

NATIVE FOODS

Nutritional Information

Down-to-earth delicious.

2021 v3



	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
BITES AND SHAREABLES												
Cauliflower Dippers - Plain	410	220	25	2	0	0	270	570	38	5	5	8
Cauliflower Dippers w/ Buffalo Sauce	410	220	25	2	0	0	1490	570	38	5	5	8
Cauliflower Dippers w/ Thai Chili Cilantro Sauce	540	250	29	2.5	0	0	960	580	62	6	24	8
Add Ranch Dip to Cauliflower Dippers	250	220	24	4.5	0	0	330	20	4	0	0	0
Nachos	900	530	60	7	0	0	1910	580	79	12	16	11
Add Taco Meat to Nachos	120	35	3.5	0	0	0	240	200	8	0	0	15
Add BBQ Chicken to Nachos	170	30	3.5	0	0	0	660	240	24	1	15	11
Chicken Wings Small - Plain	640	310	35	3	0	0	1110	770	45	5	4	33
Chicken Wings Small w/ Buffalo Sauce	640	310	35	3	0	0	1780	760	45	5	4	33
Chicken Wings Small w/ Thai Chili Cilantro Sauce	710	330	38	3	0	0	1490	770	59	6	15	33
Chicken Wings Reg - Plain	1020	510	57	4.5	0	0	1770	1170	71	8	5	52
Chicken Wings Reg w/ Buffalo Sauce	1020	510	57	4.5	0	0	2850	1170	71	8	5	52
Chicken Wings Reg w/ Thai Chili Cilantro Sauce	1140	540	61	5	0	0	2380	1180	92	9	23	52
Add Ranch Dip to Chicken Wings	250	220	24	4.5	0	0	330	20	4	0	0	0
SALADS AND SOUP												
BBQ Chicken Salad - No Dressing	613	221	24.6	3	0	0	2357	1293	64.51	14.23	24	39
Add Green Goddess Dressing to BBQ Chicken Salad	227	193	21.4	4	0	0	243	67	6.49	0.77	2	0
Taco Salad - No Dressing	405	128	14.2	1.4	0	0	896	965	42	8	8	30
Add Creamy Chipotle Dressing to Taco Salad	275	223	24.8	4.6	0	0	264	5	10	0	7	0
Cauliflower Soup Bowl	210	150	17	1	0	0	650	440	10	3	4	3
Cauliflower Soup Cup	110	80	9	0.5	0	0	330	230	5	2	2	2
Organic Chickpea Lentil Soup Bowl	200	30	3	0	0	0	990	0	32	9	5	11
Organic Chickpea Lentil Soup Cup	100	15	1.5	0	0	0	490	0	16	4	2	6
Organic Coconut Lentil Soup Bowl	240	50	6	3	0	0	840	0	34	11	4	14
Organic Coconut Lentil Soup Cup	120	25	3	1.5	0	0	420	0	17	6	2	7
Potato Kale Soup Bowl	200	50	6	1	0	0	1360	690	35	4	5	4
Potato Kale Soup Cup	100	25	3	0	0	0	680	350	18	2	2	2
Red Thai Curry Soup Bowl	680	540	61	47	0	0	1040	860	34	6	14	7
Red Thai Curry Soup Cup	340	270	31	24	0	0	520	430	17	3	7	3
Tortilla Soup Bowl	200	90	10	0.5	0	0	980	430	25	4	5	4
Tortilla Soup Cup	140	70	7	0.5	0	0	490	220	16	3	3	2

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BURGERS												
BBQ Brisket Burger	1440	680	77	12	0	0	2470	760	131	7	19	41
Double Cheeseburger	840	340	39	9	0	0	1860	850	81	3	12	40
Gastropub Burger	1400	680	77	13	0	0	2280	500	123	6	13	38
Poppin Jalapeno Burger	1280	640	73	20	0	0	2250	900	110	5	8	39
HANDHELDS												
Cauliflower Chickpea Shawarma Wrap	940	470	53	7	0	0	1510	860	95	15	5	21
Cauliflower Po' Boy	760	260	30	5	0	0	1940	650	101	6	7	15
Crazy Good Grilled Chicken Sandwich	810	380	43	11	0	0	1430	640	75	7	7	30
Meatball Sub	950	420	47	9	0	0	2180	710	96	8	6	28
Chicken Bacon Avo Club	910	440	50	6	0	0	1980	960	83	10	10	32
Chicken Run Ranch	920	460	52	6	0	0	1420	840	79	6	7	34
The Real Nashville Hot	890	500	56	9	0	0	2250	620	74	6	8	23
Twister Wrap w/ Crispy Chicken And Chipotle	920	430	48	8	0	0	1880	1140	91	13	8	31
Twister Wrap w/ Crispy Chicken And Ranch	910	430	48	8	0	0	1910	1150	88	13	5	31
Twister Wrap w/ Crispy Chicken, Buffalo, Chipotle	920	430	48	8	0	0	3090	1140	91	13	8	31
Twister Wrap w/ Crispy Chicken, Buffalo, Ranch	910	430	48	8	0	0	3130	1150	88	13	5	31
Twister Wrap w/ Grilled Chicken And Chipotle	750	310	35	7	0	0	1830	1240	77	13	9	34
Twister Wrap w/ Grilled Chicken And Ranch	740	310	35	7	0	0	1860	1250	74	13	6	34
Twister Wrap w/ Grilled Chicken, Buffalo, Chipotle	750	310	35	7	0	0	3020	1230	77	13	8	34
Twister Wrap w/ Grilled Chicken, Buffalo, Ranch	740	310	35	7	0	0	3050	1240	74	13	5	34
ENTREES												
Buddha Bowl w/ Jasmine Rice	780	270	30	3	0	0	600	890	117	11	21	14
Buddha Bowl w/ Cauliflower Rice	520	270	31	3	0	0	680	1140	57	12	22	11
Cauliflower Chickpea Shawarma w/ Jasmine Rice	650	310	35	4	0	0	970	1030	71	14	7	17
Cauliflower Chickpea Shawarma w/ Cauli. Rice	450	280	31	4	0	0	1050	960	36	10	9	10
Orange Cauliflower w/ Brown Rice	830	390	44	4.5	0	0	1910	910	91	8	21	19
Orange Cauliflower w/ Cauliflower Rice	710	380	43	4.5	0	0	1990	1060	66	8	23	17

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KIDS												
Chicken Strips - No Sauces	380	190	21	1.5	0	0	660	410	26	3	1	19
Add Ranch Dip to Chicken Strips	250	220	24	4.5	0	0	330	20	4	0	0	0
Kids Seasoned Fries	240	140	15	2	0	0	440	320	21	2	1	2
Lil' Buddha Bowl	370	110	13	1.5	0	0	390	510	60	6	11	6
Kids Side: Brown Rice	140	10	1.5	0	0	0	10	105	30	1	0	3
Kids Side: Steamed Veggies	15	0	0	0	0	0	20	160	3	1	2	1
SIDES												
Sweet Potato Fries Side	470	270	31	2	0	0	430	410	43	5	13	3
Sweet Potato Fries Large	840	490	55	3.5	0	0	590	730	77	9	22	6
Seasoned Fries Side	400	230	26	3.5	0	0	780	540	36	4	2	4
Seasoned Fries Large	710	410	46	7	0	0	1220	960	64	6	3	6
Side Salad - No Dressing	35	0	0	0	0	0	60	310	7	2	4	2
Add Balsamic Tarragon Dressing to Side Salad	160	130	15	1	0	0	135	40	3	0	2	0
Steamed Kale	60	15	2.0	0	0	0	50	340	10	4	2	3
DESSERTS												
Chocolate Chip Cookie	350	110	13	5	0	0	250	0	55	2	33	4
Oatmeal Cream Pie	590	290	32	9	0	0	430	0	61	0	48	3
Peanut Butter Parfait	630	300	34	11	0	0	150	360	75	4	53	15
CRAFTED BEVERAGES												
Iced Tea Black (12 fl Oz)	0	0	0	0	0	0	10	130	1	0	0	0
Iced Tea Blueberry (12 fl Oz)	0	0	0	0	0	0	0	30	1	0	0	0
Iced Tea Green (12 fl Oz)	0	0	0	0	0	0	0	30	0	0	0	1
Lavendar Lemonade (22 fl Oz)	250	0	0	0	0	0	85	95	66	1	60	0
ML Iced Tea - Black Organic (12 fl Oz)	0	0	0	0	0	0	10	130	1	0	0	0
ML Iced Tea - Green Sunburst (12 fl Oz)	0	0	0	0	0	0	0	30	0	0	0	1
ML Iced Tea - Pomberry (12 fl Oz)	0	0	0	0	0	0	0	30	1	0	0	0
Watermelon Fresca (22 fl Oz)	180	0	0	0	0	0	15	160	46	0	44	1