

Brand	Menu Slot	MARKETING NAME	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugar	Protein
Bene	Slice	Classic Cheese Pizza	330	9	5	0	25	810	47	2	5	17
Bene	Slice	Pepperoni Pizza	390	15	6	0	35	1030	47	2	5	19
Bene	Slice	Sausage Pizza	420	17	7	0	40	1020	47	2	5	20
Bene	Slice	Mushroom Pizza	370	13	5	0	25	850	47	3	5	18
Bene	Slice	Four Cheese Pizza	320	9	5	0	20	740	46	2	5	16
Bene	Slice	Meatball Pizza	410	16	7	0	35	970	49	3	5	21
Bene	Slice	Grilled Vegetable Pizza	350	11	5	0	25	740	47	3	5	17
Bene	Slice	Spinach Artichoke Dip Pizza	350	11	5	0	20	820	46	3	3	18
Bene	Slice	Buffalo Chicken Pizza	380	12	6	0	50	1050	43	2	3	24
Bene	Slice	Hawaiian Pizza	390	11	5	0	35	1160	52	3	9	21
Bene	Slice	Jalapeno Popper Pizza	460	23	9	0	50	1360	46	2	4	17
Bene	Slice	BBQ Chicken Pizza	450	11	5	0	45	1030	64	2	20	24
Bene	Slice	Cheeseburger Pizza	460	17	8	1	55	1190	53	2	10	24
Bene	Slice	Meat Lover's Pizza	460	21	9	0	50	1030	45	2	3	22
Bene	Slice	Chicken Parmesan Pizza	430	15	6	0	40	1010	53	3	6	23
Bene	Slice	Bacon Breakfast Pizza	490	22	10	0	165	1010	49	2	3	24
Bene	Slice WG	Cheese Whole Grain Pizza	360	10	5	0	25	600	50	6	8	20
Bene	Slice WG	Pepperoni Whole Grain Pizza	420	15	7	0	35	810	50	6	8	22
Bene	Slice WG	Four Cheese Whole Grain Pizza	350	9	5	0	20	520	49	6	8	18
Bene	Slice WG	Grilled Veggie Whole Grain Pizza	390	12	5	0	25	660	54	6	10	20
Bene	Slice WG	Deluxe Pepperoni Whole Grain Pizza	440	17	6	0	35	790	53	6	10	22
Bene	Handheld	Iced Cinnamon Breadsticks	300	6	3	0	10	480	54	2	16	9
Bene	Handheld	Three Cheese Breadsticks	380	18	5	0	25	910	41	2	3	14
Bene	Handheld	Pepperoni Mini Rolletto	540	34	10	0	50	1330	41	2	5	18
Bene	Handheld	Buffalo Chicken Mini Rolletto	490	26	6	0	60	1340	41	2	5	23
Bene	Handheld	Margherita Mini Rolletto	480	29	8	0	40	880	41	2	5	16
Bene	Handheld	Meatball Calzone	730	28	13	1	65	1610	84	5	10	37
Bene	Handheld	Grilled Portobello Mushroom Calzone	670	24	10	1	45	1450	82	5	10	32
Bene	Handheld	BBQ Chicken & Cheddar Calzone	740	23	11	1	85	1590	91	5	19	42
Bene	Handheld	Deluxe Pepperoni Stromboli	670	26	10	0	50	1520	82	4	8	31
Bene	Handheld	Italian Deli Stromboli	740	31	13	0	85	2140	76	3	6	39
Bene	Handheld	Bacon Chicken Pesto Stromboli	760	29	11	0	90	1640	81	4	9	45
Bene	Side	Side Garden Salad	25	0	0	0	0	10	6	2	3	2
Bene	Wing	Buffalo Chicken Wings	490	37	7	0	70	1730	19	2	2	21
Bene	Wing	Buffalo Chicken Wings	620	43	8	0	90	2390	27	2	2	30
Bene	Melt	Eggplant Parmesan Melt	640	34	9	0	25	1420	68	4	12	18
Bene	Melt	Meatball Parmesan Melt	630	34	15	2	80	1530	52	4	10	31
Bene	Melt	Chicken Parmesan Melt	650	30	8	0	75	1570	63	2	9	35
Bene	Melt	Eggplant Parmesan Melt	1350	69	18	1	50	2990	150	9	26	38
Bene	Melt	Meatball Parmesan Melt	1340	69	30	3	160	3210	120	8	22	64
Bene	Melt	Chicken Parmesan Melt	1380	60	17	0	150	3280	142	5	19	73
Bene	Pasta	Beef Lasagna	460	19	10	1	90	1150	38	5	12	31
Bene	Pasta	Manicotti	340	13	8	0	70	1050	39	4	11	18
Bene	Pasta	Vegetable Lasagna Alfredo	460	26	12	1	80	1230	33	3	8	24
Bene	Whole Pizza	Classic Cheese Pizza	2010	56	27	0	141	4890	279	13	28	103
Bene	Whole Pizza	Pepperoni Pizza	2350	87	39	1	213	6160	281	14	29	116
Bene	Whole Pizza	Sausage Pizza	2520	102	43	0	240	6110	282	15	29	122
Bene	Whole Pizza	Mushroom Pizza	2220	76	29	0	141	5110	284	15	28	106
Bene	Whole Pizza	Four Cheese Pizza	1930	53	27	1	123	4410	275	13	29	93
Bene	Whole Pizza	Meatball Pizza	2480	94	42	2	225	5810	291	17	30	126
Bene	Whole Pizza	Grilled Vegetable Pizza	2120	66	28	0	141	4460	285	15	28	102
Bene	Whole Pizza	Spinach Artichoke Dip Pizza	2130	65	28	1	132	4910	279	17	20	109
Bene	Whole Pizza	Buffalo Chicken Pizza	2280	74	34	0	293	6280	260	9	17	143
Bene	Whole Pizza	Hawaiian Pizza	2320	64	30	0	219	6940	313	16	57	128
Bene	Whole Pizza	Jalapeno Popper Pizza	2760	139	56	2	307	8180	273	14	22	103
Bene	Whole Pizza	BBQ Chicken Pizza	2710	69	29	0	279	6210	383	14	120	145
Bene	Whole Pizza	Cheeseburger Pizza	2780	102	47	4	331	7170	317	13	62	145
Bene	Whole Pizza	Meat Lover's Pizza	2760	128	54	2	300	6170	272	13	19	134
Bene	Whole Pizza	Chicken Parmesan Pizza	2610	91	35	0	232	6060	316	15	33	138
Bene	Whole Pizza	Bacon Breakfast Pizza	2950	133	61	3	991	6050	293	12	17	143
Bene	Whole Pizza WG	Cheese Whole Grain Pizza	2150	59	27	0	141	3610	298	33	49	119
Bene	Whole Pizza WG	Pepperoni Whole Grain Pizza	2500	90	39	1	213	4880	300	33	50	133
Bene	Whole Pizza WG	Four Cheese Whole Grain Pizza	2070	56	27	1	122	3130	294	33	50	110
Bene	Whole Pizza WG	Grilled Veggie Whole Grain Pizza	2350	70	29	0	141	3940	322	39	61	122
Bene	Whole Pizza WG	Deluxe Pepperoni Whole Grain Pizza	2650	99	39	1	199	4740	318	37	57	134
Bene	CYO-Pasta	Cavatappi	45	0	0	0	0	0	9	< 1g	0	2
Bene	CYO-Pasta	Whole Grain Penne	45	0	0	0	0	0	10	2	0	2
Bene	CYO-Pasta	Olive Oil Blend	120	13	1.5	0	0	0	0	0	0	0
Bene	CYO-Pasta	Fresh Garlic	40	0	0	0	0	0	9	< 1g	0	2
Bene	CYO-Pasta	Tomato Sauce	15	0	0	0	0	125	3	< 1g	2	< 1g
Bene	CYO-Pasta	Alfredo Sauce	30	1.5	0	0	0	150	3	0	< 1g	< 1g
Bene	CYO-Pasta	Grilled Herbed Orange Chicken	60	2	0	0	30	20	0	0	0	10
Bene	CYO-Pasta	Beef Meatballs	80	6	2.5	0	15	150	2	< 1g	0	4
Bene	CYO-Pasta	Grilled Red Onions	25	1	0	0	0	50	4	< 1g	2	< 1g
Bene	CYO-Pasta	Baby Spinach	10	0	0	0	0	35	2	< 1g	0	1
Bene	CYO-Pasta	Blanched Broccoli Florets	20	0	0	0	0	20	4	1	< 1g	1
Bene	CYO-Pasta	Sauteed Mushrooms	110	10	1	0	0	110	2	< 1g	0	2

Brand	Menu Slot	MARKETING NAME	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugar	Protein
B+F	Signature - Frozen	Burger + Cheese	590	40	15	2	85	1120	34	1	6	26
B+F	Signature - Frozen	Burger + Cheese Bowl	450	37	14	2	85	870	7	1	4	22
B+F	Signature - Frozen	Double Burger + Cheese	960	70	28	4	165	1470	36	2	7	47
B+F	Signature - Frozen	Double Burger + Cheese Bowl	820	68	27	4	165	1220	9	2	4	42
B+F	Signature - Frozen	Burger + Bacon + Cheese	750	52	18	2	110	1440	39	2	9	34
B+F	Signature - Frozen	Burger + Bacon + Cheese Bowl	560	46	17	2	110	1190	8	1	5	29
B+F	Signature - Frozen	Burger + Avocado + Pepper Jack	710	51	16	2	95	800	37	3	5	28
B+F	Signature - Frozen	Burger + Avocado + Peppr Jack Bowl	570	49	16	2	95	540	11	3	3	23
B+F	Signature - Fresh	Burger + Cheese	490	27	10	1	85	1150	33	1	6	28
B+F	Signature - Fresh	Burger + Cheese Bowl	340	24	9	1	85	900	7	1	4	24
B+F	Signature - Fresh	Double Burger + Cheese	750	45	18	2	165	1540	35	1	6	51
B+F	Signature - Fresh	Double Burger + Cheese Bowl	600	42	17	2	165	1280	8	1	4	46
B+F	Signature - Fresh	Burger + Bacon + Cheese	650	39	13	1	110	1480	38	2	9	36
B+F	Signature - Fresh	Burger + Bacon + Cheese Bowl	460	33	12	1	110	1220	8	1	5	31
B+F	Signature - Fresh	Burger + Avocado + Pepper Jack	600	38	11	1	90	830	37	3	5	29
B+F	Signature - Fresh	Burger + Avocado + Peppr Jack Bowl	460	36	11	1	90	570	10	3	3	25
B+F	Signature	Chipotle Black Bean + Cheese	470	16	5	0	15	1200	69	11	18	24
B+F	Signature	Chipotle Black Bean + Chz Bwl	330	13	4	0	15	950	43	11	15	19
B+F	Signature	Beyond® + Cheese Burger	510	27	9	0	15	1280	40	3	7	29
B+F	Signature	Beyond® + Cheese Burger Bowl	360	24	9	0	15	1030	14	3	4	24
B+F	Signature	Grilled Chicken + Bacon	490	22	6	0	100	1040	33	2	6	40
B+F	Signature	Grilled Chicken + Bacon Bowl	340	20	5	0	100	780	5	1	3	35
B+F	Sides	Classic Fries	210	12	2	0	0	270	26	2	Less Than 1g	2
B+F	Sides	Classic Fries, Large	350	20	3	0	0	450	43	3	2	3
B+F	Sides	Ranch Fries	210	12	2	0	0	180	26	2	Less Than 1g	2
B+F	Sides	Ranch Fries, Large	350	20	3	0	0	310	44	3	2	3
B+F	Sides - Fresh Cut	Fresh Cut French Fries	180	0	0	0	0	440	41	4	2	5
B+F	Sides - Fresh Cut	Fresh-Cut French Fries	240	0	0	0	0	580	54	6	3	6
B+F	Sides - Fresh Cut	Fresh-Cut Ranch Fries	180	0	0	0	0	440	41	4	2	5
B+F	Sides - Fresh Cut	Fresh-Cut Ranch Fries, Large	240	0	0	0	0	500	54	6	3	7
B+F	Sides	Sweet Potato Fries	330	19	3	0	0	540	39	2	12	2
B+F	Sides	Sweet Potato Fries, Large	530	30	5	0	0	860	63	3	19	3
B+F	Dessert	Marshmallow Bar	220	5	3	0	15	230	45	0	22	2
B+F	LTO	Burger + Firecracker	660	45	17	2	90	1160	38	3	7	28
B+F	LTO	Burger + Firecracker	550	32	12	1	90	1000	37	2	7	30
B+F	LTO	Chicken + Firecracker	480	22	7	0	90	1160	37	2	7	37
B+F	LTO	Fries + Firecracker	690	47	16	1	60	2490	55	5	7	17
B+F	LTO	Burger + French Onion	600	39	15	2	90	670	35	2	7	28
B+F	LTO	French Onion Cheeseburger	500	26	10	1	90	510	35	2	7	30
B+F	LTO	Beyond Burger® + French Onion	520	26	10	0	20	830	42	4	7	31
B+F	LTO	Chicken + French Onion	420	16	6	0	90	670	35	2	7	37
B+F	LTO	Turkey Burger + Cheese	510	24	6	0	75	1250	35	1	6	31
B+F	LTO	Double Turkey Burger + Cheese	800	38	11	0	145	1730	38	2	7	56
B+F	LTO	Turkey Burger + Thanksgiving	610	26	7	0	80	870	54	3	15	31
B+F Crispy Chicken	LTO - Add-On	B+F Tender Wrap	330	19	4	0	30	630	27	1	2	12
B+F Crispy Chicken	Tenders	3-piece Chicken Tenders	500	31	5	0	80	980	28	Less Than 1g	0	30
B+F Crispy Chicken	Tenders	5-piece Chicken Tenders	840	51	9	0	130	1630	47	1	0	50
B+F Crispy Chicken	Chicken Sandwich	Crispy Chicken Breast Sandwich	570	30	5	0	55	1410	49	2	8	27
B+F Crispy Chicken	Chicken Sandwich (CFA accts)	Crispy Chicken Tender Sandwich	630	36	6	0	60	1350	52	2	7	26
B+F Crispy Chicken	Chicken Bowl	Crispy Chicken Tender Bowl	420	27	5	0	55	1180	25	2	4	21
B+F Crispy Chicken	Chicken Sandwich	Spicy Chicken Breast Sandwich	590	33	5	0	65	1420	48	2	7	27
B+F Crispy Chicken	Chicken Sandwich (CFA accts)	Spicy Chicken Tender Sandwich	650	39	7	0	65	1360	51	2	7	26
B+F Crispy Chicken	Chicken Bowl	Spicy Chicken Tender Bowl	430	29	5	0	60	1180	24	2	3	21
B+F Crispy Chicken	Sauce/Dressing	Signature Sauce	270	26	4	0	15	470	7	0	6	< 1g
B+F Crispy Chicken	Sauce/Dressing	Honey Mustard	300	27	4	0	20	250	14	0	14	Less Than 1g
B+F Crispy Chicken	Sauce/Dressing	Buttermilk Ranch	260	27	5	0	20	360	3	0	2	Less Than 1g
B+F Crispy Chicken	Sauce/Dressing	Boom Boom Sauce	310	32	5	0	25	490	5	0	4	Less Than 1g
B+F Crispy Chicken	Sauce/Dressing	BBQ Sauce	110	0	0	0	0	450	28	Less Than 1g	26	Less Than 1g
B+F Crispy Chicken	Sauce/Dressing	Buffalo Sauce	40	4	1	0	0	1670	3	Less Than 1g	Less Than 1g	0
B+F Local Favorites	Local Favorites	Grilled Cheese	410	26	16	1	60	620	33	1	5	14
B+F Local Favorites	Local Favorites - Frozen	Patty Melt	800	60	25	2	130	660	36	2	7	32
B+F Local Favorites	Local Favorites - Fresh	Patty Melt	690	47	20	2	130	690	35	2	7	34
B+F Local Favorites	Local Favorites	Philly Cheesesteak Sandwich	520	26	12	0	80	1010	42	Less Than 1g	7	31
B+F Local Favorites	Local Favorites	Chicken Cheesesteak Sandwich	450	17	8	0	85	860	44	Less Than 1g	7	31
B+F Local Favorites	Local Favorites	Beer-Battered Cod Sandwich	440	26	4	0	30	610	39	2	6	14
B+F Local Favorites	Local Favorites	Kosher Hot Dog	490	33	13	2	60	1430	30	2	4	18
B+F Local Favorites	Local Favorites	Mozzarella Sticks & Sauce	370	18	7	0	30	940	36	2	4	16
B+F Breakfast All Day	Breakfast All Day	Egg+Meat+Cheese+Sriracha	610	42	20	1	285	1340	36	1	9	24
B+F Breakfast All Day	Breakfast All Day	Egg+Meat+Cheese+Sriracha	540	35	16	1	270	1240	36	1	9	21
B+F Breakfast All Day	Breakfast All Day	Egg & Cheese Muffin	270	12	5	0	215	400	22	Less Than 1g	1	14
B+F Breakfast All Day	Breakfast All Day	Bacon, Egg & Cheese Muffin	380	21	8	0	240	720	23	Less Than 1g	2	21
B+F Standard	Customization	Iceberg Lettuce	0	0	0	0	0	0	0	0	0	0
B+F Standard	Customization	Tomato	5	0	0	0	0	0	1	0	< 1g	0

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B+F Standard	Customization	Sliced Yellow Onions	0	0	0	0	0	0	< 1g	0	0	0
B+F Standard	Customization	Pickles	0	0	0	0	0	250	Less Than 1g	0	0	0
B+F Standard	Customization	Sriracha Ketchup	20	0	0	0	0	210	4	0	4	0
B+F Standard	Customization	Burger Sauce	70	7	1	0	< 5mg	110	2	0	1	0
B+F Standard	Customization	Chipotle Mayonnaise	110	12	2	0	5	100	< 1g	0	0	0
B+F Standard	Customization	Barbecue Sauce	35	0	0	0	0	140	9	0	8	0
B+F Standard	Customization	Dijon Horseradish Mayonnaise	70	7	1	0	< 5mg	140	< 1g	0	0	0
B+F Standard	Customization	American Cheese	50	4	3	0	10	120	1	0	0	3
B+F Standard	Customization	Pepper Jack Cheese	50	4.5	2.5	0	15	90	0	0	0	3
B+F Standard	Customization	Cheddar Cheese	60	4.5	2.5	0	15	95	0	0	0	3
B+F Standard	Customization	Ketchup	10	0	0	0	0	95	3	0	2	0
B+F Standard	Customization	Mayonnaise	70	8	2	0	Less Than 5m	70	0	0	0	0
B+F Standard	Add On's	Angus Beef Patty	320	27	10	2	70	230	Less Than 1g	0	0	18
B+F Standard	Add On's	Fresh Tri-Blend Burger Patty	210	14	5	1	70	75	0	0	0	20
B+F Standard	Add On's	Chipotle Black Bean Burger	170	5	1	0	0	450	26	9	3	15
B+F Standard	Add On's	Beyond Burger® Patty	230	13	5	0	0	390	7	2	0	20
B+F Standard	Add On's	Bacon	110	9	3	0	25	320	Less Than 1g	0	Less Than 1g	7
B+F Standard	Add On's	Smashed Avocado Spread	40	4	1	0	0	70	2	2	0	0
B+F CYO	CYO	Potato Roll	160	3	1	0	0	260	29	1	4	5
B+F CYO	CYO	Chicken Breast	140	4	1	0	70	230	0	0	0	27
B+F CYO	CYO	Corn Chips	25	1.5	0	0	0	30	3	0	0	0
B+F CYO	CYO	Jalapeno Peppers	5	0	0	0	0	380	1	< 1g	0	0
B+F CYO	CYO	Caramelized Onions	45	3.5	0	0	0	0	4	< 1g	2	< 1g
B+F CYO	CYO	Swiss Cheese	60	4.5	2.5	0	15	25	0	0	0	4
B+F AP Tender	CYO	Chicken Tenders	340	20	4	0	52	650	19	Less Than 1g	0	20
B+F AP Tender	CYO	Crispy Chicken Breast	280	15	3	0	50	710	16	Less Than 1g	Less Than 1g	21
B+F Breakfast	Signature - Salami	Egg+Meat+Cheese+Sriracha	540	35	16	1	270	1240	36	1	9	21
B+F Breakfast	Signature - Pork Roll	Egg+Meat+Cheese+Sriracha	610	42	20	1	285	1340	36	1	9	24
B+F Breakfast	Snack	Hash Brown Potato Patty	130	9	2	0	0	270	12	Less Than 1g	0	Less Than 1g
B+F Breakfast	Snack	French Toast Sticks	300	14	3	0	0	390	39	1	8	5
B+F Breakfast	CYO Breakfast	English Muffin	120	1	0	0	0	115	21	Less Than 1g	Less Than 1g	4
B+F Breakfast	CYO Breakfast	Southern Biscuit	260	12	7	0	0	840	35	Less Than 1g	3	5
B+F Breakfast	CYO Breakfast	Potato Roll	160	3	1	0	0	260	29	1	4	5
B+F Breakfast	CYO Breakfast	Fried Egg	100	8	2	0	205	170	0	0	0	7
B+F Breakfast	CYO Breakfast	American Cheese	50	4	3	0	10	120	1	0	0	3
B+F Breakfast	CYO Breakfast	Bacon	110	9	3	0	25	320	Less Than 1g	0	Less Than 1g	7
B+F Breakfast	CYO Breakfast	Pork Sausage Patty	180	18	6	0	30	190	0	0	0	5
B+F Breakfast	CYO Breakfast	Incogmeato™ Sausage Patty	150	7	1	0	0	400	9	2	Less Than 1g	15
B+F Breakfast	CYO Breakfast	Bagel	180	1	0	0	0	330	35	2	3	6
B+F Breakfast	CYO Breakfast	Ham	70	3	1	0	30	740	2	0	1	9
B+F Breakfast	CYO Breakfast	Turkey Sausage Patty	90	7	2	0	30	280	Less Than 1g	0	0	7
B+F Breakfast	CYO Breakfast	Cheddar Cheese	60	4.5	2.5	0	15	95	0	0	0	3
B+F Breakfast	CYO Breakfast	Scrambled Egg Whites	45	0	0	0	0	160	Less Than 1g	0	0	10
B+F Breakfast	CYO Breakfast	Scrambled Eggs	140	9	3	0	365	320	Less Than 1g	0	0	12
B+F Breakfast	Core	Pork Roll	180	16	7	0	40	590	1	0	1	9
B+F Breakfast	Core	Salami	230	19	7	0	50	960	2	0	1	12
B+F Breakfast	Core	Sriracha Ketchup	20	0	0	0	0	210	4	0	4	0
B+F Breakfast Tender	Breakfast Tender	Crispy Chicken Tender Biscuit	600	32	11	0	50	1490	54	1	3	25
B+F Breakfast Local Favorites	Local Favorites	Biscuit & Gravy	500	30	16	0	45	1180	47	1	9	13
B+F Breakfast Local Favorites	Local Favorites	Buttermilk Pancakes	160	2	0	0	0	500	33	Less Than 1g	6	5
B+F Breakfast Local Favorites	Local Favorites	Bacon Egg & Cheese Pressed Burrito	580	32	10	0	215	1310	50	3	1	21
B+F Breakfast Local Favorites	Local Favorites	Turkey & Egg White Wrap	390	18	7	0	50	820	36	5	5	20
B+F CYO Omelet	CYO Breakfast	Egg	100	6	2	0	235	90	0	0	0	8
B+F CYO Omelet	CYO Breakfast	Egg Whites	45	0	0	0	0	140	Less Than 1g	0	0	9
B+F CYO Omelet	CYO Breakfast	Sliced Mushrooms	0	0	0	0	0	0	< 1g	0	0	< 1g
B+F CYO Omelet	CYO Breakfast	Diced Red Onions	5	0	0	0	0	0	2	0	< 1g	0
B+F CYO Omelet	CYO Breakfast	Sliced Mixed Bell Peppers	0	0	0	0	0	0	< 1g	0	0	0
B+F CYO Omelet	CYO Breakfast	Broccoli	10	0	0	0	0	10	2	< 1g	0	< 1g
B+F CYO Omelet	CYO Breakfast	Baby Spinach	0	0	0	0	0	10	0	0	0	0
B+F CYO Omelet	CYO Breakfast	Diced Tomatoes	0	0	0	0	0	0	< 1g	0	< 1g	0
B+F CYO Omelet	CYO Breakfast	Avocado	30	2.5	0	0	0	0	2	1	0	0
B+F CYO Omelet	CYO Breakfast	Diced Ham	25	1	0	0	10	280	< 1g	0	0	3
B+F CYO Omelet	CYO Breakfast	Diced Pork Sausage Patty	90	9	3	0	15	95	0	0	0	2
B+F CYO Omelet	CYO Breakfast	Turkey Sausage Patty	35	2.5	1	0	10	115	0	0	0	3
B+F CYO Omelet	CYO Breakfast	Incogmeato™ Sausage	30	1.5	0	0	0	90	2	< 1g	0	3
B+F CYO Omelet	CYO Breakfast	Diced Bacon	80	7	2.5	0	20	240	< 1g	0	< 1g	5
B+F CYO Omelet	CYO Breakfast	American Cheese	50	4	3	0	10	120	1	0	0	3
B+F CYO Omelet	CYO Breakfast	Cheddar Cheese	60	4.5	2.5	0	15	95	0	0	0	3
B+F CYO Omelet	CYO Breakfast	Pepper Jack Cheese	50	4.5	2.5	0	15	90	0	0	0	3
B+F CYO Omelet	CYO Breakfast	Swiss Cheese	60	4.5	2.5	0	15	25	0	0	0	4

Brand	Menu Slot	MARKETING NAME	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugar	Protein
The Clean Plate - Bowl	Signature Bowls	Asian Noodle Bowl	660	9	2	0	65	770	123	5	22	23
The Clean Plate - Bowl	Signature Bowls	Hearty Portobello Bowl	660	52	5	1	0	280	42	8	11	11
The Clean Plate - Bowl	Signature Bowls	Harvest Bowl	710	48	5	1	65	240	52	10	21	22
The Clean Plate - Bowl	Signature Bowls	Mediterranean Bowl	770	47	6	0	65	810	60	11	3	29
The Clean Plate - Bowl	Signature Bowls	Southwestern Bowl	560	15	6	0	65	1280	76	7	5	31
The Clean Plate - Salad	Signature Salads	Steak House Salad	520	37	8	2	55	1170	25	5	7	24
The Clean Plate - Salad	Signature Salads	Greek Salad	580	41	6	0	70	730	34	9	8	22
The Clean Plate - Acai	Signature Acai	Tropical Smoothie Bowl	340	8	2	0	0	160	69	7	38	3
The Clean Plate - Bowl	Dessert	Red Plate(R) Chocolate Chip Cookie	210	9	3	0	0	190	29	Less Than 1g	18	2
The Clean Plate - Bowl	Dessert	Red Plate® Double Chocolate Chip Cookie	210	10	3	0	0	150	29	3	18	2
The Clean Plate - Bowl	Dessert	Red Plate (R) Cinnamon Granola	110	4	0	0	0	60	15	2	4	2
The Clean Plate - Bowl	Dessert	Chocolate Brownie	270	9	1	0	0	180	46	2	27	2
The Clean Plate - Bowl	CYO - Base	Cilantro-Lime Brown Rice	140	2	0	0	0	50	29	1	0	3
The Clean Plate - Bowl	CYO - Base	Quinoa Lentil Blend	90	2	0	0	0	0	16	2	0	4
The Clean Plate - Bowl	CYO - Base	Rice Noodles	420	1.5	0	0	0	45	94	2	0	9
The Clean Plate - Bowl	CYO - Base	Kale	10	0	0	0	0	15	1	1	0	< 1g
The Clean Plate - Bowl	CYO - Base	Baby Spinach	10	0	0	0	0	35	2	< 1g	0	1
The Clean Plate - Bowl	CYO - Toppings	Roasted Butternut Squash	40	1	0	0	0	0	7	2	1	< 1g
The Clean Plate - Bowl	CYO - Toppings	Roasted Beets	25	0	0	0	0	45	6	1	5	1
The Clean Plate - Bowl	CYO - Toppings	Roasted Red Peppers	30	0	0	0	0	0	7	1	4	< 1g
The Clean Plate - Bowl	CYO - Toppings	Roasted Broccoli	25	2	0	0	0	35	2	< 1g	< 1g	< 1g
The Clean Plate - Bowl	CYO - Toppings	Roasted Mushrooms	50	4.5	0	0	0	50	1	0	0	< 1g
The Clean Plate - Bowl	CYO - Toppings	Green Beans	15	0	0	0	0	3	1	1	1	< 1g
The Clean Plate - Bowl	CYO - Toppings	Carrots	15	0	0	0	0	25	3	< 1g	2	0
The Clean Plate - Bowl	CYO - Toppings	Red Onion	10	0	0	0	0	3	0	0	1	0
The Clean Plate - Bowl	CYO - Toppings	Pineapple	25	0	0	0	0	7	< 1g	5	0	0
The Clean Plate - Bowl	CYO - Toppings	Black Beans	40	0	0	0	0	45	8	2	0	3
The Clean Plate - Bowl	CYO - Toppings	Jalapeno Peppers	15	0	0	0	0	770	2	1	< 1g	0
The Clean Plate - Bowl	CYO - Toppings	Banana Peppers	15	0	0	0	0	680	2	< 1g	< 1g	0
The Clean Plate - Bowl	CYO - Toppings	Grape Tomatoes	10	0	0	0	0	0	2	< 1g	1	0
The Clean Plate - Bowl	CYO - Protein	Chicken	90	5	1	0	65	80	0	0	0	12
The Clean Plate - Bowl	CYO - Protein	Pulled Pork	210	12	4	0	90	460	0	0	0	27
The Clean Plate - Bowl	CYO - Protein	Portobello Mushroom	70	7	1	0	0	60	2	Less Than 1g	Less Than 1g	1
The Clean Plate - Bowl	CYO - Premium Toppings	Barbacoa Beef	190	11	6	1.5	55	440	1	0	1	20
The Clean Plate - Bowl	CYO - Premium Toppings	Avocado	45	4	0.5	0	0	0	2	2	0	< 1g
The Clean Plate - Bowl	CYO - Sauce/Dressing	Sweet Chili Sauce	90	0	0	0	0	200	22	0	19	0
The Clean Plate - Bowl	CYO - Sauce/Dressing	Citrus BBQ Sauce	150	0	0	0	0	470	38	< 1g	35	< 1g
The Clean Plate - Bowl	CYO - Sauce/Dressing	Ranchero Sauce	25	0	0	0	0	320	5	1	3	1
The Clean Plate - Bowl	CYO - Sauce/Dressing	Balsamic Vinaigrette	330	34	2.5	0.5	0	95	4	0	3	0
The Clean Plate - Bowl	CYO - Sauce/Dressing	Lemon Herb Vinaigrette	280	30	4	0	0	160	1	0	0	0
The Clean Plate - Bowl	CYO - Specialty Topping	Sunflower Seeds	50	4.5	0	NULL	0	0	2	< 1g	0	2
The Clean Plate - Bowl	CYO - Specialty Topping	Dried Cranberries	30	0	0	0	0	0	8	< 1g	7	0
The Clean Plate - Bowl	CYO - Specialty Topping	Roasted Chickpeas	130	2	0	0	0	160	21	4	0	7
The Clean Plate - Bowl	CYO - Specialty Topping	Cilantro	0	0	0	0	0	0	0	0	0	0
The Clean Plate - Bowl	CYO - Specialty Topping	Scallions	0	0	0	0	0	0	< 1g	0	0	0
The Clean Plate - Bowl	CYO - Specialty Topping	Chedd'r Crisps	40	3	1.5	0	0	85	3	0	0	0
The Clean Plate - Salad	CYO - Base	Spring Mix	0	0	0	0	0	50	2	0	< 1g	< 1g
The Clean Plate - Salad	CYO - Base	Romaine	10	0	0	0	0	0	2	1	< 1g	< 1g
The Clean Plate - Salad	CYO - Toppings	Kalamata Olives	30	3	0	0	0	300	< 1g	< 1g	0	0
The Clean Plate - Salad	CYO - Toppings	Grapes	30	0	0	0	0	0	8	0	7	0
The Clean Plate - Salad	CYO - Toppings	Cucumber	5	0	0	0	0	0	2	0	< 1g	0
The Clean Plate - Salad	CYO - Sauce/Dressing	Garlic Herb Dressing	220	21	1.5	0	0	240	7	1	0	2
The Clean Plate - Salad	CYO - Specialty Topping	Seasoned Croutons	80	5	1	0	0	130	8	0	< 1g	0
The Clean Plate - Acai	CYO - Base	Acai	130	4	0	0	0	15	25	2	14	0
The Clean Plate - Acai	CYO - Toppings	Mangoes	35	0	0	0	0	0	8	< 1g	8	0
The Clean Plate - Acai	CYO - Toppings	Strawberries	10	0	0	0	0	0	3	< 1g	2	0
The Clean Plate - Acai	CYO - Toppings	Bananas	100	0	0	0	0	0	26	3	14	1
The Clean Plate - Acai	CYO - Toppings	Blueberries	10	0	0	0	0	0	3	< 1g	2	0
The Clean Plate - Acai	CYO - Sauce/Dressing	Honey	60	0	0	NULL	0	0	18	0	17	0
The Clean Plate - Acai	CYO - Specialty Topping	Toasted Cereal Topping	80	4	1	0	0	140	11	0	3	< 1g
The Clean Plate - Acai	CYO - Specialty Topping	Chia Seeds	0	0	0	0	0	0	0	0	NULL	0
The Clean Plate - Bowl	Seasonal Bowl	Winter Cobb Grain Bowl	910	51	10	0	100	820	82	9	35	33
The Clean Plate - Salad	Seasonal Salad	Winter Cobb Salad	730	49	10	0	100	840	52	7	36	26
The Clean Plate - Acai	Seasonal Acai	Cranberry Crunch Bowl	390	6	1	0	0	55	87	8	56	3
The Clean Plate - Bowl	Seasonal Topping	Roasted Sweet Potatoes	40	0.5	0	0	0	40	9	1	3	< 1g
The Clean Plate - Bowl	Seasonal Topping	Bacon	170	13	5	0	35	480	1	0	1	11
The Clean Plate - Acai	Seasonal Specialty Topping - Acai	Chia Quinoa Crunch	120	3	0	0	0	80	21	2	5	3
The Clean Plate - Bowl	Seasonal Sauce/Dressing	Cranberry Vinaigrette	250	26	2	0	0	120	5	< 1g	3	0
The Clean Plate - Bowl	Seasonal Bowl	Apple Chai Chicken Bowl	780	38	4	0	65	400	82	12	19	27
The Clean Plate - Salad	Seasonal Salad	Apple Chai Chicken Salad	600	36	4	0	65	440	51	9	19	21
The Clean Plate - Acai	Seasonal Acai	Apple Berry Crunch Bowl	290	6	1	0	0	55	63	7	33	3
The Clean Plate - Bowl	Seasonal Topping - Bowl	Granny Smith Apples	20	0	0	0	0	0	5	< 1g	4	0
The Clean Plate - Bowl	Seasonal Topping - Bowl	Celery	0	0	0	0	0	30	1	< 1g	0	0
The Clean Plate - Bowl	Seasonal Sauce/Dressing - Bowl	Apple Chai Vinaigrette	290	27	2	0	0	140	10	0	6	0
The Clean Plate - Acai	Seasonal Specialty Topping - Bowl	Chia Quinoa Crunch	120	3	0	0	0	80	21	2	5	3
The Clean Plate - Bowl	Seasonal Bowl	BBQ Chicken Bowl	730	32	6	0	65	800	88	6	21	23
The Clean Plate - Salad	Seasonal Salad	BBQ Chicken Salad Bowl	530	31	6	0	65	800	47	6	22	19
The Clean Plate - Acai	Seasonal Acai	Summer Smoothie Bowl	240	5	1	0	0	55	49	4	30	2
The Clean Plate - Bowl	Seasonal Topping - Bowl	Roasted Corn	25	0.5	0	0	0	0	4	< 1g	2	< 1g
The Clean Plate - Bowl	Seasonal Topping - Bowl	Shredded Vegan Cheddar Cheese	90	7	4	0	0	200	7	0	0	< 1g
The Clean Plate - Bowl	Seasonal Specialty Topping - Bowl	BBQ Corn Chips	80	5	1	0	0	100	8	Less Than 1g	0	Less Than 1g
The Clean Plate - Bowl	Seasonal Sauce/Dressing - Bowl	BBQ Ranch Dressing	220	16	1.5	0	0	450	18	0	16	0
The Clean Plate - Acai	Seasonal Topping - Acai	Watermelon	10	0	0	0	0	0	3	0	2	0
The Clean Plate - Acai	Seasonal Specialty Topping - Acai	Chia Quinoa Crunch	120	3	0	0	0	80	21	2	5	3
The Clean Plate - Bowl	Seasonal Bowl	Green Goddess Grain Bowl	560	38	4	0	0	360	45	10	4	12
The Clean Plate - Salad	Seasonal Salad	Green Goddess Salad	460	40	5	0	0	510	23	7	5	6
The Clean Plate - Acai	Seasonal Acai	Kiwi Acai Bowl	370	7	2	0	0	135	82	6	53	3
The Clean Plate - Bowl	Seasonal Topping - Bowl	Green Peas	35	0	0	0	0	45	6	2	2	2
The Clean Plate - Bowl	Seasonal Topping - Bowl	Blanched Asparagus	10	0	0	0	0	10	2	1	< 1g	1
The Clean Plate - Bowl	Seasonal Topping - Bowl	Sliced Radishes	0	0	0	0	0	5	0	0	0	0
The Clean Plate - Acai	Seasonal Sauce/Dressing - Bowl	Vegan Green Goddess Dressing	270	30	3	0	0	300	< 1g	0	0	0
The Clean Plate - Acai	Seasonal Topping - Acai	Kiwi	30	0	0	0	0	0	7	1	4	< 1g

Brand	Menu Slot	MARKETING NAME	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugar	Protein
Greens to Go	Core - 32 oz	Buffalo Chicken Salad	610	37	11	0	110	1450	35	6	10	36
Greens to Go	Core - 16 oz	Buffalo Chicken Salad	330	21	6	0	60	820	18	3	5	18
Greens to Go	Core - Wrap		#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
Greens to Go	Core - 32 oz	Southwest Chicken Salad	390	15	3	0	75	420	36	8	6	29
Greens to Go	Core - 16 oz	Southwest Chicken Salad	210	9	2	0	40	260	19	4	4	15
Greens to Go	Core - Wrap		#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
Greens to Go	Core - 32 oz	Chicken Caesar Salad	540	35	7	0	80	990	25	4	4	32
Greens to Go	Core - 16 oz	Chicken Caesar Salad	310	21	5	0	40	560	13	2	2	16
Greens to Go	Core - Wrap		#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
Greens to Go	LTO	Soba Noodle Chicken Salad	730	17	3	0	70	1920	109	7	23	38
Greens to Go	LTO	Soba Noodle Chicken Salad	390	10	2	0	35	1030	57	3	14	19
Greens to Go	LTO	Buffalo Cobb Salad	500	32	10	0	270	1580	12	6	5	41
Greens to Go	LTO	Buffalo Cobb Salad	270	18	5	0	135	970	7	3	3	21
Greens to Go	LTO	Autumn Crunch Salad	660	33	4	0	70	290	66	10	28	31
Greens to Go	LTO	Autumn Crunch Salad	370	20	3	0	35	160	36	5	17	15
Greens to Go	LTO Picklist	Apple Pecan Salad	630	31	4	0	75	360	61	11	20	31
Greens to Go	LTO Picklist	Apple Pecan Salad	350	19	3	0	35	220	33	6	12	16
Greens to Go	LTO Picklist	Curry Roasted Cauliflower Salad	510	14	2	0	70	430	62	11	23	38
Greens to Go	LTO Picklist	Curry Roasted Cauliflower Salad	310	8	1	0	35	270	40	7	12	22
Greens to Go	LTO Picklist	Plant-Based Taco Salad	530	31	4	0	0	1540	44	13	10	26
Greens to Go	LTO Picklist	Plant-Based Taco Salad	270	16	2	0	0	770	22	6	5	13
Greens to Go	LTO Picklist	BLAT Salad	590	51	11	0	225	680	12	5	5	21
Greens to Go	LTO Picklist	BLAT Salad	410	35	8	0	130	600	7	3	4	16
Greens to Go	LTO Picklist	Spring Green Goddess Salad	380	24	8	0	40	830	26	6	8	16
Greens to Go	LTO Picklist	Spring Green Goddess Salad	200	14	4	0	20	460	12	3	4	8
Greens to Go	LTO Picklist	California Taco Salad	400	9	2	0	Less Than 5m	460	66	9	7	16
Greens to Go	LTO Picklist	California Taco Salad	220	6	1	0	Less Than 5m	280	35	5	4	9
Greens to Go	LTO Picklist	Southwest Kale Salad	450	14	4	0	75	430	48	10	7	37
Greens to Go	LTO Picklist	Southwest Kale Salad	260	8	3	0	40	300	28	6	4	21
Greens to Go	LTO Picklist	Chicken Souvlaki Salad	330	14	5	0	85	840	18	4	6	32
Greens to Go	LTO Picklist	Chicken Souvlaki Salad	220	10	3	0	45	690	14	3	4	18
Greens to Go	LTO Picklist	Thai Beef Salad	580	12	3	0	40	1110	95	6	16	27
Greens to Go	LTO Picklist	Thai Beef Salad	390	11	3	0	40	770	52	4	11	22
Greens to Go	Side	Garlic Herb Breadstick	170	5	1	0	0	290	27	1	0	5
Greens to Go	Side	Flour Tortilla	310	7	3	0	0	630	52	2	0	8
Greens to Go	Add-On Protein	Herbed Orange Chicken	160	5	1	0	85	50	0	0	0	26
Greens to Go	Add-On Protein	Grilled Montreal Salmon	210	13	3	0	55	230	0	0	0	20
Greens to Go	Add-On Protein	Carne Asada	190	9	4	0	75	95	0	0	0	25
Greens to Go	Add-On Protein	Grilled Sesame Tofu	170	9	2	0	0	110	4	3	1	18
Greens to Go	Add-On Protein	3-piece Chicken Tenders	500	31	5	0	80	980	28	Less Than 1g	0	30
Greens to Go	CYO - BASE	Romaine Lettuce	5	0	0	0	0	0	1	< 1g	< 1g	< 1g
Greens to Go	CYO - BASE	Baby Spinach	10	0	0	0	0	35	2	< 1g	0	1
Greens to Go	CYO - BASE	Kale Greens Mix	0	0	0	0	0	15	< 1g	0	0	0
Greens to Go	CYO - TOPPING	Shredded Cheddar Cheese	110	9	5	0	25	180	< 1g	0	0	6
Greens to Go	CYO - TOPPING	Blue Cheese Crumbles	120	10	6	0	25	480	1	0	1	7
Greens to Go	CYO - TOPPING	Shredded Parmesan	110	7	4.5	0	20	390	< 1g	0	0	10
Greens to Go	CYO - TOPPING	Feta Cheese Crumbles	100	7	5	0	25	390	1	0	1	6
Greens to Go	CYO - TOPPING	Grape Tomatoes	15	0	0	0	0	0	3	1	2	< 1g
Greens to Go	CYO - TOPPING	Black Beans	40	0	0	0	0	45	8	2	0	3
Greens to Go	CYO - TOPPING	Roasted Corn	50	1.5	0	0	0	35	10	1	2	1
Greens to Go	CYO - TOPPING	Sliced English Cucumber	5	0	0	0	0	0	1	0	< 1g	0
Greens to Go	CYO - TOPPING	Shredded Carrots	15	0	0	0	0	25	3	< 1g	2	0
Greens to Go	CYO - TOPPING	Sliced Hard-Cooked Egg	70	4.5	1.5	0	160	55	0	0	0	5
Greens to Go	CYO - TOPPING	Sliced Avocado	60	5	1	0	0	0	3	2	0	< 1g
Greens to Go	CYO - TOPPING	Sliced Mushrooms	0	0	0	0	0	0	< 1g	0	0	< 1g
Greens to Go	CYO - TOPPING	Banana Peppers	15	0	0	0	0	680	2	< 1g	< 1g	0
Greens to Go	CYO - TOPPING	Sliced Kalamata Olives	20	2	0	0	0	180	0	0	0	0
Greens to Go	CYO - TOPPING	Sliced Red Onions	10	0	0	0	0	0	3	0	1	0
Greens to Go	CYO - TOPPING	Tortilla Straws	40	1	0	0	0	0	7	0	0	< 1g
Greens to Go	CYO - TOPPING	Croutons	60	2	0	0	0	170	9	0	< 1g	1
Greens to Go	CYO - PROTEIN	Bacon	110	9	3	0	25	320	Less Than 1g	0	Less Than 1g	7
Greens to Go	CYO - PROTEIN	Grilled Herbed Orange Chicken	60	2	0	0	30	20	0	0	0	10
Greens to Go	CYO - DRESSING	Creamy Caesar Dressing	140	15	2.5	0	0	270	< 1g	0	0	< 1g
Greens to Go	CYO - DRESSING	Salsa Ranch Dressing	60	5	1	0	5	210	1	0	Less Than 1g	0
Greens to Go	CYO - DRESSING	Balsamic Vinaigrette	60	5	0.5	0	0	200	5	0	4	0
Greens to Go	CYO - DRESSING	Lite Italian Dressing	40	3.5	0	0	0	210	2	0	2	0
Greens to Go	CYO - DRESSING	Ranch Dressing	100	11	1.5	0	10	250	< 1g	0	< 1g	0
Greens to Go	CYO - DRESSING	Buffalo Blue Cheese Dressing	110	12	2.5	0	10	360	1	0	0	< 1g
Greens to Go	CYO - DRESSING	Blue Cheese Dressing	150	16	3	0	15	240	1	0	< 1g	1
Greens to Go	CYO - DRESSING	Olive Oil	240	27	3.5	0	0	0	0	0	0	0
Greens to Go	CYO - DRESSING	Balsamic Vinegar	20	0	0	0	0	5	6	0	4	0
Greens to Go	CYO - DRESSING	Light Ranch Dressing	80	8	1	0	10	260	2	0	1	< 1g
Greens to Go	AP Soup	Timberline Chili	300	14	5	1	50	980	25	6	8	19
Greens to Go	AP Soup	Broccoli Cheddar Soup	250	20	12	1	65	1050	11	2	1	7
Greens to Go	AP Soup	Garden Vegetable Soup	110	1	0	0	0	890	21	3	4	4
Greens to Go	AP Soup	Cheesy Chicken Tortilla Soup	130	5	3	0	25	1250	14	1	3	7
Greens to Go	AP Soup	Twice Stuffed Baked Potato Soup	290	16	9	1	50	820	28	2	6	12
Greens to Go	AP Soup	Italian Wedding Soup	110	4	2	0	10	790	13	1	1	6
Greens to Go	AP Soup	Boston Clam Chowder	220	11	4	0	15	950	24	Less Than 1g	7	7
Greens to Go	AP Soup	Roasted Tomato Cheddar Soup	60	5	3	0	15	210	5	0	3	1

Brand	Menu Slot	MARKETING NAME	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugar	Protein
Proprietary Sandwich - Your Way CYO	Your Way	Ham & American	370	12	6	0	45	1290	43	4	4	23
Proprietary Sandwich - Your Way CYO	Your Way - 12"		740	23	13	0	91	2580	86	7	8	45
Proprietary Sandwich - Your Way CYO	Your Way	Italian	490	23	10	0	75	1790	42	4	4	30
Proprietary Sandwich - Your Way CYO	Your Way - 12"		980	45	20	0	147	3580	84	8	8	60
Proprietary Sandwich - Your Way CYO	Your Way	Turkey & Swiss	400	12	6	0	60	1280	43	4	4	30
Proprietary Sandwich - Your Way CYO	Your Way - 12"		800	24	11	0	119	2560	86	9	8	60
Proprietary Sandwich - Your Way CYO	Your Way	Roast Beef & Cheddar	420	15	7	0	70	1190	40	4	3	31
Proprietary Sandwich - Your Way CYO	Your Way - 12"		850	31	14	0	144	2370	79	7	6	62
Proprietary Sandwich - Your Way CYO	Your Way	Tuna Salad	490	26	4	0	45	790	40	4	3	26
Proprietary Sandwich - Your Way CYO	Your Way - 12"		990	51	8	0	88	1580	80	8	6	53
Proprietary Sandwich - Your Way CYO	Your Way	Four Cheese	420	19	11	0	50	790	40	4	3	22
Proprietary Sandwich - Your Way CYO	Your Way - 12"		840	38	21	0	104	1570	81	7	5	44
Proprietary Sandwich - Your Way CYO	Customization	Multigrain Artisan Sandwich Bread	180	2	0	0	0	280	36	4	1	7
Proprietary Sandwich - Your Way CYO	Customization	Flour Tortilla	210	5	2	0	0	440	36	1	0	5
Proprietary Sandwich - Your Way CYO	Customization	Ciabatta	270	3	1	0	0	670	52	2	Less Than 1g	8
Proprietary Sandwich - Your Way CYO	Customization	Sub Roll	410	4	1	0	0	900	78	7	5	15
Proprietary Sandwich - Your Way CYO	Customization	Iceberg Lettuce	0	0	0	0	0	0	< 1g	0	0	0
Proprietary Sandwich - Your Way CYO	Customization	Tomato	10	0	0	0	0	0	2	Less Than 1g	1	0
Proprietary Sandwich - Your Way CYO	Customization	Sliced Red Onions	0	0	0	0	0	0	< 1g	0	0	0
Proprietary Sandwich - Your Way CYO	Customization	Spicy Buffalo Pickles	10	0	0	0	0	670	2	0	Less Than 1g	0
Proprietary Sandwich - Your Way CYO	Customization	Mayonnaise	100	11	2	0	5	75	0	0	0	0
Proprietary Sandwich - Your Way CYO	Customization	Hoagie Splash	80	8	1	0	0	45	0	0	0	0
Proprietary Sandwich - Your Way CYO	Customization	Yellow Mustard	10	0	0	0	0	170	< 1g	0	0	0
Proprietary Sandwich - Your Way CYO	Customization	Sliced Ham	90	3	1	0	40	900	3	0	2	14
Proprietary Sandwich - Your Way CYO	Customization	Sliced Turkey	80	1	0	0	35	780	4	< 1g	1	14
Proprietary Sandwich - Your Way CYO	Customization	Roast Beef	110	4.5	1.5	0	45	680	0	0	0	15
Proprietary Sandwich - Your Way CYO	Customization	Tuna Salad	290	24	4	0	45	340	1	0	Less Than 1g	19
Proprietary Sandwich - Your Way CYO	Customization	American Cheese	100	8	6	0	20	240	2	0	0	6
Proprietary Sandwich - Your Way CYO	Customization	Swiss Cheese	110	9	5	0	25	55	0	0	0	8
Proprietary Sandwich - Your Way CYO	Customization	Provolone Cheese	100	8	5	0	20	250	< 1g	0	0	7
Proprietary Sandwich - Your Way CYO	Customization	Cheddar Cheese	110	9	5	0	30	190	< 1g	0	0	6
Proprietary Sandwich - Your Way CYO	Customization	Pepper Jack Cheese	110	9	5	0	30	180	< 1g	0	0	7
Proprietary Sandwich - Your Way CYO	Add On	Bacon	110	9	3	0	25	320	Less Than 1g	0	Less Than 1g	7
Proprietary Sandwich - Your Way CYO	Add On	Pepperoni	70	6	2.5	0	15	250	0	0	0	3
Proprietary Sandwich - Your Way CYO	Add On	Salami	110	10	3.5	0	25	480	< 1g	0	< 1g	6
Proprietary Sandwich - Cold Signatures	Cold Signatures	Turkey Bacon on Multigrain	520	26	6	0	65	1550	44	6	6	29
Proprietary Sandwich - Cold Signatures	Cold Signatures	Signature Italian Sub	640	37	9	0	70	2110	51	6	10	26
Proprietary Sandwich - Cold Signatures	Cold Signatures - 12"		1280	74	18	1	141	4220	101	12	19	52
Proprietary Sandwich - Cold Signatures	Cold Signatures	Chicken Caesar Wrap	630	35	9	0	100	1170	41	3	2	37
Proprietary Sandwich - Cold Signatures	Cold Signatures	Buffalo Chicken Sub	480	14	4	0	100	1580	47	6	7	38
Proprietary Sandwich - Cold Signatures	Cold Signatures - 12"		950	29	8	0	201	3160	95	11	14	76
Proprietary Sandwich - Cold Signatures	Cold Signatures	Caprese Ciabatta	660	40	10	1	45	910	56	3	3	17
Proprietary Sandwich - Cold Signatures	Cold Signatures	Artichoke Red Pepper Sub	590	34	4	0	0	1060	60	11	10	12
Proprietary Sandwich - Hot Signatures	Cold Signatures	Bavarian-Style Sub	510	19	7	0	70	2050	55	6	13	31
Proprietary Sandwich - Hot Signatures	Cold Signatures	Italian-Style Roast Beef Sub	660	41	11	0	75	2950	44	5	4	31
Proprietary Sandwich - Hot Signatures	Cold Signatures	Cranberry Turkey Sub	680	29	6	0	55	1880	78	6	6	26
Proprietary Sandwich - Hot Signatures	Hot Signatures	Signature Italian Sub	640	37	9	0	70	2110	51	6	10	26
Proprietary Sandwich - Hot Signatures	Hot Signatures - 12"		1280	74	18	1	141	4220	101	12	19	52
Proprietary Sandwich - Hot Signatures	Hot Signatures	Buffalo Chicken Sub	480	14	4	0	100	1580	47	6	7	38
Proprietary Sandwich - Hot Signatures	Hot Signatures - 12"		950	29	8	0	201	3160	95	11	14	76
Proprietary Sandwich - Hot Signatures	Hot Signatures	Meatball Sub	650	35	15	2	75	1560	53	7	7	32
Proprietary Sandwich - Hot Signatures	Hot Signatures - 12"		1300	70	31	3	151	3130	107	14	14	63
Proprietary Sandwich - Hot Signatures	Hot Signatures	Portobello Sub	650	37	16	0	60	1450	48	5	7	31
Proprietary Sandwich - Hot Signatures	Hot Signatures - 12"		1290	73	32	0	117	2900	97	11	13	63
Proprietary Sandwich - Hot Signatures	Hot Signatures	Falafel Sub	560	18	6	0	0	1220	79	7	12	20
Proprietary Sandwich - Hot Signatures	Hot Signatures - 12"		1110	36	11	0	1	2430	159	13	24	39
Proprietary Sandwich - Hot Signatures	Hot Signatures - Regional	Cuban Sub	500	19	8	0	95	1720	43	5	4	38
Proprietary Sandwich - Hot Signatures	Hot Signatures - Regional - 12"		1010	39	17	0	186	3440	86	9	7	75
Proprietary Sandwich - Hot Signatures	Hot Signatures - Regional	Philly Roast Pork Sub	540	23	9	0	100	1920	44	5	3	40
Proprietary Sandwich - Hot Signatures	Hot Signatures - Regional - 12"		1090	46	19	0	204	3840	88	10	6	80
Proprietary Sandwich - Hot Signatures	Hot Signatures - Regional	Alabama BBQ Chicken Sub	730	40	12	0	135	1400	49	5	7	45
Proprietary Sandwich - Hot Signatures	Hot Signatures - Regional - 12"		1460	80	23	0	266	2810	98	11	14	90
Proprietary Sandwich - Hot Signatures	Hot Signatures - Regional	Gyro Sub	570	29	11	0	65	1270	55	7	7	21
Proprietary Sandwich - Hot Signatures	Hot Signatures - Regional - 12"		1140	59	23	0	125	2550	111	13	14	42
Proprietary Sandwich - Hot Signatures	Hot Signatures - Regional	Pork Banh Mi Sub	620	35	8	0	95	1110	43	5	4	32
Proprietary Sandwich - Hot Signatures	Hot Signatures - Regional - 12"		1230	71	15	0	185	2220	86	9	9	64
Proprietary Sandwich - Hot Signatures	Hot Signatures - Regional	Brisket Reuben Sub	650	38	13	1	85	1940	47	6	7	32
Proprietary Sandwich - Hot Signatures	Hot Signatures - Regional - 12"		1310	75	26	1	167	3890	93	11	14	65
Proprietary Sandwich - Hot Signatures	Hot Signatures - Regional	Plant-based Meatball Sub	440	11	1	0	0	1180	56	9	7	28
Proprietary Sandwich - Paninis	Panini Signatures	Cuban Panini	470	18	8	0	85	1720	43	2	2	35
Proprietary Sandwich - Paninis	Panini Signatures	Italian Panini	640	38	13	0	85	2100	46	2	5	31
Proprietary Sandwich - Paninis	Panini Signatures	Caprese Panini	500	30	10	1	45	630	43	2	3	16
Proprietary Sandwich - Paninis	Panini Signatures	Buffalo Ranch Chicken Panini	480	18	7	0	100	1630	43	2	2	36
Proprietary Sandwich - Paninis	Panini Signatures	Pepperoni Pizza Panini	530	26	12	0	65	1580	50	3	6	27
Proprietary Sandwich - Paninis	Panini Signatures	Cheesy Sun-Dried Tomato Panini	520	27	12	0	50	1010	48	3	5	22
Proprietary Sandwich - Your Way CYO	Sides	Apple	100	0	0	0	0	0	28	5	21	Less Than 1g
Proprietary Sandwich - Your Way CYO	Sides	Potato Salad	160	8	2	0	5	390	20	2	5	2
Proprietary Sandwich - Your Way CYO	Sides	Signature Chips	130	8	2	0	0	370	14	1	1	1
Proprietary Sandwich - Your Way CYO	Sides	Fresh Fruit Cup	60	0	0	0	0	15	15	2	12	Less Than 1g
Proprietary Sandwich - Your Way CYO	Sides	Fresh Fruit Cup	60	0	0	0	0	15	17	1	14	Less Than 1g
Proprietary Sandwich - Your Way CYO	Sides	Chicken Noodle Soup	90	2	1	0	20	870	11	Less Than 1g	Less Than 1g	6
Proprietary Sandwich - Your Way CYO	Sides	Roasted Tomato Cheddar Soup	60	5	3	0	15	210	5	0	3	1
Proprietary Sandwich - Your Way CYO	Sides	Craveworthy® Chocolate Chip Cookie	240	12	7	0	30	200	31	1	17	2

Brand	Menu Slot	MARKETING NAME	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugar	Protein
Tenders, Love & Chicken - Core	Entrée	3-piece Chicken Tenders	500	31	5	0	80	980	28	Less Than 1g	0	30
Tenders, Love & Chicken - Core	Entrée	5-piece Chicken Tenders	840	51	9	0	130	1630	47	1	0	50
Tenders, Love & Chicken - Core	Entrée	Crispy Chicken Breast Sandwich	570	30	5	0	55	1410	49	2	8	27
Tenders, Love & Chicken - Core	Entrée (CFA Accts)	Crispy Chicken Tender Sandwich	630	36	6	0	60	1350	52	2	7	26
Tenders, Love & Chicken - Core	Entrée	Spicy Chicken Breast Sandwich	590	33	5	0	65	1420	48	2	7	27
Tenders, Love & Chicken - Core	Entrée (CFA Accts)	Spicy Chicken Tender Sandwich	650	39	7	0	65	1360	51	2	7	26
Tenders, Love & Chicken - Core	LTO	Pineapple Jalapeno Chicken Sandwich	620	21	5	0	60	1310	71	6	33	32
Tenders, Love & Chicken - Core	LTO	Nashville Hot Chicken Sandwich	560	31	5	0	50	1180	46	2	5	26
Tenders, Love & Chicken - Core	LTO	Gochujang Crispy Chicken Sandwich	580	31	5	0	55	1470	51	2	8	27
Tenders, Love & Chicken - Core	LTO Add-On	TLC Tender Wrap	330	19	4	0	30	630	27	1	2	12
Tenders, Love & Chicken - Core	Side	Crispy Homestyle French Fries	260	13	2	0	0	610	33	2	0	2
Tenders, Love & Chicken - Core	Side	Coleslaw	90	6	1	0	10	240	4	0	4	0
Tenders, Love & Chicken - Core	Sauce	Signature Sauce	270	26	4	0	15	470	7	0	6	< 1g
Tenders, Love & Chicken - Core	Sauce	Signature Sauce	310	32	5	0	25	490	5	0	4	< 1g
Tenders, Love & Chicken - Core	Sauce	Honey Mustard	300	27	4	0	20	250	14	0	14	Less Than 1g
Tenders, Love & Chicken - Core	Sauce	Buttermilk Ranch	260	27	5	0	20	360	3	0	2	Less Than 1g
Tenders, Love & Chicken - Core	Sauce	Boom Boom Sauce	310	32	5	0	25	490	5	0	4	Less Than 1g
Tenders, Love & Chicken - Core	Sauce	BBQ Sauce	110	0	0	0	0	450	28	Less Than 1g	26	Less Than 1g
Tenders, Love & Chicken - Core	Sauce	Buffalo Sauce	40	4	1	0	0	1670	3	Less Than 1g	Less Than 1g	0
Tenders, Love & Chicken - Core	Condiment Packet	Ketchup	10	0	0	0	0	95	3	0	2	0
Tenders, Love & Chicken - Core	Condiment Packet	Mayonnaise	70	8	2	0	Less Than 5m	70	0	0	0	0
Tenders, Love & Chicken - Core	Dessert	Craveworthy® Chocolate Chip Cookie	240	12	7	0	30	200	31	1	17	2
Tenders, Love & Chicken - Expanded	Entrée	Grilled Chicken Breast Sandwich	430	19	4	0	80	930	34	1	7	32
Tenders, Love & Chicken - Expanded	Entrée	Crispy Chicken Wrap	690	38	7	0	60	1530	60	3	4	25
Tenders, Love & Chicken - Expanded	Side	Macaroni and Cheese	190	9	4	0	20	460	18	Less Than 1g	2	8
Tenders, Love & Chicken - Expanded	Add On	American Cheese	50	4	3	0	10	120	1	0	0	3
Tenders, Love & Chicken - Expanded	Add On	Pepper Jack Cheese	1690	137	83	0	480	2930	15	0	4	111
Tenders, Love & Chicken - Expanded	Add On	White Cheddar Cheese	1830	151	86	0	450	2960	14	0	2	104
Tenders, Love & Chicken - Expanded	Add On	Bacon	110	9	3	0	25	320	Less Than 1g	0	Less Than 1g	7
Tenders, Love & Chicken - Salad	Entrée	Garden Salad	50	1	0	0	0	20	11	5	5	3
Tenders, Love & Chicken - Salad	Entrée	Crispy Chicken Salad	390	21	4	0	50	670	29	5	5	23
Tenders, Love & Chicken - Salad	Entrée	Grilled Chicken Salad	180	4	1	0	70	250	9	4	4	29
Tenders, Love & Chicken - Salad	Side	Side Garden Salad	25	0	0	0	0	10	6	2	3	2
Tenders, Love & Chicken - Salad	Dressing	Italian Dressing	160	17	3	0	0	390	3	0	3	0
Tenders, Love & Chicken - Salad	Dressing	Caesar Salad Dressing	210	23	4	0	Less Than 5m	400	1	0	Less Than 1g	Less Than 1g
Tenders, Love & Chicken - Beverages	Beverages	Lemonade	110	0	0	0	0	10	27	0	27	0
Tenders, Love & Chicken - Beverages	Beverages	Unsweet Iced Tea	0	0	0	0	0	0	0	0	0	0
Tenders, Love & Chicken - Beverages	Beverages	Sweet Iced Tea	100	0	0	0	0	0	25	0	25	0
Tenders, Love & Chicken - Beverages	Beverages	Half Iced Tea Half Lemonade	60	0	0	0	0	0	13	0	13	0

Brand	Menu Slot	MARKETING NAME	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugar	Protein
Jack*s Burrito	Entrée	Mission Style Chicken Burrito	880	40	14	0	140	1670	91	10	6	41
Jack*s Burrito	Entrée	Mission Style Carnitas Burrito	1030	51	18	0	125	1920	99	11	9	46
Jack*s Burrito	Entrée	Mission Style Chorizo Burrito	880	42	14	0	45	2040	100	15	8	33
Jack*s Burrito	Entrée	K-Town Burrito	860	36	10	0	75	2330	97	8	14	36
Jack*s Burrito	Entrée	Baja Shrimp Burrito	810	41	9	0	20	1860	90	5	3	22
Jack*s Burrito	Entrée	Frito Pie Burrito	1180	61	22	2	130	2800	111	9	5	48
Jack*s Burrito	Entrée	The Vegan Burrito	730	27	5	0	0	1400	104	15	10	19
Jack*s Burrito	Make it a Bowl	Mission Style Chicken Burrito Bowl	590	34	12	0	140	1050	41	10	7	35
Jack*s Burrito	Make it a Bowl	Mission Style Carnitas Burrito Bowl	690	43	16	0	125	1240	45	10	9	37
Jack*s Burrito	Make it a Bowl	Mission Style Chorizo Burrito Bowl	590	36	12	0	45	1420	50	15	8	26
Jack*s Burrito	Make it a Bowl	K-Town Burrito Bowl	560	30	8	0	75	1710	47	7	14	29
Jack*s Burrito	Make it a Bowl	Baja Shrimp Burrito Bowl	520	35	7	0	20	1250	40	5	3	15
Jack*s Burrito	Make it a Bowl	Frito Pie Burrito Bowl	890	55	20	2	130	2180	61	8	6	41
Jack*s Burrito	Make it a Bowl	The Vegan Burrito Bowl	430	21	3	0	0	780	53	14	10	12
Jack*s Burrito	Sides	Tortilla Chips	280	8	1	0	0	250	48	3	Less Than 1g	5
Jack*s Burrito	Add Ons	Guacamole	190	17	2.5	0	0	150	11	8	1	2
Jack*s Burrito	Add Ons	Jalapeño Queso	300	24	14	0.5	70	1290	4	< 1g	2	17
Jack*s Burrito	Add Ons	Salsa Roja	60	1.5	0	0	0	780	9	3	4	2
Jack*s Burrito	Add Ons	Salsa Verde	110	7	1	0	0	890	10	4	3	2
Jack*s Burrito	Add Ons	Pico de Gallo	25	0	0	0	0	210	6	2	3	1
Jack*s Burrito	Add Ons	Corn & Poblano Salsa	160	7	1	0	0	180	21	3	11	3
Jack*s Burrito	Beverages - A la Carte	Pineapple Agua Fresca	80	0	0	0	0	15	21	1	18	0
Jack*s Burrito	Beverages - A la Carte	Mango Agua Fresca	90	0	0	0	0	15	22	1	20	Less Than 1g

Brand	Menu Slot	MARKETING NAME	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugar	Protein
MEDI	Signature	Chicken Shawarma Grain Bowl	810	38	6	0	75	1480	84	15	8	35
MEDI	Signature	Falafel Greek Salad	1040	79	12	1	20	1840	67	8	11	21
MEDI	Signature (Alternate)	Falafel Greek Salad	1010	75	11	1	20	1840	67	8	11	21
MEDI	Signature	Lemon Curry Chicken Bowl	740	31	7	0	85	1420	82	11	12	37
MEDI	Signature	Gyro Wrap	810	45	20	0	55	2090	77	8	10	23
MEDI	Signature (Premium)	Lamb Meatball Bowl	690	42	8	0	55	1570	60	11	23	23
MEDI	Side	Side of Falafel with Sauce	280	15	9	0	0	690	26	Less Than 1g	4	8
MEDI	Side (Alternate)	Falafel & Tzatziki	240	11	8	0	0	690	26	Less Than 1g	4	8
MEDI	Side	Naan & Dip	320	17	3	0	Less Than 5m	690	34	5	2	9
MEDI	Dessert	Baklava	70	268	2	0	0	170	45	0	19	4
MEDI	Dessert	Tahini Chocolate Chip Cookie	410	21	10	0	0	180	52	3	30	6
MEDI	Beverage	Strawberry Mint Limonana	100	0	0	0	0	10	26	2	21	Less Than 1g
MEDI	Base (Bowl)	Kale & Spinach Salad Mix	10	0	0	0	0	20	1	Less Than 1g	0	Less Than 1g
MEDI	Base (Bowl)	Romaine Arugula Mix	5	0	0	0	0	0	1	< 1g	< 1g	< 1g
MEDI	Base (Bowl)	Basmati Rice	130	0	0	0	0	0	29	0	0	4
MEDI	Base (Bowl)	Brown Rice & Lentils	80	0.5	0	0	0	5	16	2	0	3
MEDI	Sub Cauliflower Rice (Upcharge)	Golden Turmeric Cauliflower Rice	60	4.5	0.5	0	0	115	5	2	2	2
MEDI	Base (Wrap)	Stonefire® Garlic Naan	340	12	5	0	25	900	50	2	4	9
MEDI	Dip	Hummus	140	10	1.5	0	0	240	9	4	0	4
MEDI	Dip (Seasonal - Winter)	Beet Hummus	120	8	2	0	0	210	9	3	2	4
MEDI	Dip (Seasonal - Fall)	Harissa Hummus	140	11	2	0	0	320	9	3	Less Than 1g	4
MEDI	Dip (Premium)	Baba Ghanoush	50	3	0	0	0	150	6	2	2	1
MEDI	Add Chicken	Chicken Shawarma	110	6	2	0	69	230	Less Than 1g	0	0	13
MEDI	Add Falafel	Falafel	160	6	1	0	0	370	21	Less Than 1g	4	7
MEDI	Add Falafel	Baked Falafel	120	2	0	0	0	370	21	Less Than 1g	4	7
MEDI	Add Gyro	Gyro Meat	170	14	6	0	32	460	5	Less Than 1g	0	6
MEDI	Add Meatball (Premium)	Lamb Meatballs	140	8	4	0	52	140	5	0	Less Than 1g	11
MEDI	Toppings	Feta Cheese Crumbles	790	59	39	0	196	3140	10	0	10	49
MEDI	Toppings	Kale & Spinach Salad Mix	0	0	0	0	0	10	Less Than 1g	0	0	0
MEDI	Toppings	Pickled Red Onion	30	0	0	0	0	50	6	< 1g	4	< 1g
MEDI	Toppings	Cucumber Tomato Salad	20	2	0	0	0	120	2	0	1	0
MEDI	Toppings	Roasted Shawarma Chickpeas	100	2	0	0	1	210	15	3	0	5
MEDI	Toppings	Carrot Almond Salad	60	4	0	0	0	135	7	1	4	1
MEDI	Toppings	Naan Croutons	90	6	1	0	2	140	8	0	Less Than 1g	1
MEDI	Toppings	Pitted Kalamata Olives	30	3	0	0	1	310	Less Than 1g	Less Than 1g	0	0
MEDI	Toppings	Tzatziki Sauce	120	9	8	0	1	320	5	0	0	2
MEDI	Toppings	Skhug Sauce	40	3.5	0.5	0	0	210	2	< 1g	< 1g	< 1g
MEDI	Toppings (Alternate)	Schug Sauce	100	10	1	0	0	110	2	Less Than 1g	0	0
MEDI	Toppings	Feisty Feta	70	6	2.5	0	15	130	2	0	< 1g	3
MEDI	Toppings (Premium)	Lemon Beet Tahini	110	7	1	0	0	210	10	2	7	3
MEDI	Toppings (Premium)	Sliced Avocado	45	4	0.5	0	0	0	2	2	0	< 1g
MEDI	Dressing/Sauce	Greek Dressing	350	37	5	0	1	160	3	0	2	0
MEDI	Dressing/Sauce	Lemon Curry Dressing	35	0	0	0	1	90	6	0	4	4
MEDI	Dressing/Sauce	Lemon Tahini Dressing	130	11	1.5	0	0	95	6	2	0	4
MEDI	Dressing/Sauce	Spicy Hummus Vinaigrette	190	17	3	0	0	390	8	3	Less Than 1g	3
MEDI	Dressing/Sauce	Harissa Sauce	70	5	0	0	0	320	3	0	Less Than 1g	Less Than 1g
MEDI	Dressing/Sauce	Red Wine Vinegar	10	0	0	0	0	10	Less Than 1g	0	0	0
MEDI	Dressing/Sauce	Olive Oil	490	54	7	0	0	0	0	0	0	0
MEDI	Extra Naan	Grilled Naan	90	3	1	0	Less Than 5m	230	13	Less Than 1g	Less Than 1g	2