

CoreLife Eatery - Nutrition Facts

May 9, 2017

	Calories	Calories from fat	Total fat (g)	Saturated Fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Mono unsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Beverages														
Beet Lemonade	130								20	85	34		31	
Blueberry Mint Lemonade	110								10	125	29	1	23	
Cranberry Lemonade	150								10	135	41		38	1
Cucumber Basil Lemonade	100								20	160	32		28	1
Cold-Brew Coffee	0								5	170				
Classic Lemonade	150								10	85	41		37	
Ice Tea									10	130	1		0	
Fruit Punch	140								90	560	33		28	2
Bone Broth Bowls														
Chicken and Rice Noodle Broth Bowl	590	330	37	2.0		3.0	5.0	70	1190	670	33	4	2	33
Grilled Chicken Tortilla Broth Bowl	630	360	41	1.5		2.0	3.5	70	1280	530	28	4		28
Spicy Ginger and Steak Rice Noodle Broth Bowl	560	300	33	4.5	0	2.0	6	35	1250	810	37	5	5	37
Bread														
1/2 Slice of Bread	50	5	0.5						80		10		2	2
Create Your Own – Bone Broth														
Beef Bone Broth (12 oz.)	170	160	18	0			0		950	15	0			1
Chicken Bone Broth (12 oz.)	270	250	28	0.5		0	1.0		880	15	0			2
Vegetable Broth (12 oz.)	35	20	2.5	0		0	2.0		490	25	3		1	1
Create Your Own – Grain Bowl														
Brown and Wild Rice Blend (2 oz.)	70	0	0.5						0	50	14			2
Quinoa (2 oz.)	100	30	3.5	0		1.5	1.5		140	115	13	1		3
Rice Noodles (2 oz.)	120	25	3.0	0		1.0	2.0		10	0	22			1
Create Your Own – Green Bowl														
Arugula Base (2 oz.)	15	0	0			0			15	210	2		1	1
Baby Spinach Base (2 oz.)	15	0	0			0			45	320	2	1		2
Cabbage Base (2 oz.)	15	0	0						10	95	3	1	2	1
Kale Base (2 oz.)	30	0	0	0		0			25	250	6	1		2
Mesclun Base (2 oz.)	10	0	0			0			20	135	2	1		1
Romaine Base (2 oz.)	10	0	0			0			0	140	2	1		1
Create Your Own – Ingredients														
Almonds (1 Tbsp)	40	30	3.5	0							1			1
Bacon Topping (1 oz.)	120	80	9	4.0		1.0	4.0	50	650	150				10
Black Beans (1/4 Cup)	70	0	0						180		11	6		4
Broccoli (1/3 Cup)	10	0	0						10	95	2			1
Carrots (1/4 Cup)	15	0	0						20	100	3		2	0
Cauliflower (1/4 Cup)	5	0	0						10	80	1			1
Celery Stalks (1/4 Cup)	0								20	65	1			0
Corn (1/4 Cup)	35	0	0			0	0		0	95	8		1	1
Cucumbers (1/4 Cup)	0								0	40	1			0
Dried Cranberries (1 Tbsp)	25										6		5	
Edamame (1/4 Cup)	45	20	2.0	0		1.0	0		0	170	4	2		4
Garbanzo Beans {Chickpeas} (1/4 Cup)	70	10	1.0			0	0		75	125	11	3		4
Grape Tomatoes (1/4 Cup)	5	0	0						0	90	1			0
Green Peppers (1/4 Cup)	5	0	0						0	65	2			0
Jalapeño Peppers (1 Tbsp)	0								0	10	0			0
Kalamata Olives (1/4 Cup)	20	15	2.0	0					120		1			0
Mandarin Oranges (1/4 Cup)	35								5		9		6	0
Red Cabbage (2 oz.)	20	0	0						15	140	4	1	2	1
Red Onions (1 Tbsp.)	0								0	15	1			0
Red Peppers (1/4 Cup)	10	0	0						0	80	2		2	0
Savory Cabbage (2 oz.)	15	0	0						15	130	3	2	1	1
Scallions (1 Tbsp)	0								0	15	0			0
Sesame Seeds (1 Tbsp)	30	25	3.0	0.5							1	1		1
Shiitake Mushrooms (1/4 Cup)	20	0	0						0	40	5			1
Tortilla Chips (2 Tbsp)	35	15	1.5						15		4			
Walnuts (1 Tbsp)	50	50	6	0							1			1
White Kidney Beans (1/4 Cup)	60	0	0			0			0	180	10	3		4
Create Your Own – Premiums														
Avocado (1/2 each)	160	130	15	2.0		2.0	10		5	490	9	7		2
Fried Falafel (2 oz.)	190	110	13	1.5		7	2.5		80	150	14	4	3	5
Gorgonzola Cheese (2 Tbsp)	50	35	4.0	3.0				15	190					3
Grass-fed Steak (3 oz.)	180	80	9	3.0		1.0	4.0	35	200	270	0			22

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Create Your Own – Premiums continued.														
Grilled Chicken (3 oz.)	160	50	6	1.0		1.5	3.0	65	230	200	0			25
Hard Boiled Egg (1 each)	80	45	5	1.5		0.5	2.0	210	60	65	1			6
Housemade Hummus (3 oz.)	190	120	13	2.0		1.0	4.5		220	125	12	3	2	6
Local Feta (1 oz.)	80	50	6	4.0				20	320		1			5
Parmesan Crisp (2 Tbsp.)	50	30	3.5	2.0				10	230		0			5
Roasted Organic Tofu (3 oz.)	160	110	12	1.0		2.5	5		530	0	3			9
Shaved Parmesan (1 oz.)	110	60	7	4.5				20	460		1			10
Shredded White Cheddar (1 oz.)	110	80	9	6				30	180					7
Tuna Poke (3.5 oz.)	110	15	2	0		0	0.5	40	250	410	1			22
Dressings														
Balsamic Vinaigrette (2 oz.)	270	260	29	4.0		3.0	21		50	20	3		3	0
Carrot Chili Vinaigrette (2 oz.)	190	160	18	1.5		12	3.0		85	60	7		6	0
Citrus Poppyseed Dressing (2 oz.)	240	210	24	2.5	0	5	12	5	45	40	8		6	0
Cranberry Vinaigrette (2 oz.)	250	200	23	3.0		2.5	16		0	30	13		12	0
Cucumber Basil Dressing (2 oz.)	110	80	10	1.0		6	1.5		160	40	3		2	3
Extra Virgin Olive Oil (2 oz.)	480	490	56	8		6	40							
Fresh Lemon Squeeze (2 oz.)	15								0	70	5		1	0
Fresh Lime Squeeze (2 oz.)	15								0	65	5			0
Greek Yogurt Bleu Cheese Dressing (2 oz.)	170	130	15	6				25	370	5	2			7
Greek Yogurt Caesar Dressing (2 oz.)	160	130	15	3.0		1.0	2.5	15	230	10	3		1	5
Lime Cilantro Jalapeño Vinaigrette (2 oz.)	190	170	19	2.0		13	3.0		35	45	3		2	0
Miso Sesame Ginger Dressing (2 oz.)	140	110	12	1.5		1.0	7		1020	25	5		2	4
Sriracha (0.1 oz.)	0								35		1			
Thai Cashew Dressing (2 oz.)	200	160	18	2.5		8	2.0		20	30	8		3	2
Grain Bowls (No Dressing)														
Ginger Steak and Rice Noodles Bowl	350	110	12	3.0		2.0	6	35	260	690	33	3	2	26
Greens and Ancient Grains Bowl	300	120	14	6		2.0	2.0	30	390	630	30	6	3	15
Southwest Grilled Chicken and Wild Rice Blend Bowl	650	300	34	9		3.5	13	95	540	1150	48	14	5	40
Spicy Chicken and Ancient Grains Bowl	320	90	10	1.5		3.0	4.5	65	490	880	28	5	5	31
Sriracha Ginger Tofu and Ancient Grains Bowl	320	150	16	1.5		4.0	7		780	640	29	5	5	15
Thai Chicken and Rice Noodles Bowl	340	110	13	1.5		2.5	4.5	65	290	510	28	3	2	29
Tuna Poke Grain Bowl	460	230	26	3.5		4.5	13	40	410	1260	30	11	3	33
Green Bowls (No Dressing)														
Chicken Cobb Greens Bowl	510	300	34	9		5.0	18	335	910	1240	17	9	2	38
Kale Caesar Chicken Greens Bowl	420	180	20	10		1.5	3.0	105	1170	660	11	3	2	48
Mediterranean Greens Bowl	440	220	25	7		2.0	6	20	650	820	39	11	7	20
Spicy Ginger Steak Greens Bowl	230	90	10	3.0		1.5	4.5	35	270	780	10	3	3	26
Sriracha Ginger Roasted Tofu Greens	240	120	14	1.0		3.0	6		660	860	17	6	3	15
Steak, Bacon and Bleu Greens Bowl	450	280	32	11		2.0	8	100	1060	700	6	3	2	39
Soup														
Broccoli Cheddar Soup - Full Portion (16 oz.)	350	210	24	15		0	1.0	70	1130	260	9	3	3	25
Broccoli Cheddar Soup - Side Portion (8 oz.)	180	100	12	7		0	0.5	35	560	130	5	2	2	13
Butternut Squash Soup (16 oz.)	170	60	7	0		1.5	2.5		730	510	29	3	3	4
Tomato Basil Soup - Full Portion (16 oz.)	340	210	24	11		1.0	7	45	1110	105	13	3	5	18
Tomato Basil Soup - Side Portion (8 oz.)	170	110	12	5		0.5	3.5	25	560	50	6	2	3	9
Teas														
Cider Green Tea	140								70	160	34		34	0
Plain Iced Tea	0								10	130	1			
Raspberry Ices Tea	0								0	30	1			
Tropical Green Iced Tea	0								0	30				1
Vegetable Broth Bowl														
Shiitake Mushrooms and Roasted Tofu Broth Bowl	280	170	19	1.5		3.0	7		1020	220	16	4	4	13
Veggies														
Basil Roasted Green Beans	35	10	1.0	0		0	0.5		200	180	6	2	3	2
Honey Roasted Sweet Potatoes	150	15	2.0	0		0	1.0		105	640	32	5	13	3
Lemon Garlic Brussel Sprouts	50	20	2.0	0		0	1.5		140	310	8	3	2	3
Roasted Curried Cauliflower	70	40	4.5	0.5		0	3.0		80	330	6	2	2	2
Smoked Paprika Roasted Butternut Squash	70	10	1.0	0		0	0.5		115	420	15	5	3	1
Thyme Roasted Asparagus	25	10	1.0	0		0	0.5		115	170	3	2	2	2