

CoreLife Eatery - Nutrition Facts

January 9, 2018

	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	
Apple Cider Green Tea	140								70	160	34		34	
Honey Ginger Lemonade	80								10	85	24		21	
Fruit Punch	140								90	560	33		28	2
Bone Broth Bowls														
Chicken and Rice Noodle Broth Bowl	590	320	36	2.0		2.5	5.0	70	1600	680	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 Steak and Rice Noodle Broth Bowl	560	290	33	4.5	0	2.0	6	35	1290	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.)	220	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 Forbidden Rice Blend (2 oz.)	70	0	0.5						0	55	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
Savoy 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

CoreLife Eatery - Nutrition Facts

January 9, 2018

	Calories	Calories from fat	Total fat (g)	Saturated Fat (g)	Trans fat (g)	Poly unsaturated fat (g)	Mono unsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Create Your Own – Premiums continued.														
Spicy Cumin Steak (2.6 oz.)	140	50	6	2.5			2.5	35	80	240				2
Balsamic Soy Chicken (2.6 oz.)	160	50	8	1.0		2.0	4.5	50	370	160	1			22
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		970	25	5		2	4
Ranch Dressing (2 oz.)	140	120	13	2.5				15	260	40	3		2	2
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)														
Greens and Ancient Grains Bowl	300	120	14	6		2.0	2.0	30	390	630	30	6	3	15
Southwest Grilled Chicken and Forbidden Rice Blend	650	300	34	9		3.5	13	95	540	1150	48	13	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
Spicy Thai Chicken and Rice Noodles Bowl	440	90	10	1.5		3.5	5.0	50	1300	690	60	2	7	26
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
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	950	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														
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

CoreLife Eatery - Nutrition Facts

January 9, 2018

	Calories	Calories from fat	Total fat (g)	Saturated Fat (g)	Trans fat (g)	Poly unsaturated fat (g)	Mono unsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Roasted Vegetable														
Chilled Grain Salad	190	80	9	1.0		2.	4.0		120	210	26	2	3	4
Roasted Root Vegetable Medley	150	50	5	1.0		5.0	4.0		530	560	23	6	10	3
Seasonal Brussels Sprouts	160	40	4.5	.5		.5	3.0		230	440	29	4	19	4
Seasonal Squash Medley	40	10	1.5	0		0	.5		350	380	9	2	6	2
Warm Rice Bowls														
Ranch Flank Steak Rice Bowl	1080	460	52	9		16	15	65	916	1340	98	14	20	58
Spicy Chicken Rice Bowl	1100	450	51	6		18	13	105	1500	1440	104	15	23	59