

Product/Recipe	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)
Beyond Cowboy Salad	870	530	60	17	0	0	2000	51	9
Chicken Caesar Salad	830	520	60	16	0	240	1650	24	13
Chopped Cobb Salad	570	330	38	11	0	255	1100	19	12
Crispy Chicken Salad	570	290	31	9	0	70	1090	37	8
Emmas Detox Salad	290	180	20	2.5	0	0	210	28	11
Greek To Me Salad	310	110	12	4.5	0	15	610	39	12
Hail To the Kale Salad	340	110	11	1	0	0	280	33	15
Kaleo Paleo Salad	440	160	19	3	0	50	450	43	24
NoPo Salad	520	280	32	3.5	0	50	1380	40	9
San Pancho Salad	480	270	30	5	0	15	690	46	18
Thai Yum Curry Soup	310	250	30	26	0	0	550	11	4
Chili	430	80	9	1	0	0	540	73	17
Caulipower Bowl	280	160	19	11	0	0	780	21	8
Sunshine Bowl	700	540	63	29	0	0	850	36	8
ChickPDX Bowl	1030	180	21	2.5	0	0	610	173	29
Balsamic Vinaigrette	290	270	31	2	0	0	220	6	0
Basil Lovers Vinaigrette	25	0	0	0	0	0	230	5	<1
Blue Cheese Dressing	160	130	15	5	0	25	470	2	0
Chipotle Cream Dressing	220	0	24	1.5	0	0	260	<1	0
Garden Ranch	230	230	25	2	0	0	310	2	0
Honey Mustard	200	160	17	1	0	0	660	7	0
Marionberry Vinaigrette	100	90	10	0.5	0	0	125	5	2
Ranch	250	260	28	2	0	0	115	<1	0
Vegan Caesar Dressing	150	100	11	1	0	0	380	7	2

Product/Recipe	Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Beyond Cowboy Salad	18	0	38	0	328	11	0
Chicken Caesar Salad	7	0	49	0	183	9	0
Chopped Cobb Salad	7	0	40	0	140	3	863
Crispy Chicken Salad	25	0	34	0	226	4	0
Emmas Detox Salad	13	0	6	0	47	2	289
Greek To Me Salad	9	0	17	0	369	11	870
Hail To the Kale Salad	4	0	22	0	346	6	296
Kaleo Paleo Salad	15	0	35	0	570	9	2445
NoPo Salad	19	0	29	0	391	5	17
San Pancho Salad	6	0	16	0	238	8	870
Thai Yum Curry Soup	5	0	3	0	31	2	416
Chili	9	0	19	0	96	6	232
Caulipower Bowl	7	0	9	0	131	4	347
Sunshine Bowl	6	0	10	0	182	6	0
ChickPDX Bowl	9	0	42	0	222	14	1147
Balsamic Vinaigrette	4	0	0	0	1	0	0
Basil Lovers Vinaigrette	2	0	2	0	4	0	12
Blue Cheese Dressing	1	0	5	0	129	0	45
Chipotle Cream Dressing	0	0	0	0	2	0	12
Garden Ranch	0	0	<1	0	9	0	26
Honey Mustard	7	0	0	0	1	0	5
Marionberry Vinaigrette	<1	0	0	0	0	0	0
Ranch	0	0	0	0	3	0	15
Vegan Caesar Dressing	<1	0	5	0	23	1	60