Restaurant Foods Nutrition Facts

ASIAN MTO	Serving Size (g)	Calories	Total Fat (g)	Total Fat (%DV)	Saturated Fat (g)	Saturated Fat (%DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (%DV)	Sodium (mg)	Sodium (%DV)	Total Carbohydrates (g)	Total Carbohydrates (%DV)	Dietary Fiber (g)	Dietary Fiber (%DV)	Sugar (g)	Added Sugar (g)	Added Sugar (%DV)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)
BASE	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Asian Stir Fried Vegetables	5 oz (142g)	130	4	5	0.5	3	0	0	0	570	25	18	7	5	18	11	7	14	3	0	2	6	6
Jasmine Rice	5 oz (142g)	240	0	0	0	0	0	0	0	0	0	52	19	0	0	0	0	0	4	0	0	15	0
Quinoa Brown Rice	5 oz (142g)	290	11	14	2	10	0	0	0	280	12	45	16	2	7	1	0	0	5	0	0	6	4
ENTRÉE	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Black Pepper Beef	1 bowl (194g)	340	22	28	4.5	23	0	50	17	1600	70	21	8	1	4	10	8	16	15	0	4	6	8
Danny's Favorite Dan Dan Noodle Bowl	1 bowl (466g)	1050	63	81	11	55	0	45	15	2090	91	81	29	1	4	9	8	16	39	0	8	30	15
Ginger Garlic Chicken	1 bowl (234g)	530	36	46	6	30	0	95	32	1560	68	28	10	1	4	11	9	18	20	6	2	6	15
Spicy General Tso Chicken	1 bowl (225g)	360	21	27	2.5	13	0	70	23	1030	45	30	11	1	4	18	15	30	14	0	2	6	10
Spicy General Tso Tofu	1 bowl (225g)	390	27	35	3	15	0	0	0	1190	52	26	9	2	7	16	13	26	12	0	2	10	4
Teriyaki Black Pepper Salmon	1 bowl (191g)	300	16	21	3	15	0	55	18	1690	73	18	7	1	4	13	12	24	22	60	2	0	10
Thai Yellow Curry Shrimp	1 bowl (198g)	220	17	22	11	55	0	75	25	1070	47	8	3	0	0	5	2	4	10	0	2	6	6
VEGETABLE	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Quartered Bok Choy	3 oz (85g)	10	0	0	0	0	0	0	0	55	2	2	1	1	4	1	0	0	1	0	6	6	4
Broccoli Florets	3 oz (85g)	25	0	0	0	0	0	0	0	25	1	4	1	2	7	1	0	0	3	0	4	6	6

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Monday - Friday 8 AM – 7 PM ET
Saturday & Sunday 8 AM – 5 PM ET

ASIAN MTO	Serving Size (g)	Calories	Total Fat (g)	Total Fat (%DV)	Saturated Fat (g)	Saturated Fat (%DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (%DV)	Sodium (mg)	Sodium (%DV)	Total Carbohydrates (g)	Total Carbohydrates (%DV)	Dietary Fiber (g)	Dietary Fiber (%DV)	Sugar (g)	Added Sugar (g)	Added Sugar (%DV)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)
GARNISH	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Blanched Red Peppers	1 oz (28g)	10	0	0	0	0	0	0	0	0	0	2	1	1	4	1	0	0	0	0	0	0	2
Scallions	1 Tbsp (6g)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Restaurant Foods Nutrition Facts

Made-to-Order Mezze Bowls	Serving Size (Household Measure)	Calories	Total Fat (g)	Total Fat (%DV)	Saturated Fat (g)	Saturated Fat (%DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (%DV)	Sodium (mg)	Sodium (%DV)	Total Carbohydrates (g)	Total Carbohydrates (%DV)	Dietary Fiber (g)	Dietary Fiber (%DV)	Sugar (g)	Added Sugar (g)	Added Sugar (%DV)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)
Mezze Bowls	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Balsamic Chicken Bowl	1 Bowl	910	55	71	7	35	0	55	18	1330	58	70	25	7	25	15	7	14	30	0	6	30	20
Chicken Shawarma Mezze Bowl	1 Bowl	650	34	44	6	30	0	70	23	1610	70	55	20	4	14	5	1	2	29	0	6	15	20
Cilantro Lime Chicken Bowl	1 Bowl	910	43	55	13	65	0	115	38	1700	74	88	32	9	32	7	0	0	34	6	25	35	30
Harissa Chicken Mezze Bowl	1 Bowl	750	41	53	8	40	0	100	33	1330	58	65	24	8	29	7	1	2	33	0	8	30	20
So Lamb Good Mezze Bowl	1 Bowl	680	39	50	11	55	0	55	18	1490	65	62	23	6	21	4	0	0	23	0	10	30	15
Szechuan Chicken Bowl	1 Bowl	630	30	38	5	25	0	55	18	1930	84	59	21	5	18	7	3	6	31	0	6	15	20
Teriyaki Black Pepper Salmon	1 bowl (191g)	300	16	21	3	15	0	55	18	1690	73	18	7	1	4	13	12	24	22	60	2	0	10
Vegan Mezze Bowl	1 Bowl	640	36	46	4.5	23	0	0	0	1300	57	75	27	10	36	9	0	0	13	0	6	30	15
Sides	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Baba Ghanouj	3 oz	320	34	44	3	15	0	0	0	300	13	5	2	1	4	0	0	0	1	0	0	0	2
Guacamole	3 oz	170	14	18	3	15	0	0	0	430	19	7	3	4	14	1	0	0	0	0	0	0	6
Roasted Red Pepper Hummus	3 oz	170	10	13	0	0	0	0	0	280	12	17	6	6	21	3	0	0	6	0	4	30	4
Spicy Feta	3 oz	190	16	21	9	45	0	35	12	700	30	2	1	0	0	0	0	0	10	0	15	10	0
Traditional Hummus	3 oz	200	11	14	1.5	8	0	0	0	270	12	17	6	6	21	3	0	0	9	0	2	30	4
Za'atar Flatbread Wedges	4 Wedges	240	10	13	2	10	0	5	2	570	25	33	12	1	4	3	1	2	5	0	6	10	2

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Made-to-Order Mezze Bowls	Serving Size (Household Measure)	Calories	Total Fat (g)	Total Fat (%DV)	Saturated Fat (g)	Saturated Fat (%DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (%DV)	Sodium (mg)	Sodium (%DV)	Total Carbohydrates (g)	Total Carbohydrates (%DV)	Dietary Fiber (g)	Dietary Fiber (%DV)	Sugar (g)	Added Sugar (g)	Added Sugar (%DV)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)
Bases	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Citrus Chickpea Salad	6 oz	230	11	14	1	5	0	0	0	410	18	27	10	4	14	8	0	0	8	0	2	10	6
Baby Spinach	1 oz	5	0	0	0	0	0	0	0	20	1	1	0	1	4	0	0	0	1	0	2	6	4
Mixed Greens (Kale, Chard, & Spinach)	1 oz	5	0	0	0	0	0	0	0	50	2	1	0	1	4	0	0	0	1	0	2	0	4
Quinoa Brown Rice	5 oz	290	11	14	2	10	0	0	0	280	12	45	16	2	7	1	0	0	5	0	0	6	4
Veggies & Friends	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Barrel-Aged Feta Cheese	1 tbsp	20	1.5	2	1	5	0	5	2	75	3	0	0	0	0	0	0	0	1	0	2	0	0
Chopped Dates	1 tbsp	25	0	0	0	0	0	0	0	0	0	6	2	0	0	4	2	4	0	0	0	0	0
Citrus Chickpea Salad	1 oz	40	2	3	0	0	0	0	0	70	3	4	1	1	4	1	0	0	1	0	0	0	2
Crunchy Chickpeas	0.75 oz	90	4.5	6	0	0	0	0	0	140	6	11	4	4	14	1	0	0	4	0	2	6	4
Fire Roasted Corn	2 tbsp	25	1	1	0	0	0	0	0	85	4	4	1	1	4	2	0	0	1	0	0	0	0
Flavor Bomb Tomatoes	4 each (8 halves)	15	0	0	0	0	0	0	0	0	0	3	1	0	0	2	0	0	0	0	0	0	4
Kalamata Olives	2 tbsp	10	1	1	0	0	0	0	0	55	2	0	0	0	0	0	0	0	0	0	0	0	0
Mini Cucumbers	2 tbsp	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Pickled Red Onions	1 tbsp	5	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
Rainbow Slaw	2 tbsp	5	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
Scoops	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Baba Ghanouj	1 oz	110	11	14	1	5	0	0	0	100	4	2	1	0	0	0	0	0	0	0	0	0	0

Made-to-Order Mezze Bowls	Serving Size (Household Measure)	Calories	Total Fat (g)	Total Fat (%DV)	Saturated Fat (g)	Saturated Fat (%DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (%DV)	Sodium (mg)	Sodium (%DV)	Total Carbohydrates (g)	Total Carbohydrates (%DV)	Dietary Fiber (g)	Dietary Fiber (%DV)	Sugar (g)	Added Sugar (g)	Added Sugar (%DV)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)
Guacamole	1.5 oz	90	7	9	1.5	8	0	0	0	210	9	3	1	2	7	1	0	0	0	0	0	0	2
Harissa Paste	1 oz	25	1	1	0	0	0	0	0	280	12	4	1	1	4	2	0	0	1	0	0	0	2
Roasted Red Pepper Hummus	1 oz	60	3.5	4	0	0	0	0	0	95	4	6	2	2	7	1	0	0	2	0	2	10	2
Spicy Feta	1 oz	60	5	6	3	13	0	10	3	230	10	1	0	0	0	0	0	0	3	0	6	6	0
Traditional Hummus	1 oz	70	4	5	0	0	0	0	0	90	4	6	2	2	7	1	0	0	3	0	0	10	2
Proteins	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Grilled Lemon Garlic Chicken Breast	3 oz	160	7	9	1	5	0	55	18	530	23	1	0	0	0	0	0	0	21	0	0	6	8
Honey Harissa Chicken Thighs	3 oz	170	9	12	2.5	13	0	95	32	190	8	2	1	0	0	1	1	2	23	0	0	0	6
Lamb Meatballs	3 oz	200	15	19	7	35	0	45	15	610	27	3	1	1	4	1	0	0	12	0	2	6	2
Shawarma Chicken	3 oz	160	7	9	1	5	0	55	18	720	31	2	1	0	0	1	1	2	20	0	0	6	8
Za'atar Roasted Eggplant & Cauliflower	4 oz	90	7	9	1	5	0	0	0	350	15	5	2	2	7	2	0	0	1	0	2	0	6
Sauces	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Balsamic Vinaigrette	1.5 oz	210	21	27	2.5	13	0	0	0	210	9	0	0	0	0	5	5	10	0	0	0	0	0
Garlic Aioli	.5 oz	80	8	10	1.5	8	0	5	2	55	2	1	0	0	0	0	0	0	0	0	0	0	0
Harissa Vinaigrette	1.5 oz	80	8	10	1	5	0	0	0	330	14	3	1	1	4	1	0	0	0	0	0	0	2
Organic Amore Lemon Dressing	1.5 oz	240	26	33	3.5	18	0	0	0	300	13	1	0	0	0	1	0	0	0	0	0	0	0
Shawarma Sauce	1.5 oz	60	7	9	1	5	0	0	0	390	17	1	0	1	4	1	0	0	1	0	0	0	0
Tzatziki	1.5 oz	50	4.5	6	1	5	0	5	2	170	7	2	1	0	0	0	0	0	1	0	2	0	0