

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]
BREAKFAST										
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
BAGELS										
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
BIALYS										
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
SPREADS										
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
OTHER										
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]
SALADS [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
SOUPS [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
SIDES [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

Nutrition Facts

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]
BOWLS										
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
BURGERS										
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]
d'Kiddies										
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]
SHAKES & SMOOTHIES										
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].

HEALTH MATRIX

? WHAT IS 'HEALTH'

The definition of health is different for each person. This can also differ in various stages of life, with allergies, and/or specific health goals. What is good for one person may not be for another! d'Lite boasts a full menu that has 'something for everyone'!

HOW TO USE THE HEALTH MATRIX

The Health Matrix lists each menu item on the left and health goals across the top. The result describes what modifications to make in order to reach your health goal!



Health Matrix

The health matrix guides you in how to modify each menu item for your health needs!

	VEGAN*	VEGETARIAN	GLUTEN FREE*	SOY FREE*	PROTEIN PACK'D	LOW CARB	BALANCED
	No meat product, and by-products from animal	No meat products	Gluten is the general name for the proteins found in wheat	Soybeans contain significant amounts of phytic acid, dietary minerals & B vitamins	Protein Pack'd diet is .5g - 1g / lb of body weight. We set ours to > 15g / item	Low Carb diet is 50g - 150g / day. We set ours to < 40g / item	This diet is a ratio of low/mod Fat, mod Protein, mod/high Carb based on caloric intake per meal
BREAKFAST							
EGG & CHEESE 'WICH _[F]	N	Y	SUB GLUTEN FREE WRAP or 'NAKED'	Y	Y	SUB ARTISAN BREAD FOR BAGEL & BIALY	Y
BREAKFAST CLUB _[F]	N	SUB AVOCADO FOR BACON & TURKEY	SUB GLUTEN FREE WRAP or 'NAKED'	NO TURKEY	Y	SUB ARTISAN BREAD FOR BAGEL & BIALY	Y
CALIFORNIA CLUB	N	SUB AVOCADO FOR BACON & TURKEY	SUB GLUTEN FREE WRAP or 'NAKED'	N	Y	Y	NO PEPPER JACK & NO PESTO
CROISSANT 'WICH	N	SUB AVOCADO FOR BACON	SUB GLUTEN FREE WRAP or 'NAKED'	N	Y	Y	SUB EGG WHITE FOR FRIED EGGS
AZ BURRO _[F]	N	SUB BLACK BEANS FOR TURKEY	SUB GLUTEN FREE WRAP or 'NAKED'	N	Y	N	Y
TRADITIONAL BURRITO _[F]	N	Y	SUB GLUTEN FREE WRAP or 'NAKED'	SUB BEANS OR PORTABELLO FOR POTATO	Y	N	NO POTATO
VEGGIE BURRITO _[F]	N	Y	SUB GLUTEN FREE WRAP or 'NAKED'	NO POTATO	Y	N	NO POTATO
OATMEAL OUR WAY _[F]	COCONUT, SOY OR ALMOND MILK, NO GRANOLA	Y	Y	Y	N	SUB BERRIES FOR BANANA	SUB BERRIES FOR BANANA
HOUSE STYLE FRITTATA	N	NO CHICKEN SAUSAGE	SUB GLUTEN FREE WRAP or 'NAKED'	N	Y	SUB 'NAKED' FOR SOURDOUGH	Y
VEGGIE STYLE FRITTATA _[F]	N	Y	SUB GLUTEN FREE WRAP or 'NAKED'	N	ADD ANOTHER SERVING OF FETA	SUB 'NAKED' FOR SOURDOUGH	Y
LOW CARB BREAKFAST	N	Y	Y	NO POTATO, SUB VINEGAR & OIL FOR DRESSING	Y	Y	SUB EGG WHITE FOR FRIED EGGS
BAGELS & BIALYS _[F]	Y [EXCEPT ASIAGO]	Y	SUB GLUTEN FREE WRAP	Y	Y	SUB ARTISAN BREAD FOR BAGEL & BIALY	Y

[F] = HIGH FIBER > 5g

* = Be mindful that there may be cross contamination of allergens due to shared workspaces in our kitchen. Some items listed may be non-certified, because the manufacturer may make other items that may contain allergens in the same facility even though there are no allergens contained in the ingredients.

Health Matrix

The health matrix guides you in how to modify each menu item for your health needs!

	VEGAN*	VEGETARIAN	GLUTEN FREE*	SOY FREE*	PROTEIN PACK'D	LOW CARB	BALANCED
	No meat product, and by-products from animal	No meat products	Gluten is the general name for the proteins found in wheat	Soybeans contain significant amounts of phytic acid, dietary minerals & B vitamins	Protein Pack'd diet is .5g - 1g / lb of body weight. We set ours to > 15g / item	Low Carb diet is 50g - 150g / day. We set ours to < 40g / item	This diet is a ratio of low/mod Fat, mod Protein, mod/high Carb based on caloric intake per meal
SPREADS & DRESSINGS							
PEANUT BUTTER	Y	Y	Y	N	Y	Y	IN COMBINATION WITH A BIALY
ALMOND BUTTER	Y	Y	Y	Y	2 SERVINGS	Y	IN COMBINATION WITH A BIALY
CREAM CHEESE	N	Y	Y	Y	N	Y	IN COMBINATION WITH A BIALY
NUTELLA	N	Y	Y	N	N	Y	IN COMBINATION WITH A BIALY
OIL & VINEGAR DRESSING	Y	Y	Y	Y	N	Y	Y
OTHER							
SALSA	Y	Y	Y	Y	N	Y	Y
GLUTEN FREE WRAP	N	Y	Y	Y	N	Y	Y
'WICHES & WRAPS							
CHICKEN BREAST PANINI [F]	N	SUB MORE PORTABELLO FOR CHICKEN BREAST	SUB GLUTEN FREE WRAP or 'NAKED'	SUB BIALY FOR SOURDOUGH	Y	OPEN FACE or SUB ARTISAN BREAD FOR SOURDOUGH	SUB ARTISAN BREAD FOR SOURDOUGH
TURKEY CLUB [F]	N	SUB PORTABELLO FOR TURKEY & BACON	SUB GLUTEN FREE WRAP or 'NAKED'	N	Y	OPEN FACE or SUB ARTISAN BREAD FOR WHEAT	SUB ARTISAN BREAD FOR WHEAT
SIGNATURE TUNA 'WICH [F]	N	N	SUB GLUTEN FREE WRAP or 'NAKED'	N	Y	OPEN FACE or SUB ARTISAN BREAD FOR WHEAT	SUB ARTISAN BREAD FOR WHEAT
VEGGIE d'Lite [F]	SUB ARTISAN BREAD or BIALY, SUB HUMMUS FOR CUC SPREAD	Y	SUB GLUTEN FREE WRAP or 'NAKED'	SUB VINEGAR & OIL FOR CUC SPREAD, SUB BIALY	N	Y	ADD CHICKEN or TURKEY BREAST
HUMANITARIAN [F]	SUB ARTISAN BREAD or BIALY FOR TORTILLA	Y	SUB GLUTEN FREE WRAP or 'NAKED'	Y	N	SUB ARTISAN BREAD FOR WHEAT	MAKE A 'CHICKEN SUPREME'

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SALADS							
THE 'MAN' SALAD [F]	N	N	NO BAGEL CHIPS, SUB VINEGAR & OIL	N	Y	Y	SUB VINEGAR & OIL
KITCHEN SINK [F]	NO FETA, NON-ASIAGO BAGEL CHIPS OK, SUB VINEGAR & OIL	Y	NO BAGEL CHIPS, SUB VINEGAR & OIL	SUB VINEGAR & OIL FOR DRESSING	Y	NO DRIED CRANBERRIES & BIALY CHIPS	ADD TUNA or CHICKEN BREAST
NUTS N' BERRIES [F]	NO GOAT CHS, SUB VINEGAR & OIL [WALNUT HAS HONEY]	Y	SUB VINEGAR & OIL	SUB VINEGAR & OIL FOR DRESSING	ADD CHICKEN BREAST or SMOKE TURKEY	NO WALNUTS	NO WALNUTS, ADD TUNA or CHICKEN BREAST
'SOUPS & SIDES							
BAJA CHICKEN SOUP [F]	N	N	Y	N	Y	Y	Y
PORTABELLO SOUP [F]	N	Y	Y	N	N	Y	NO BAGEL CHIPS, ADD CHICKEN BREAST
COCONUT LENTIL SOUP [F]	Y	Y	Y	Y	N	Y	Y
HUMMUS PLATE [F]	SUB NON-ASIAGO BAGEL CHIPS FOR BREAD, NO PESTO or FETA	Y	NO FLAT BREAD	SUB BAGEL CHIPS FOR FLATBREAD	ADD TUNA or CHICKEN BREAST	Y	ADD TUNA or CHICKEN BREAST
SWEET BEETS	NO GOAT CHEESE, SUB VINEGAR & OIL	Y	SUB VINEGAR & OIL	SUB VINEGAR & OIL FOR DRESSING	N	Y	ADD TUNA or CHICKEN BREAST
BROCCOLI SIDE SALAD	NO FETA, SUB VINEGAR & OIL	Y	SUB VINEGAR & OIL	SUB VINEGAR & OIL FOR DRESSING	N	Y	Y
SIDE SALAD	VINEGAR & OIL DRESSING	Y	SUB VINEGAR & OIL	SUB VINEGAR & OIL FOR DRESSING	N	Y	ADD TUNA or CHICKEN BREAST

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BOWLS							
SOUTHWEST RICE BOWL [F]	SUB COCONUT LENTIL, NO CUC SAUCE, SUB ARTISAN BREAD	N	NO BAGEL CHIPS	N	Y	SUB BROCCOLI FOR RICE	SUB BROCCOLI FOR RICE
d'VEGGIE BOWL [F]	SUB COCONUT LENTIL, NO AIOLI or FETA, SUB ARTISAN BREAD	Y	NO BAGEL CHIPS	N	Y	SUB BROCCOLI FOR RICE	ADD CHICKEN BREAST
BURGERS							
HOUSE STYLE [F]	NO FETA, SUB HUMMUS FOR CUC SAUCE, NO PESTO	Y	SUB GLUTEN FREE WRAP or 'NAKED'	'NAKED'	Y	Y	Y
EARLY BIRD STYLE [F]	NO EGG, NO CHEESE, SUB HUMMUS FOR AIOLI	Y	SUB GLUTEN FREE WRAP or 'NAKED'	SUB PESTO FOR AIOLI, 'NAKED'	Y	Y	Y
TOP NOTCH STYLE [F]	NO BACON, NO CHEESE, SUB HUMMUS FOR BBQ SAUCE	NO BACON	SUB GLUTEN FREE WRAP or 'NAKED'	'NAKED'	Y	NO BBQ SAUCE	ONLY 1 SLICE OF CHEESE
FOR d'Kiddies							
QUESADILLA TRI'S [F]	N	Y	SUB GLUTEN FREE WRAP FOR TORTILLA	Y	Y	N	Y
AB&J	SUB ARTISAN BREAD or NON-ASIAGO BIALY FOR WHEAT	Y	SUB GLUTEN FREE WRAP FOR WHEAT	SUB PLAIN BIALY FOR WHEAT	Y	N	SUB ARTISAN BREAD FOR WHEAT

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SMOOTHIES							
GREEN LEMONADE [F]	Y	Y	Y	Y	ADD VANILLA PLANT PROTEIN	NO BANANA	ADD VANILLA PLANT PROTEIN
FOUR BERRY	Y	Y	Y	Y	ADD VANILLA PLANT PROTEIN	N	SUB SOY MILK FOR 1/2 OF FRUIT, ADD VANILLA PLANT PROTEIN
HOUSE BLEND	Y	Y	Y	Y	ADD VANILLA PLANT PROTEIN	N	SUB SOY MILK FOR 1/2 OF FRUIT, ADD VANILLA PLANT PROTEIN
SEASONAL	Y	Y	Y	Y	ADD VANILLA PLANT PROTEIN	N	SUB SOY MILK FOR 1/2 OF FRUIT, ADD VANILLA PLANT PROTEIN
ORANGE GLORIOUS	SUB SOY or COCONUT MILK	Y	Y	Y	ADD VANILLA PLANT PROTEIN	N	ADD VANILLA PLANT PROTEIN
SHAKES							
PROTEIN SHAKE [F]	SUB CHOCOLATE PLANT PROTEIN FOR WHEY, SUB SOY MILK	Y	Y	SUB CHOCOLATE PLANT PROTEIN FOR WHEY	Y	NO BANANA, NO CHOCOLATE	Y
BREAKFAST BUZZ	N	Y	Y	N	Y	N	Y
VEGAN BUZZ	Y	Y	Y	SUB ALMOND BUTTER FOR PEANUT BUTTER	Y	NO BANANA	Y

[F] = HIGH FIBER > 5g

* = Be mindful that there may be cross contamination of allergens due to shared workspaces in our kitchen. Some items listed may be non-certified, because the manufacturer may make other items that may contain allergens in the same facility even though there are no allergens contained in the ingredients.