	70	✓	✓	
Breakfast Muffin with Turkey Sausage	360	19	5	310	1	19	2	28	640			
Breakfast Muffin	300	14	4	285	1	14	2	28	440		✓	
Protein Breakfast Wrap with Steak	420	19	4	40	3	30	5	34	510		✓	
Protein Breakfast Wrap with Turkey	369	9	1	60	3	37	5	34	420			
Hardboiled Eggs	70	5	1	215	0	6	0	1	65	✓	✓	
Protein Breakfast Bite	140	9	3	330	1	11	3	5	270	✓	✓	
Protein Breakfast Bite with Chicken Sausage	170	10	3	345	1	13	3	5	370	✓		
Swiss Style Muesli	230	8	1	5	2	6	19	35	350		✓	
Mango & Berry Cup with Greek Yogurt	180	3	1	10	4	10	21	29	430	✓		
Mango & Berry Cup with Vegan Yogurt	180	3	2	0	4	2	25	38	410	✓		✓

Salads & Entrées

Winter Salad with Salmon	315	14	2	65	5	26	8	22	240	✓		
savory hazelnuts	60	5	0	0	0	2	2	3	30	✓		
ricotta salata cheese	35	3	2	10	0	2	0	1	130	✓		
charred orange dressing	210	21	4	0	2	1	5	7	210	✓		
Winter Salad with Chicken	265	8	1	60	5	27	8	22	510	✓		
savory hazelnuts	60	5	0	0	0	2	2	3	30	✓		
ricotta salata cheese	35	3	2	10	0	2	0	1	90	✓		
charred orange dressing	210	21	4	0	2	1	5	7	210	✓		
Winter Salad	185	8	2	0	6	5	9	25	270	✓	✓	
savory hazelnuts	60	5	0	0	0	2	2	3	30	✓	✓	
ricotta salata cheese	35	3	2	10	0	2	0	1	90	✓	✓	
charred orange dressing	210	21	4	0	2	1	5	7	210	✓	✓	
Mediterranean Bowl with Salmon	410	10	2	55	8	30	7	54	335			
tahini lemon dressing	170	15	2	0	0	6	0	2	130			
labneh	90	8	1	0	0	3	0	1	65			
Mediterranean Bowl with Chicken	370	5	2	55	8	33	7	54	525			
tahini lemon dressing	170	15	2	0	0	6	0	2	130			
labneh	90	8	1	0	0	3	0	1	65			
Mediterranean Bowl (veg)	270	3	2	0	8	10	7	54	245		✓	
tahini lemon dressing	170	15	2	0	0	6	0	2	130		✓	
labneh	90	8	1	0	0	3	0	1	65		✓	
Mexican Harvest Bowl with Steak	630	24	9	75	2	41	7	64	915		✓	
white cheddar	70	6	3	20	0	5	0	1	115			
salsa	10	0	0	0	1	0	1	2	60			
Mexican Harvest Bowl with Tofu Asada	500	17	4	0	4	21	8	69	1095		✓	
white cheddar	70	6	3	20	0	5	0	1	115			
salsa	10	0	0	0	1	0	1	2	60			
Couscous & Spinach Salad with Salmon ²	630	32	7	65	4	31	8	51	690			
lemon vinaigrette	94	10	2	0	0	1	1	2	64			
Couscous & Spinach Salad with Chicken ²	616	27	6	70	5	38	11	55	980			
lemon vinaigrette	94	10	2	0	0	1	1	2	64			
Chinese Chicken Salad	291	6	1	80	4	37	13	22	440			
sesame & green onion dressing	239	23	4	0	2	3	1	7	830			
wontons	70	4.5	1	0	0	1	0	6	70			
Chinese Salad with Tofu	241	10	2	0	4	15	13	25	390		✓	
sesame & green onion dressing	239	23	4	0	2	3	1	7	830		✓	
wontons	70	4.5	1	0	0	1	0	6	70		✓	
Charred Radicchio Caesar Salad with Chicken	300	12	5	80	5	35	3	15	845			
caesar dressing	210	21	5	50	0	3	1	3	280			
bread crumbs	40	0	0	0	1	1	0	8	25			
Charred Radicchio Caesar Salad	200	11	5	20	5	12	3	15	565		✓	
caesar dressing	210	21	5	50	0	3	1	3	280		✓	
bread crumbs	40	0	0	0	1	1	0	8	25		✓	
Coconut Prawn & Kale Salad	386	16	3	105	4	22	2	53	929			
orange-coriander vinaigrette	214	18	3	30	0	1	3	6	251			
Peri Peri Salmon	470	12	2	80	2	36	4	53	1160	✓		
peri peri sauce	50	4	1	0	1	0	1	2	270	✓		
Peri Peri Chicken	380	5	0	60	2	31	4	53	1370	✓		
peri peri sauce	50	4	1	0	1	0	1	2	270	✓		
Proper Cobb Salad	340	19	5	285	4	31	2	10	570			
creamy lemon vinaigrette	200	22	4	10	0	1	1	2	500	✓		
blue cheese	60	4	3	15	0	3	0	0.5	220	✓		
Seared Lemon Pepper Tuna	500	23	3.5	30	3	32	3	43	1280	✓		
sherry vinaigrette	90	7	1.5	0	0	0	0	4	210	✓		
Salmon Teriyaki Hot Plate	449	13	2	85	3	37	7	50	690	✓		
teriyaki sauce	71	0	0	0	0	1	11	16	370	✓		
Chicken Enchiladas & Rice	540	26	12	120	1	36	6	44	990	✓		
Sweet Potato Enchiladas & Rice	530	25	12	70	4	17	14	64	1100	✓	✓	
Chimichurri Steak	580	37	9.5	65	6	32	3	32	960	✓		
chimichurri sauce	150	17	2.5	0	0	0	0	2	320	✓		
Chimichurri Salmon	500	27	4.5	80	6	35	3	32	810	✓		
chimichurri sauce	150	17	2.5	0	0	0	0	2	320	✓		
Lean & Clean Chicken Hot Plate	395	4	0	115	3	52	2	40	750	✓		
bone broth sauce	15	1	0	5	0	1	0	1	160	✓		
Lean & Clean Salmon Hot Plate	405	12	2	85	2	37	2	40	240	✓		
bone broth sauce	15	1	0	5	0	1	0	1	160	✓		
Farro Salad with Steak	580	36	9	110	5	32	2	34	1080			
dressing (chimichurri/ranch)	180	20	4	40	0	1	0	1	250			
Farro Salad with Chicken	430	20	3	110	5	31	2	33	1100			
dressing (chimichurri/ranch)	180	20	4	40	0	1	0	1	250			
Farro Salad with Cauliflower	360	21	4	50	7	10	4	39	920		✓	
dressing (chimichurri/ranch)	180	20	4	40	0	1	0	1	250		✓	
Greek Salad with Chicken	370	18	10	60	4	38	5	14	960	✓		
red wine vinaigrette	140	15	3	0	0	0	0	0	95	✓		
Greek Salad	310	20	12	0	4	15	6	17	900	✓	✓	
red wine vinaigrette	140	15	3	0	0	0	0	0	95	✓		
Lemon Quinoa Salad	516	20	2	0	2	13	1	69	546	✓	✓	
feta cheese	30	3	2	0	0	2	0	0	110	✓	✓	
lemon vinaigrette	94	10	2	0	0	1	1	2	64	✓	✓	



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	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Dietary Fiber (g)	Protein (g)	Sugars (g)	Carbohydrates (g)	Sodium (mg)	Gluten Free 1	Vegetarian	Vegan
Thai Salad with Chicken	150	4	2	25	5	15	7	15	370	✓		
agave almonds	70	5	0	0	0	2	2	4	30	✓		
ginger vinaigrette	180	12	2	0	1	1	11	18	290	✓		
Thai Salad with Tofu	140	5	1	0	8	9	9	23	180	✓	✓	
agave almonds	70	5	0	0	0	2	2	4	30	✓	✓	
ginger vinaigrette	180	12	2	0	1	1	11	18	290	✓	✓	
Crispy Chicken Salad	280	6	1	175	3	18	5	33	1020	✓		
creamy herb vinaigrette	290	30	8	125	0	3	1	3	190	✓		
Steak Bean & Rice Bowl 2.0	455	24	9	45	2	29	3	32	1560	✓		
iceberg lettuce	5	0	0	0	0	0	0	1	0	✓		
tomatillo chips	70	3	0	0	0	1	0	9	45	✓		
tomatillo avocado sauce	20	2	0	0	1	0	1	2	55	✓		
Chicken Teriyaki	360	4	0	60	3	30	10	55	820	✓		
teriyaki sauce	70	0	0	0	0	1	11	15	360	✓		
Steak Teriyaki	420	15	6	70	3	33	2	41	380	✓		
teriyaki sauce	70	0	0	0	0	1	11	15	360	✓		
Chicken Stir Fry	440	6	1	65	4	34	4	61	430	✓		
stir fry sauce	70	0	0	0	0	1	11	16	600	✓		
Korean BBQ Beef Stir Fry	520	16	6	60	4	28	6	63	290	✓		
stir fry sauce	70	0	0	0	0	1	11	16	600	✓		
Veggie Stir Fry	350	6	1	0	5	8	6	65	150	✓		✓
stir fry sauce	70	0	0	0	0	1	11	16	600	✓		✓
Coconut Curry Tofu Hot Plate	440	15.5	4.5	0	2	13	9	60	1120	✓	✓	
coconut-curry sauce	50	4.5	3.5	0	0	1	0	1	130	✓	✓	
Coconut Curry Chicken Hot Plate	480	14.5	3.5	45	2	27	9	59	1340	✓		
coconut-curry sauce	50	4.5	3.5	0	0	1	0	1	130	✓		
Creamy Pasta Salad with Pesto	430	11	2	5	5	11	6	76	490	✓	✓	
Grilled Hanger Steak (add-on protein)	200	11	4	60	0	24	0	0	470	✓		
Miso Organic Tofu (add-on protein)	150	7	1	0	3	14	2	9	910	✓		✓
Pulled Chicken Aleppo (add-on protein)	110	2	0	60	0	24	0	0	300	✓		
Line-caught Salmon (add-on protein)	179	10	3.1	59	0	20	0	0	47	✓		
Proper Chicken Salad Go-Go	300	20	4	95	1	12	7	11	540	✓		
Mediterranean Chickpea Go-Go	210	14	4	25	4	8	3	14	830	✓	✓	
Chimichurri Kale Go-Go	180	13	2	0	1	5	2	13	140	✓		✓
Sandwiches & Wraps												
Turkey Avocado Sandwich	580	27	7	120	5	44	7	45	940			
Lemon Pepper Chicken Sandwich	520	21	8	110	0	29	8	45	700			
Veggie Garden Sandwich	450	21	2	0	2	15	9	55	650			✓
Garden Sandwich with Chicken	480	18	2	35	2	29	9	56	820			
Crispy Chicken Wrap	680	26	10	100	1	30	3	76	2770			
Buffalo Wrap - Chicken	590	29	13	120	1	32	2	52	1100			
Buffalo Wrap - Cauliflower	560	23	13	80	3	19	3	58	1120		✓	
Proper PB&J	570	24	6	0	2	18	14	82	830			✓
Line-Caught Tuna Sandwich	490	19	3	90	1	30	10	56	970			
Proper BLT with Chicken Sandwich	530	16	7	125	1	32	8	42	730			
Grilled Steak & Provolone Sandwich	570	33	12	105	0	32	1	36	680			
Vegan Wrap	510	15	3	0	1	18	3	64	1030			✓
Turkey Gruyere Croissant Sandwich	540	30	13	175	0	41	6	25	480			
Turkey Cranberry Brie Sandwich	620	32	9	200	1	51	13	32	460			
Chicken Pesto Wrap	590	33	5	45	2	29	3	45	1160			
Ham & Gruyere Sandwich	640	30	10	130	1	33	3	62	1970			
Caesar Salad Wrap with Chicken	420	17	6	55	1	29	1	39	970			
Carne Asada Burrito	630	26	12	70	1	31	1	67	840			
Tofu Asada Burrito	560	20	9	40	1	23	2	73	870		✓	
Chicken BLT Wrap	620	17	10	115	1	35	2	52	1240			
Chicken Achiote Burrito	550	27	11	115	1	32	2	49	920			
Salmon Sushi Roll	315	8	1	30	4	17	8	47	120	✓		
wasabi & ginger	10	0	0	0	0	0	3	220	✓			
soy sauce	15	0	0	0	0	0	1	1220	✓			
Spicy Tuna Sushi Roll	305	8	1	25	3	18	8	47	150	✓		
wasabi & ginger	10	0	0	0	0	0	3	220	✓			
soy sauce	15	0	0	0	0	0	1	1220	✓			
Avocado Cucumber Roll	255	5	1	0	4	7	9	54	110	✓		✓
wasabi & ginger	10	0	0	0	0	0	3	220	✓		✓	
soy sauce	15	0	0	0	0	0	1	1220	✓		✓	
Soup												
Butternut Squash Soup with Hazelnut Oil	140	4	1	0	7	3	9	26	500	✓		✓
Pozole Soup	160	5	1	45	2	19	2	13	740	✓		
Juice & Drinks												
Proper Daily Green Juice	190	0	0	0	10	5	23	45	110	✓		✓
Proper Gold Juice	240	0.5	0	0	11	3	41	58	0	✓		✓
Proper Orange Carrot Ginger Juice	230	0	0	0	10	4	40	55	55	✓		✓
Proper Mango Iced Tea ³	15	0	0	0	0	3	0	0	15	✓		✓
Oat Milk Cold Brew Coffee ³	50	0.5	0	0	0	1	0	8	130	✓		✓
Cold Brew Coffee ³	5	0	0	0	0	1	0	0	10	✓		✓
Cinnamon Mocha Cold Brew Coffee ³	80	1.5	0	0	1	3	0	14	360	✓		✓
Cookies, Bars & Snacks												
Chocolate Chip Cookie	260	13	8	40	0	3	22	35	300		✓	
Gluten-Free Chocolate Chip Cookie	290	15	9	45	0	3	25	39	140	✓		
Oatmeal Cookie	320	15	7	45	0	5	22	41	290		✓	
Proper Energy Bar	380	18	7	0	6	11	20	45	210	✓		✓
Power Date Bites	240	11	4	0	4	5	29	35	30	✓		✓
Dried Mango	171	0	0	0	1.5	2	25	43	15	✓		✓
Crudite with Hummus	220	13	2	0	5	9	7	20	380	✓		✓
Power-Up Protein Snack	260	15	2	225	0	25	0	3	370	✓		

Notes

Where listed separately, sub-items are optional add-ons (e.g., cheese, dressing) and have not been included in the main item's nutrition information.

Dressing nutrition is based on entire amount provided with each salad.

1 Prepared with gluten-free ingredients. However, our kitchen is not gluten-free, so it is possible for these items to contain trace amounts of

2 Heartier portion, often enjoyed as multiple servings. Nutrition info is shown for the entire item.



Allergens (Winter 2021)

Breakfast

	Gluten	Dairy	Egg	Nuts	Fish (Seafood)	Shellfish	Soy	Onion	Cilantro	Garlic	Sesame	Gluten Free ¹	Vegetarian	Vegan
Everything Croissant Sandwich with Bacon	✓	✓	✓							✓				
Everything Croissant Sandwich	✓	✓	✓							✓				
Rustic Breakfast Wrap with Chicken Sausage	✓	✓	✓					✓		✓				
Rustic Breakfast Wrap	✓	✓	✓					✓		✓				
Fruit Cup											✓			✓
Proper Yogurt Parfait		✓									✓	✓		
Chilaquiles		✓	✓					✓	✓	✓	✓	✓		
Coconut Chia Pudding				✓							✓			✓
Rustic Breakfast Plate		✓	✓								✓	✓		
Rustic Breakfast Plate with Bacon		✓	✓								✓	✓		
Overnight Oats				✓							✓			✓
Pumpkin Spice Overnight Oats				✓							✓			✓
Breakfast Muffin with Turkey Sausage	✓	✓	✓				✓							
Breakfast Muffin	✓	✓	✓				✓					✓		
Breakfast Protein Wrap with Steak	✓		✓				✓		✓	✓				
Breakfast Protein Wrap with Turkey	✓		✓				✓		✓	✓				
Hardboiled Egg			✓								✓	✓		
Protein Breakfast Bite			✓						✓		✓	✓		
Protein Breakfast Bite with Chicken Sausage			✓						✓		✓	✓		
Swiss Style Muesli		✓									✓	✓		
Mango & Berry Cup with Greek Yogurt		✓									✓	✓		
Mango & Berry Cup with Vegan Yogurt											✓			✓

Salads & Entrées

Winter Salad with Salmon ²		✓		✓	✓					✓				
Winter Salad with Chicken ²		✓		✓						✓				
Winter Salad ²		✓		✓						✓		✓		
Mediterranean Bowl with Salmon	✓	✓			✓			✓		✓				
Mediterranean with Chicken	✓	✓						✓		✓	✓			
Mediterranean Bowl	✓	✓						✓		✓			✓	
Mexican Harvest Bowl with Steak	✓	✓					✓	✓	✓	✓				
Mexican Harvest Bowl with Tofu Asada	✓	✓					✓	✓	✓	✓			✓	
Greek Salad with Chicken		✓						✓			✓			
Greek Salad		✓						✓			✓	✓		
Couscous & Spinach Salad with Chicken	✓	✓		✓				✓	✓		✓			
Couscous & Spinach Salad with Salmon	✓	✓		✓	✓			✓	✓		✓			
Peri Peri Salmon					✓			✓	✓	✓	✓			
Peri Peri Chicken								✓	✓	✓	✓			
Thai Salad with Chicken				✓			✓	✓	✓	✓	✓			
Thai Salad with Tofu				✓			✓	✓	✓	✓	✓		✓	
Chinese Chicken Salad ⁴	✓ ⁴			✓			✓	✓	✓		✓ ⁴	✓ ⁴		
Chinese Salad with Tofu ⁴	✓ ⁴			✓			✓	✓	✓	✓	✓ ⁴	✓ ⁴		
Charred Radicchio Caesar Salad with Chicken	✓	✓	✓					✓		✓				
Charred Radicchio Caesar Salad	✓	✓	✓					✓		✓			✓	
Coconut Prawn & Kale Salad	✓		✓	✓	✓									
Proper Cobb Salad		✓	✓					✓		✓	✓			
Crispy Chicken Salad	✓	✓	✓					✓		✓				
Seared Lemon Pepper Tuna				✓	✓			✓		✓	✓			
Salmon Teriyaki Hot Plate					✓		✓			✓	✓			
Coconut Curry Chicken Hot Plate			✓							✓	✓			
Coconut Curry Tofu Hot Plate			✓				✓			✓	✓			
Steak Bean & Rice Bowl 2.0		✓					✓	✓	✓	✓	✓			
Chicken Enchiladas & Rice		✓					✓	✓	✓	✓	✓			
Sweet Potato Enchiladas & Rice		✓					✓	✓	✓	✓	✓	✓		
Chimichurri Salmon					✓			✓		✓	✓			
Chimichurri Steak								✓		✓	✓			
Chimichurri Chicken								✓		✓	✓			
Lean & Clean Chicken Hot Plate								✓		✓	✓			
Lean & Clean Salmon Hot Plate					✓			✓		✓	✓			
Farro Salad with Steak	✓	✓	✓					✓		✓				
Farro Salad with Chicken	✓	✓	✓					✓		✓				
Farro Salad with Cauliflower	✓	✓	✓					✓		✓		✓		
Steak Teriyaki							✓	✓		✓	✓			
Chicken Teriyaki							✓	✓		✓	✓			
Chicken Stir Fry							✓	✓		✓	✓			
Korean BBQ Beef Stir Fry							✓	✓		✓	✓			
Veggie Stir Fry							✓	✓		✓	✓			✓
Lemon Quinoa Salad		✓									✓	✓		
Creamy Pasta Salad with Pesto	✓		✓				✓		✓		✓	✓		



Allergens (Winter 2021)

	Gluten	Dairy	Egg	Nuts	Fish (Seafood)	Shellfish	Soy	Onion	Cilantro	Garlic	Sesame	Gluten Free ¹	Vegetarian ¹	Vegan
Green Tea Soba Noodle (small)	✓			✓			✓	✓		✓	✓		✓	
Grilled chicken (add-on protein)												✓		
Steak (add-on protein)												✓		
Miso Tofu (add-on protein)							✓	✓	✓	✓				✓
Pulled Chicken Aleppo (add-on protein)												✓		
Line-caught Salmon (add-on protein)					✓							✓		
Proper Chicken Salad Go-Go			✓	✓								✓		
Mediterranean Chickpea Go-Go		✓										✓	✓	
Chimichurri Kale Go-Go				✓			✓		✓		✓			✓
Sandwiches & Wraps														
Turkey Avocado Sandwich	✓	✓	✓				✓				✓			
Garden Sandwich with Chicken	✓									✓				
Veggie Garden Sandwich	✓									✓				✓
Crispy Chicken Wrap	✓	✓	✓				✓			✓				
Buffalo Wrap - Chicken	✓	✓	✓				✓			✓				
Buffalo Wrap - Cauliflower	✓	✓	✓				✓			✓		✓		
Proper PB&J	✓			✓			✓							✓
Line-Caught Tuna Sandwich	✓		✓		✓		✓	✓						
Proper BLT with Chicken Sandwich	✓		✓											
Grilled Steak and Provolone Sandwich	✓	✓	✓				✓			✓				
Vegan Wrap	✓						✓	✓	✓	✓				✓
Turkey Gruyere Croissant Sandwich	✓	✓	✓								✓			
Turkey Cranberry Brie Sandwich	✓	✓	✓											
Chicken Pesto Wrap	✓	✓					✓			✓	✓			
Chicken Achiote Burrito	✓	✓						✓						
Ham & Gruyere Sandwich	✓	✓	✓							✓				
Caesar Salad Wrap with Chicken	✓	✓	✓				✓	✓		✓				
Carne Asada Burrito	✓	✓					✓	✓	✓	✓				
Tofu Asada Burrito	✓	✓					✓	✓	✓	✓		✓		
Chicken BLT Wrap	✓		✓				✓	✓		✓				
Salmon Sushi Roll					✓		✓	✓			✓			
Spicy Tuna Roll			✓		✓		✓	✓		✓	✓			
Veggie Sushi Roll							✓	✓			✓			✓
Soup														
Butternut Squash Soup with Hazelnut Oil				✓			✓			✓				✓
Pozole Soup							✓	✓	✓		✓			
Juice & Drinks														
Proper Daily Greens Juice											✓			✓
Proper Gold Juice											✓			✓
Proper Orange Carrot Ginger Juice											✓			✓
Oat Milk Cold Brew Coffee ⁵											✓			✓
Proper Mango Iced Tea											✓			✓
Cold Brew Coffee ⁵											✓			✓
Cinnamon Mocha Cold Brew Coffee ³											✓			✓
Cookies, Bars & Snacks														
Chocolate Chip	✓	✓	✓				✓					✓		
Gluten-Free Chocolate Chip		✓	✓				✓				✓	✓		
Oatmeal Cookie	✓	✓	✓	✓								✓		
Proper Energy Bar				✓			✓				✓			✓
Power Date Bites				✓							✓			✓
Dried Mango											✓			✓
Crudite with Hummus									✓	✓	✓			✓
Power-Up Protein Snack			✓	✓					✓	✓	✓			✓

Notes

Allergen information is inclusive for all elements of the item including dressing

1 Prepared with gluten-free ingredients. However, our kitchen is not gluten-free, so it is possible for these items to contain trace amounts of gluten.

2 Nuts are served in a separate container - without the nuts, these items are nut-free

3 Acai Smoothie is made with coconut and almond milk

4 Wontons are served in a separate container - without wontons, this salad is gluten-free

5 Caffeine per bottle: Coconut Cold Brew 136mg; Cold Brew 178mg; Iced Tea 52mg