

| Recipe Name | Serving Size Grams | Serv Per Container | Calories | Total Fat(g) | Total Fat % | Saturated Fat(g) | Saturated Fat % | Trans Fat(g) | Cholesterol(mg) | Cholesterol % | Sodium(mg) | Sodium % | Total Carb.(g) | Total Carb. % | Dietary Fiber(g) | Dietary Fiber % | Sugars(g) | Added Sugars | Added Sugars % | Protein(g) | Vitamin D(mcg) | Vitamin D(%DV) | Calcium (mg) | Calcium (%DV) | Iron(mg) | Iron(%DV) | Potassium(mg) | Potassium % |
|---|--------------------|--------------------|----------|--------------|-------------|------------------|-----------------|--------------|-----------------|---------------|------------|----------|----------------|---------------|------------------|-----------------|-----------|--------------|----------------|------------|----------------|----------------|--------------|---------------|----------|-----------|---------------|-------------|
| Avocado Toast | 128 | 1 | 290 | 16 | 20 | 2.5 | 13 | 0 | 15 | 5 | 1550 | 68 | 22 | 8 | 6 | 23 | 2 | 0 | 0 | 15 | 0 | 0 | 34 | 3 | 2 | 11 | 330 | 7 |
| Avocado Toast with Smoked Salmon | 184 | 1 | 310 | 18 | 23 | 3 | 15 | 0 | 40 | 13 | 1040 | 45 | 21 | 8 | 6 | 22 | 2 | 0 | 0 | 17 | 17 | 87 | 26 | 2 | 1 | 8 | 400 | 9 |
| Charcuterie Board | 356 | 1 | 930 | 29 | 37 | 8 | 41 | 0 | 75 | 25 | 1630 | 71 | 139 | 50 | 10 | 35 | 35 | 10 | 20 | 23 | 0 | 2 | 64 | 5 | 9 | 47 | 220 | 5 |
| Crab Roll | 409 | 1 | 880 | 39 | 50 | 13 | 64 | 0 | 155 | 52 | 1690 | 74 | 103 | 37 | 7 | 27 | 14 | 1 | 1 | 22 | 0 | 1 | 170 | 13 | 5 | 27 | 990 | 21 |
| Double Beef Burger | 494 | 1 | 1190 | 75 | 96 | 27 | 135 | 3 | 210 | 69 | 2220 | 96 | 72 | 26 | 4 | 15 | 12 | 4 | 8 | 53 | 1 | 5 | 507 | 39 | 7 | 41 | 1180 | 25 |
| Double Beef Burger with beyond burger patty | 465 | 1 | 1110 | 65 | 84 | 21 | 104 | 0.5 | 65 | 22 | 2670 | 116 | 81 | 30 | 7 | 26 | 12 | 4 | 8 | 49 | 1 | 5 | 611 | 47 | 10 | 58 | 720 | 15 |
| Grilled Pimento Cheese and Roma Tomato Basil Soup | 378 | 1 | 680 | 46 | 58 | 24 | 119 | 0 | 155 | 51 | 1280 | 56 | 52 | 19 | 4 | 16 | 8 | 1 | 3 | 18 | 1 | 3 | 383 | 29 | 5 | 26 | 510 | 11 |
| Kale Waldorf Salad | 268 | 1 | 530 | 30 | 38 | 4.5 | 22 | 0 | 10 | 4 | 580 | 25 | 58 | 21 | 6 | 20 | 24 | 18 | 35 | 10 | 0 | 0 | 193 | 15 | 3 | 19 | 520 | 11 |
| Pastrami Reuben | 325 | 1 | 1010 | 56 | 71 | 23 | 113 | 0 | 125 | 42 | 1800 | 78 | 91 | 33 | 9 | 31 | 7 | 1 | 1 | 32 | 1 | 3 | 494 | 38 | 6 | 32 | 530 | 11 |
| Smoked Trout Salad | 243 | 1 | 530 | 24 | 31 | 11 | 53 | 0 | 85 | 28 | 190 | 8 | 55 | 20 | 5 | 17 | 5 | 2 | 4 | 19 | 14 | 70 | 132 | 10 | 4 | 21 | 370 | 8 |