



**LUNCH + DINNER MENU**

	Portion Size	Calories	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fiber, dietary	Sugars, total	Protein
<b>Side Salads</b>	g	kcal	g	g	g	mg	mg	g	g	g	g
Quinoa, Kale + Berry	115	196	7	0.7	-	-	191	28	3	3	5
Lemon Kale	85	163	10	2	0.1	6	150	13	3	4	5
Mushroom Ditalini	150	352	16	3	-	17	537	35	3	7	11
Kimchi	120	127	10	1	-	-	429	8	3	4	2
Persian Chickpea	130	198	4	1	-	3	337	33	2	5	8
Persian Chickpea - <i>no salad topper</i>	135	189	4	1	-	3	300	33	2	5	8
Roast Carrot + Ancient Grains	155	161	7	0.8	-	-	172	20	4	4	5
Roast Carrot + Ancient Grains - <i>no salad topper</i>	150	132	5	0.6	-	-	132	19	3	4	4
Pea + Potato	165	190	10	1	0.1	3	724	21	5	6	5
Curried Cauliflower	160	187	11	2	0.1	4	444	20	3	7	3
Curried Cauliflower - <i>no salad topper</i>	155	178	10	1.5	0.1	4	406	19	3	7	3
Golden Beet + Fennel	155	185	11	2	-	7	509	18	5	11	5
Kale + Hemp	100	110	7	0.6	-	-	194	8	2	2	4
Apple + Arugula	110	242	19	2	-	1	326	11	2	7	3
Apple + Arugula - <i>no dressing</i>	95	194	15	1.5	-	1	223	10	2	7	3
Southwest Quinoa	155	259	12	1	-	-	319	30	6	5	9

<b>Entrée Salads</b>											
Greens + Grains	340	673	39	6	-	15	734	68	10	20	18
Greens + Grains - <i>no dressing</i>	295	507	22	4	-	15	267	64	10	17	18
Kale Chicken Caesar	315	592	38	8	1	81	1296	27	3	6	39
Kale Chicken Caesar - <i>no dressing</i>	265	331	11	4	-	70	1018	24	3	3	38
Kale Caesar - <i>no chicken</i>	450	35	8	1	-	26	556	24	3	6	11
Kale Caesar - <i>no chicken, no dressing</i>	185	174	7	3	-	15	263	21	3	3	10

<b>Proteins / Grill</b>											
Chicken Breast	125	188	7.4	1.3	0.03	55	784	3	0.2	-	28
Chicken Breast - <i>no rosemary oil</i>	115	157	4	1	0.03	55	755	3	0.1	-	28
Albacore Tuna - 1 pc	60	172	8	1.8	-	22	140	-	-	-	14
Albacore Tuna - 2 pc	120	344	16	3.6	-	44	280	-	-	-	28
Grilled Avocado	80	179	17	2	-	-	140	8	6	0.5	2
Chili Lime Tofu	60	211	14	2	-	2	413	4	1	2	16
Chili Lime Prawns	70	76	5	0.4	-	56	525	2	-	1	6
Prawns - <i>no chili lime marinade</i>	60	31	0.5	0.1	-	56	250	0.4	-	-	6
Grilled Salmon	125	263	16	2	-	55	401	2	-	2	25
Grilled Salmon - <i>no lemon glaze</i>	115	152	5	1	-	55	90	-	-	-	25
Grilled Cauliflower	115	96	7	1	-	2	144	6	2	2	2
Grilled Cauliflower - <i>no marinade</i>	95	42	2	0.2	-	-	90	5	2	2	2

<b>Sandwiches</b>											
Chicken Sandwich - whole	140	592	23	7	0.1	64	1454	60	3	7	38.7
Chicken Sandwich - half	280	296	11.5	3.5	0.05	32	727	30	1.5	3.5	19.4
Veggie Sandwich - whole	135	434	24	7	0.6	26	706	40	6	6	14
Veggie Sandwich - half	270	217	12	3.5	0.3	13	353	20	3	3	7
Tuna Melt Sandwich - whole	135	510	22	8	0.2	54	930	42	6	6	32
Tuna Melt Sandwich - half	270	255	11	4	0.1	27	465	21	3	3	16
Turkey Sandwich - whole	130	662	18	6	0.2	184	974	64	2	16	56
Turkey Sandwich - half	260	331	9	3	0.1	92	487	32	1	8	28

<b>Soups / Stews</b>											
Tomato Fennel Soup	310	180	8.4	0.9	-	-	747	22.6	5.5	7.8	5.7
Butternut Squash Soup	320	141	2	0.3	-	1	563	30	4	7	4
Moroccan Chicken Stew	345	243	3	0.5	-	18	1040	39	5	12	16
Thai Veggie Stew	360	371	24	16	-	-	573	27	5	9	13

<b>Snacks / Baking</b>											
Chocolate Pistachio Cookies (2 pack)	65	308	20.5	5.3	0.02	2	12	30	4.2	23.4	4.5
Power Cookie	115	426	28	7	-	52	267	51	4	14	11
Everyday Seed Bar	75	406	14	2	-	-	92	61	6	28	9
Frittata Muffin	125	374	23	5	0.1	184	349	30	1	5	11
Apple Almond Loaf	115	341	18	2	-	53	167	40	2	19	6

<b>Drinks</b>											
Classic Lemonade (320 mL)	320	109	-	-	-	-	-	28	0.3	28.1	0.2
Strawberry Lemonade (320 mL)	320	96	-	-	-	-	-	25	0.4	25.3	0.2
Blueberry Lemonade (320 mL)	320	100	-	-	-	-	-	26	0.6	25.1	0.2
Watermelon Lemonade (320 mL)	320	129	-	-	-	-	-	33	1	31	1.3
Kombucha (400 mL)	400	124	5	-	-	-	-	13	7	7	3.3
"The Remedy" by Juice Truck (250 mL)	250	115	-	-	-	-	26	25	-	10	4
"The Red" by Juice Truck (250 mL)	250	100	-	-	-	-	130	12	-	21	3
"The Turmeric" by Juice Truck (250 mL)	250	105	-	-	-	-	121	11	-	22	3

## BREAKFAST MENU

	g	kcal	g	g	g	mg	mg	g	g	g	g
	Portion Size	Calories	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fiber, dietary	Sugars, total	Protein
<b>Yogurt Parfaits / Oats</b>											
Yogurt with Strawberry Compote	230	248	8	5	-	29	142	39	2	34	9
Yogurt with Blueberry Compote	230	253	8	5	-	29	141	40	2	35	9
Overnight Oats	225	274	6	1	-	-	319	50	6	13	8
Bircher Muesli	225	406	23	10	-	50	32	48	5	20	9
Blueberry Parfait	280	181	8	3	-	17	117	22	2	15	8
Strawberry Parfait	280	178	8	3	-	17	118	21	1	15	8
Farm Fresh Egg	1 egg	78	5	1.6	-	187	62	0.6	-	0.6	6

<b>Breakfast Sandwiches</b>											
Bacon Breakfast Sandwich - whole	260	712	42	16	0.4	416	1292	54	2	4	30
Bacon Breakfast Sandwich - half	130	356	21	8	0.2	208	646	27	1	2	15
Vegetarian Breakfast Sandwich - whole	290	598	30	8	0.4	382	782	60	8	4	28
Vegetarian Breakfast Sandwich - half	145	299	15	4	0.2	191	391	30	4	2	14
Avocado Toast - whole	185	250	17	2	-	1	304	24	8	3	5
Avocado Toast - half	92	125	8.5	1	-	0.5	152	12	4	1.5	2.5

Daily Calories and Sodium Requirements:

Healthy adults should aim for 1500 to 2300 mg of sodium per day. Children and seniors need less.

Healthy adults should aim for 2000 to 2400 calories per day. Individual needs vary depending on age, activity level, and gender.

Source of Information: Optimum Control