

# NUTRITION FACTS

## NOT ALL CALORIES ARE CREATED EQUAL

Here at d'Lite Healthy On The Go, we choose the highest quality foods to serve and prepare them with the healthiest methods possible.

## FOOD IS FUEL

Choosing the right kind of food to fuel the body is essential for optimal desired performance! The right fuel is individual to each person, in various stages of life, and/or in personal goals.

**NO CHEAP OILS  
H E R E**  
We only use Extra Virgin Olive Oil in our kitchen and in limited amounts.

ALL bodies need 'Good Fat'!  
Avocado, nuts, egg yellows [with moderation], provide sources of fat that the body requires to function as  
d e s i g n e d

**More Fiber!**  
Adults need 25g - 35g of fiber per day. Fiber comes from fruits & vegetables, grains, nuts & beans. Most of our menu items are high in fiber!

Natural sugar sources from fruits are the only ones we use in our kitchen. Limiting refined sugars, soda and candy is key to a healthy diet.

The body relies on three classes of nutrients to meet its energetic needs:  
**carbohydrates  
proteins  
good fats**

**CARBS ARE NOT THE  
E N E M Y**  
Complex carbs, such as whole grains, raw fruits & vegetables, should make up 50%-60% of your daily caloric intake.

The Nutrition Facts are being provided as an approximate nutrient value based on calculations using reliable sources and is furnished without warranty of any kind. These do not represent laboratory analysis. The information is subject to change due to product replacement from time to time.

# Nutrition Facts

## BREAKFAST

ITEM	CALORIES [kcal]	FAT [g]	SATURATED FAT [g]	TRANS FAT ACID [g]	CHOLESTEROL [mg]	SODIUM [mg]	CARBOHYDRATES [g]	DIETARY FIBER [g]	TOTAL SUGARS [g]	PROTEIN [g]
<b>BREAKFAST</b>										
EGG & CHEESE 'WICH	445.65	15.64	5.97	0.00	389.09	589.51	49.29	2.00	0.37	25.55
BREAKFAST CLUB	485.18	17.74	6.58	0.00	410.41	1222.84	47.81	8.00	2.80	31.77
CALIFORNIA CLUB	503.45	30.55	9.48	0.00	429.23	1003.56	26.16	1.97	2.85	32.24
CROISSANT 'WICH	521.05	29.88	12.08	0.00	415.55	721.45	39.64	2.17	7.28	22.82
AZ BURRO	606.25	23.94	8.33	0.00	41.45	1209.43	67.34	5.60	4.80	29.74
ENCHILADA STYLE [add]	118.25	7.78	3.56	0.00	24.14	627.88	8.16	2.01	2.17	5.81
TRADITIONAL BURRITO	716.59	31.07	12.80	0.00	388.09	1398.40	76.00	9.80	1.37	31.49
VEGGIE BURRITO	598.21	19.58	8.36	0.00	19.24	846.00	73.23	6.61	6.29	26.58
OATMEAL OUR WAY	365.22	5.64	1.57	0.00	5.67	117.93	73.58	8.08	30.38	9.19
HOUSE FRITTATA	647.50	31.98	11.02	0.00	493.93	1431.77	49.99	3.95	3.35	38.75
VEGGIE FRITTATA	463.65	20.89	5.68	0.00	450.64	972.40	45.27	4.36	8.10	25.77
LOW CARB	457.05	29.87	8.17	0.00	390.82	673.35	25.23	4.47	3.91	21.46
<b>BAGELS</b>										
PLAIN	270.00	4.00	0.00	0.00	0.00	340.00	48.00	6.00	2.00	9.00
EVERYTHING	290.00	5.00	0.00	0.00	0.00	540.00	51.00	3.00	2.00	10.00
ASIAGO	280.00	6.00	1.00	0.00	5.00	600.00	49.00	6.00	2.00	11.00
WHEAT	290.00	4.00	0.00	0.00	0.00	550.00	55.00	4.00	3.00	10.00
CINNAMON RAISIN	280.00	5.00	0.00	0.00	0.00	340.00	57.00	6.00	3.00	8.00
SESAME SEED	270.00	5.00	0.00	0.00	0.00	540.00	50.00	7.00	2.00	9.00
<b>BIALYS</b>										
PLAIN	220.00	1.00	0.00	0.00	0.00	30.00	43.00	6.00	2.00	9.00
SUNDRIED TOMATO	230.00	1.00	0.00	0.00	0.00	30.00	45.00	7.00	1.00	10.00
CHOCOLATE CHIP	270.00	5.00	0.00	0.00	0.00	30.00	52.00	7.00	2.00	10.00
<b>SPREADS</b>										
PEANUT BUTTER	186.04	15.06	3.10	0.00	0.00	141.75	4.43	1.77	2.66	7.97
ALMOND BUTTER	210.00	18.00	1.50	0.00	0.00	0.00	6.00	4.00	1.00	7.00
CREAM CHEESE	138.91	13.89	8.93	0.00	39.69	128.99	1.98	0.00	1.98	1.98
NUTELLA	160.00	8.80	3.20	0.00	4.00	12.00	17.60	0.80	16.80	1.60
BUTTER	40.65	4.60	2.86	0.00	12.42	46.89	0.00	0.00	0.00	0.05
<b>OTHER</b>										
SALSA	0.23	0.00	0.00	0.00	0.00	5.33	0.07	0.02	0.05	0.00
GLUTEN-FREE WRAP	170.00	4.00	2.00	0.00	0.00	330.00	27.00	5.00	4.00	5.00

# Nutrition Facts

## 'WICHES & WRAPS

ITEM	CALORIES [kcal]	FAT [g]	SATURATED FAT [g]	TRANS FAT ACID [g]	CHOLESTEROL [mg]	SODIUM [mg]	CARBOHYDRATES [g]	DIETARY FIBER [g]	TOTAL SUGARS [g]	PROTEIN [g]
CHICKEN BREAST PANINI	584.51	18.01	4.20	0.00	88.13	1725.64	65.61	3.95	4.26	42.17
TURKEY CLUB	751.04	26.28	6.28	0.00	113.52	2233.56	84.50	5.79	15.53	46.97
SIGNATURE TUNA HOT	616.48	15.87	3.73	0.00	64.29	1082.38	85.63	5.78	17.07	36.17
SIGNATURE TUNA COLD	705.81	22.70	7.53	0.00	87.06	1232.32	87.29	6.10	17.12	42.07
VEGGIE d'Lite	251.43	11.72	4.19	0.00	0.00	661.29	31.17	4.47	3.12	6.91
HUMANITARIAN	540.61	25.85	6.00	0.00	5.00	1009.64	66.46	5.99	5.17	10.35
Chicken Supreme [Add]	144.60	8.65	2.88	0.00	46.72	579.14	3.13	0.55	0.72	15.45
Veg Supreme [Add]	96.54	8.85	1.87	0.00	9.60	187.65	3.49	1.35	0.05	3.42

## SALADS & SOUPS & SIDES

ITEM	CALORIES [kcal]	FAT [g]	SATURATED FAT [g]	TRANS FAT ACID [g]	CHOLESTEROL [mg]	SODIUM [mg]	CARBOHYDRATES [g]	DIETARY FIBER [g]	TOTAL SUGARS [g]	PROTEIN [g]
<b>SALADS</b> [includes dressing]										
THE 'MAN' SALAD	557.40	34.95	11.47	0.00	102.03	1171.83	30.26	6.95	2.61	35.61
KITCHEN SINK	347.99	11.25	3.63	0.07	16.20	694.14	52.92	7.77	20.96	11.36
NUTS N' BERRIES	464.54	35.12	8.67	0.00	24.00	263.43	29.10	4.49	20.71	9.89
<b>SOUPS</b> [includes bagel chips]										
BAJA CHICKEN SOUP										
Cup	252.40	11.02	4.28	0.00	32.08	988.46	28.90	5.19	4.35	10.53
Bowl	432.20	21.71	8.55	0.00	64.15	1976.92	43.60	8.41	8.70	18.10
PORTABELLO SOUP										
Cup	257.50	11.67	7.29	0.00	0.00	799.15	28.49	4.60	3.23	8.10
Bowl	435.70	23.01	14.58	0.00	0.00	1592.94	41.45	6.22	5.66	12.96
COCONUT LENTIL										
Cup	268.14	4.83	2.50	0.00	0.00	689.29	42.53	11.45	3.87	14.11
Bowl	463.68	9.33	5.00	0.00	0.00	1378.58	70.87	20.91	7.75	25.24
<b>SIDES</b> [includes dressing]										
HUMMUS PLATE	383.68	24.08	4.33	0.00	4.80	814.03	36.09	5.22	6.06	7.78
SWEET BEETS	106.43	7.09	2.97	0.00	12.00	149.35	7.73	0.72	5.35	3.07
BROCCOLI SIDE	77.29	3.81	1.07	0.03	4.05	226.13	9.62	2.38	5.18	2.56
SIDE SALAD	64.32	3.50	0.50	0.05	0.00	209.36	7.53	1.76	4.83	1.23

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## BOWLS & BURGERS

ITEM	CALORIES [kcal]	FAT [g]	SATURATED FAT [g]	TRANS FAT ACID [g]	CHOLESTEROL [mg]	SODIUM [mg]	CARBOHYDRATES [g]	DIETARY FIBER [g]	TOTAL SUGARS [g]	PROTEIN [g]
<b>BOWLS</b>										
SOUTHWEST RICE BOWL	522.68	19.10	7.27	0.00	69.20	1865.13	61.39	6.69	7.02	27.95
d'VEGGIE BOWL	457.46	16.47	8.53	0.00	5.15	936.92	60.54	9.93	5.50	16.78
<b>BURGERS</b>										
HOUSE STYLE	505.43	14.68	8.03	0.00	9.60	1279.00	69.38	9.74	7.04	19.87
Naked	462.11	16.68	8.53	0.05	9.60	1280.69	56.89	10.57	10.04	16.54
EARLY BIRD STYLE	621.61	22.75	9.76	0.00	233.75	1306.20	67.68	9.29	5.70	32.39
Naked	574.95	24.75	10.26	0.05	233.75	1299.55	54.68	9.96	8.70	28.72
TOP NOTCH STYLE	758.72	25.30	12.28	0.00	52.97	1983.85	97.80	10.33	28.57	34.38
Naked	715.40	27.30	12.78	0.05	52.97	1985.54	85.31	11.16	31.57	31.04

## d'Kiddies

ITEM	CALORIES [kcal]	FAT [g]	SATURATED FAT [g]	TRANS FAT ACID [g]	CHOLESTEROL [mg]	SODIUM [mg]	CARBOHYDRATES [g]	DIETARY FIBER [g]	TOTAL SUGARS [g]	PROTEIN [g]
<b>d'Kiddies</b>										
QUESADILLA TRI'S	573.92	26.02	14.02	0.00	50.62	1202.65	60.55	7.80	0.00	25.88
AB# J	411.31	12.50	1.25	0.00	0.00	340.00	67.64	4.00	31.01	10.50

# Nutrition Facts

## DRINKS

ITEM	CALORIES [kcal]	FAT [g]	SATURATED FAT [g]	TRANS FAT ACID [g]	CHOLESTEROL [mg]	SODIUM [mg]	CARBOHYDRATES [g]	DIETARY FIBER [g]	TOTAL SUGARS [g]	PROTEIN [g]
<b>SHAKES &amp; SMOOTHIES</b>										
GREEN LEMONADE [16 OZ]	199.17	0.00	0.00	0.00	0.00	50.60	52.71	4.92	38.28	2.08
FOUR BERRY [16 OZ]	256.78	0.00	0.00	0.00	0.00	30.16	66.09	1.60	52.32	1.16
HOUSE [16 OZ]	256.78	0.00	0.00	0.00	0.00	13.28	64.97	2.72	52.32	2.29
ORANGE GLORIOUS [16 OZ]	308.19	3.00	0.15	0.00	15.00	15.00	69.44	1.52	61.37	2.51
PROTEIN SHAKE										
16 OZ	392.69	3.27	0.66	0.00	33.34	171.88	74.81	3.55	50.20	17.71
24 OZ	545.86	4.36	0.88	0.00	44.87	244.17	103.69	4.57	71.40	24.53
32 OZ	758.50	6.18	1.24	0.00	63.25	332.16	145.00	6.94	97.67	34.07
d'BREAKFAST BUZZ [24 OZ]	435.68	7.02	1.42	0.00	46.12	284.17	83.47	3.88	54.86	27.19
VEGAN BUZZ [24 OZ]	421.35	9.58	1.10	0.00	0.00	491.53	60.04	4.63	47.86	29.57

**OUR SMOOTHIES  
KEEP IT  
REAL**

They have only natural occurring fruit sugars in every sip!

**KNOW WHAT'S  
IN YOUR CUP**

There are no hidden fats here! Our Barista bar uses whole cows milk standard in all drinks. [unless otherwise listed or requested].