

MENU - SUMMER 2020	Cals	Cals from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>SEASONAL MENU</b>											
Maize Runner	489-529	263	30	5	0	3	488	61	16	14	18
<b>SALADS</b>											
L&G Caesar	441 - 491	241	27	10	0	123	1033	13	5	2	40
The Classic	519 - 579	305	34	8	0	58	771	25	6	21	27
Sonny's Garden	309 - 349	146	16	5	0	67	555	19	6	8	25
The Oasis	529 - 597	243	27	4	0	0	1296	59	15	11	17
MFH Veggie Boost	429 - 454	230	26	6	0	21	956	37	9	17	18
Pollo Laredo	102 - 910	84	9	1	0	0	4	5	4	0	1
<b>GRAINBOWLS</b>											
The Alamo 2.0*	675 - 780	355	39	9	0	113	1181	66	16	10	35
The Common Table	535 - 594	267	30	6	0	54	1004	33	8	8	30
Herb Your Enthusiasm	447 - 483	169	19	3	0	43	1260	39	7	7	32
"ISF" - Immunity System Fortifier	504 - 533	246	27	4	0	43	632	39	13	6	29
Good Greek!	431 - 490	158	18	3	0	43	877	45	6	6	25

Calorie ranges reflect light to medium dressing. Detailed nutrition information includes light dressing.

\*Detailed nutrition information includes suggested chicken thigh; please see the by bowl breakdowns for more information.

BASES	Cals	Cals from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>GREENS</b>											
Arugula	24	6	1	0	0	0	26	3	2	2	2
Shredded Kale	30	11	1	0	0	0	45	4	3	1	2
Chopped Romaine	26	4	0	0	0	0	12	5	3	2	2
Spinach	24	4	0	0	0	0	83	4	2	0	3
<b>GRAINS</b>											
Quinoa	102	15	2	0	0	0	6	18	2	1	4
Brown Rice	105	7	1	0	0	0	428	22	1	0	2

STANDARD INGREDIENTS	Cals	Cals from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Almonds	84	67	7	0	0	0	56	3	1	0	3
Apples	21	1	0	0	0	0	0	0	1	4	0
Basil	1	0	0	0	0	0	0	0	0	0	0
Black Beans	61	2	0	0	0	0	109	11	4	0	4
Red Cabbage	12	1	0	0	0	0	10	3	1	1	1
Shredded Carrots	9	0	0	0	0	0	16	2	0	1	0
Pickled Celery	3	0	0	0	0	0	167	1	0	0	0
Cilantro	2	0	0	0	0	0	4	0	0	0	0
Fresh Corn	31	4	0	0	0	0	5	7	1	2	1
Dried Cranberries	62	2	0	0	0	0	1	17	1	15	0
Homemade Croutons	38	4	0	0	0	0	75	7	1	1	2
Persian Cucumbers	7	0	0	0	0	0	1	2	0	1	0
Green Onion	3	0	0	0	0	0	2	1	0	0	0
Jalapeño	5	1	0	0	0	0	0	1	0	1	0
Jicama	7	0	0	0	0	0	1	2	1	0	0
Fresh Mint	1	0	0	0	0	0	1	0	0	0	0
Roasted Pepitas (Pumpkin Seeds)	80	62	7	1	0	0	36	2	1	0	4
Pita Chips	73	22	2	0	0	0	115	12	1	1	2
Radish	4	0	0	0	0	0	9	1	0	0	0
Diced Red Onion	9	0	0	0	0	0	1	2	0	1	0
Roasted Sweet Potatoes	54	16	2	0	0	0	182	9	1	0	1
Pickled Turnip	3	0	0	0	0	0	150	1	0	0	0
Cherry Tomatoes	13	1	0	0	0	0	3	3	1	2	0
Tortilla Chips	80	36	4	1	0	0	43	10	1	0	1
Walnuts	105	94	10	1	0	0	0	2	1	0	2

PREMIUM INGREDIENTS	Cals	Cals from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Acorn Squash	4	2	1	0	0	0	90	13	4	8	3
Avocado	102	84	9	1	0	0	4	5	4	0	1
Blue Cheese	74	53	6	4	0	15	281	0	0	0	4
Roasted Brussels Sprouts	30	19	2	0	0	0	194	2	1	1	1
Roasted Broccoli	28	20	2	0	0	0	152	2	1	0	1
Homemade Hummus	147	64	7	1	0	0	289	16	5	2	6
House Cheese Blend	101	74	8	5	0	23	179	0	0	0	6
Creamy Feta Cheese	65	51	6	4	0	24	226	1	0	1	3
Fresh Goat Cheese	67	49	5	4	0	12	117	0	0	0	5
Shaved Parmesan	94	54	6	3	0	21	223	0	0	0	9

Parmesan Crisp	100	70	8	5	0	25	480	1	0	0	10
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PROTEINS	Cals	Cals from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Roasted Chicken Breast	82	11	1	0	0	43	64	0	0	0	17
Roasted Chicken Thigh	144	73	8	2	0	90	283	0	0	0	17
Hard Boiled Egg	78	48	5	2	0	186	62	1	0	1	6
Homemade Herb Falafel	110	16	2	0	0	0	369	18	5	3	6
Sautéed Mushroom Mix	69	30	3	0	0	0	439	6	2	4	5
Roasted Tofu	90	48	5	1	0	0	301	2	1	1	7

DRESSINGS	Cals	Cals from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Asian Ginger Vinaigrette	72	54	6	1	0	0	189	2	0	1	0
Avocado Vinaigrette	79	75	8	1	0	0	194	2	0	1	0
Balsamic Vinaigrette	105	94	10	1	0	0	89	3	0	2	0
Caesar Dressing	100	94	10	1	0	34	162	1	0	0	1
Cilantro Jalapeño Dressing	61	51	6	1	0	3	264	2	0	1	1
Chipotle Lime Vinaigrette	85	64	7	1	0	0	84	6	0	5	0
Citrus Vinaigrette	51	46	5	0	0	0	124	1	0	1	0
Honey White-Balsamic Vinaigrette	117	101	11	1	0	0	100	2	0	2	0
Citrus Turmeric Ginger Vinaigrette	57	40	4	1	0	0	259	2	0	1	0
Ranch Dressing	65	56	6	1	0	4	304	1	0	1	1
Yia-Yia's Vinaigrette	118	113	13	2	0	0	216	1	0	0	0
Zhug Vinaigrette	135	132	15	2	0	0	171	1	0	0	0
Balsamic Vinegar	13	0	0	0	0	0	3	3	0	2	0
Lemon Vinaigrette	122	120	13	2	0	0	175	0	0	0	0
Lemon Squeeze	4	0	0	0	0	0	0	1	0	0	0
Lime Squeeze	4	0	0	0	0	0	0	1	0	0	0
Extra Virgin Olive Oil	221	221	25	4	0	0	0	0	0	0	0
Sriracha	12	1	0	0	0	0	231	2	0	2	0
Freshly Cracked Black Pepper	2	0	0	0	0	0	0	1	0	0	0
Kosher Salt	0	0	0	0	0	0	484	0	0	0	0

Nutrition information is based on light dressing.

THE ALAMO 2.0	Cals	Cals from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
vegetarian option (594 - 636 cals)	594	282	31	8	0	23	897	65	16	10	19
Chicken Breast (675 - 718 cals)	675	293	33	8	0	66	962	65	16	10	35
Chicken Thigh (737 - 780 cals)	737	355	39	9	0	113	1181	66	16	10	35
Shredded Kale	30	11	1	0	0	0	45	4	3	1	2
Brown Rice	105	7	1	0	0	0	428	22	1	0	2
Roasted Chicken Thigh	144	73	8	2	0	90	283	0	0	0	17
Roasted Chicken Breast	82	11	1	0	0	43	64	0	0	0	17
Avocado	102	84	9	1	0	0	4	5	4	0	1
House Cheese Blend	101	74	8	5	0	23	179	0	0	0	6
Black Beans	61	2	0	0	0	0	109	11	4	0	4
Jalapeño	5	1	0	0	0	0	0	1	0	1	0
Diced Red Onion	9	0	0	0	0	0	1	2	0	1	0
Cherry Tomatoes	13	1	0	0	0	0	3	3	1	2	0
Tortilla Chips	80	36	4	1	0	0	43	10	1	0	1
Chipotle Lime Vinaigrette	85	64	7	1	0	0	84	6	0	5	0
Lime Squeeze	4	0	0	0	0	0	0	1	0	0	0

L&G CAESAR	Cals	Cals from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
441 - 491 cals	441	241	27	10	0	123	1033	13	5	2	40
Shredded Kale	15	6	1	0	0	0	23	2	2	0	1
Chopped Romaine	13	2	0	0	0	0	6	2	1	1	1
Roasted Chicken Breast	82	11	1	0	0	43	64	0	0	0	17
Shaved Parmesan	94	54	6	3	0	21	223	0	0	0	9
Homemade Croutons	38	4	0	0	0	0	75	7	1	1	2
Parmesan Crisp	100	70	8	5	0	25	480	1	0	0	10
Caesar Dressing	100	94	10	1	0	34	162	1	0	0	1

THE COMMON TABLE	Cals	Cals from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
535 - 594 cals	535	267	30	6	0	54	1004	33	8	8	30
Shredded Kale	30	11	1	0	0	0	45	4	3	1	2
Brown Rice	105	7	1	0	0	0	428	22	1	0	2
Roasted Chicken Breast	82	11	1	0	0	43	64	0	0	0	17
Roasted Brussels Sprouts	30	19	2	0	0	0	194	2	1	1	1

Apples	21	1	0	0	0	0	0	0	1	4	0
Fresh Goat Cheese	67	49	5	4	0	12	117	0	0	0	5
Almonds	84	67	7	0	0	0	56	3	1	0	3
Honey White-Balsamic Vinaigrette	117	101	11	1	0	0	100	2	0	2	0

THE CLASSIC	Cals	Cals from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
519 - 579 cals	519	305	34	8	0	58	771	25	6	21	27
Spinach	12	2	0	0	0	0	41	2	1	0	2
Arugula	12	3	0	0	0	0	13	2	1	1	1
Apples	21	1	0	0	0	0	0	0	1	4	0
Blue Cheese	74	53	6	4	0	15	281	0	0	0	4
Roasted Brussels Sprouts	30	19	2	0	0	0	194	2	1	1	1
Roasted Chicken Breast	82	11	1	0	0	43	64	0	0	0	17
Walnuts	105	94	10	1	0	0	0	2	1	0	2
Dried Cranberries	62	2	0	0	0	0	1	17	1	15	0
Lemon Vinaigrette	122	120	13	2	0	0	175	0	0	0	0

HERB YOUR ENTHUSIASM	Cals	Cals from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
447 - 483 cals	447	169	19	3	0	43	1260	39	7	7	32
Spinach	24	4	0	0	0	0	83	4	2	0	3
Brown Rice	105	7	1	0	0	0	428	22	1	0	2
Roasted Chicken Breast	82	11	1	0	0	43	64	0	0	0	17
Sautéed Mushroom Mix	69	30	3	0	0	0	439	6	2	4	5
Shredded Carrots	9	0	0	0	0	0	16	2	0	1	0
Green Onion	3	0	0	0	0	0	2	1	0	0	0
Cilantro	2	0	0	0	0	0	4	0	0	0	0
Basil	1	0	0	0	0	0	0	0	0	0	0
Roasted Pepitas (Pumpkin Seeds)	80	62	7	1	0	0	36	2	1	0	4
Asian Ginger Vinaigrette	72	54	6	1	0	0	189	2	0	1	0

IMMUNITY	Cals	Cals from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
504 - 533 cals	504	246	27	4	0	43	632	39	13	6	29
Shredded Kale	15	6	1	0	0	0	23	2	2	0	1
Spinach	12	2	0	0	0	0	41	2	1	0	2
Quinoa	102	15	2	0	0	0	6	18	2	1	4
Roasted Chicken Breast	82	11	1	0	0	43	64	0	0	0	17
Avocado	102	84	9	1	0	0	4	5	4	0	1
Shredded Carrots	9	0	0	0	0	0	16	2	0	1	0
Red Cabbage	12	1	0	0	0	0	10	3	1	1	1
Roasted Broccoli	28	20	2	0	0	0	152	2	1	0	1
Almonds	84	67	7	0	0	0	56	3	1	0	3
Citrus Turmeric Ginger Vinaigrette	57	40	4	1	0	0	259	2	0	1	0

POLLO LAREDO	Cals	Cals from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
479 - 510 cals	479	264	29	8	0	68	569	29	9	6	28
Chopped Romaine	13	2	0	0	0	0	6	2	1	1	1
Cherry Tomatoes	7	0	0	0	0	0	2	1	1	1	0
Fresh Corn	31	4	0	0	0	0	5	7	1	2	1
Green Onion	3	0	0	0	0	0	2	1	0	0	0
House Cheese Blend	101	74	8	5	0	23	179	0	0	0	6
Avocado	102	84	9	1	0	0	4	5	4	0	1
Roasted Chicken Breast	82	11	1	0	0	43	64	0	0	0	17
Tortilla Chips	80	36	4	1	0	0	43	10	1	0	1
Cilantro Jalapeño Dressing	61	51	6	1	0	3	264	2	0	1	1

SONNY'S GARDEN	Cals	Cals from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
309 - 349 cals	309	146	16	5	0	67	555	19	6	8	25
Spinach	12	2	0	0	0	0	41	2	1	0	2
Chopped Romaine	13	2	0	0	0	0	6	2	1	1	1
Roasted Chicken Breast	82	11	1	0	0	43	64	0	0	0	17
Cherry Tomatoes	13	1	0	0	0	0	3	3	1	2	0
Radish	4	0	0	0	0	0	9	1	0	0	0
Fresh Mint	1	0	0	0	0	0	1	0	0	0	0
Cilantro	2	0	0	0	0	0	4	0	0	0	0
Fresh Corn	31	4	0	0	0	0	5	7	1	2	1
Persian Cucumbers	7	0	0	0	0	0	1	2	0	1	0
Creamy Feta Cheese	65	51	6	4	0	24	226	1	0	1	3

Avocado Vinaigrette	79	75	8	1	0	0	194	2	0	1	0
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THE OASIS	Cals	Cals from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
529 - 597 cals	529	243	27	4	0	0	1296	59	15	11	17
Shredded Kale	15	6	1	0	0	0	23	2	2	0	1
Chopped Romaine	13	2	0	0	0	0	6	2	1	1	1
Homemade Herb Falafel	110	16	2	0	0	0	369	18	5	3	6
Homemade Hummus	147	64	7	1	0	0	289	16	5	2	6
Fresh Mint	1	0	0	0	0	0	1	0	0	0	0
Pickled Turnip	3	0	0	0	0	0	150	1	0	0	0
Pickled Celery	3	0	0	0	0	0	167	1	0	0	0
Persian Cucumbers	7	0	0	0	0	0	1	2	0	1	0
Diced Red Onion	9	0	0	0	0	0	1	2	0	1	0
Cherry Tomatoes	13	1	0	0	0	0	3	3	1	2	0
Pita Chips	73	22	2	0	0	0	115	12	1	1	2
Zhug Vinaigrette	135	132	15	2	0	0	171	1	0	0	0

GOOD GREEK!	Cals	Cals from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
431 - 490 cals	431	158	18	3	0	43	877	45	6	6	25
Chopped Romaine	13	2	0	0	0	0	6	2	1	1	1
Spinach	12	2	0	0	0	0	41	2	1	0	2
Brown Rice	105	7	1	0	0	0	428	22	1	0	2
Roasted Chicken Breast	82	11	1	0	0	43	64	0	0	0	17
Persian Cucumbers	7	0	0	0	0	0	1	2	0	1	0
Cherry Tomatoes	13	1	0	0	0	0	3	3	1	2	0
Diced Red Onion	9	0	0	0	0	0	1	2	0	1	0
Pita Chips	73	22	2	0	0	0	115	12	1	1	2
Yia-Yia's Vinaigrette	118	113	13	2	0	0	216	1	0	0	0

MAIZE RUNNER	Cals	Cals from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
489 - 529 cals	489	263	30	5	0	3	488	61	16	14	18
Shredded Kale	15	6	1	0	0	0	23	2	2	0	1
Arugula	12	3	0	0	0	0	13	2	1	1	1
Quinoa	102	15	2	0	0	0	6	18	2	1	4
Acorn Squash	4	2	1	0	0	0	90	13	4	8	3
Cilantro	2	0	0	0	0	0	4	0	0	0	0
Fresh Corn	31	4	0	0	0	0	5	7	1	2	1
Avocado	102	84	9	1	0	0	4	5	4	0	1
Roasted Pepitas (Pumpkin Seeds)	80	62	7	1	0	0	36	2	1	0	4
Cilantro Jalapeño Dressing	61	51	6	1	0	3	264	2	0	1	1
Tortilla Chips	80	36	4	1	0	0	43	10	1	0	1

MFH VEGGIE BOOST	Cals	Cals from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
429 - 454 cals	429	230	26	6	0	21	956	37	9	17	18
Shredded Kale	30	11	1	0	0	0	45	4	3	1	2
Roasted Sweet Potatoes	54	16	2	0	0	0	182	9	1	0	1
Roasted Brussels Sprouts	30	19	2	0	0	0	194	2	1	1	1
Roasted Broccoli	28	20	2	0	0	0	152	2	1	0	1
Shaved Parmesan	94	54	6	3	0	21	223	0	0	0	9
Roasted Pepitas (Pumpkin Seeds)	80	62	7	1	0	0	36	2	1	0	4
Dried Cranberries	62	2	0	0	0	0	1	17	1	15	0
Citrus Vinaigrette	51	46	5	0	0	0	124	1	0	1	0

Nutrition information is based on light dressing.