



## Nutritional Information Raw Juices

Menu items are listed alphabetically. Includes menu items from all The Plant Cafe Organic locations. For ingredients, see our menus at [www.theplantcafe.com](http://www.theplantcafe.com).

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Menu Item	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Apple Juice	8 oz	110.0	0.3	0.0	0.0	0.0	5.0	27.0	0.0	24.0	0.0
Apple Juice	12 oz	165.0	0.5	0.0	0.0	0.0	7.5	40.5	0.0	36.0	0.0
Apple Juice	16 oz	220.0	0.6	0.0	0.0	0.0	10.0	54.0	0.0	48.0	0.0
Body Cleanser	8 oz	80.2	0.2	0.0	0.0	0.0	68.5	18.9	0.0	15.1	1.1
Body Cleanser	12 oz	120.4	0.3	0.0	0.0	0.0	102.7	28.3	0.0	22.6	1.7
Body Cleanser	16 oz	160.5	0.4	0.0	0.0	0.0	137.0	37.7	0.0	30.1	2.3
Carrot Juice	8 oz	47.0	0.2	0.0	0.0	0.0	34.0	11.0	0.0	4.5	1.0
Carrot Juice	12 oz	70.5	0.2	0.0	0.0	0.0	51.0	16.5	0.0	6.8	1.5
Carrot Juice	16 oz	94.0	0.3	0.0	0.0	0.0	68.0	22.0	0.1	9.0	2.0
Citrus C Blend	8 oz	112.5	0.4	0.0	0.0	0.0	3.1	23.1	0.2	21.8	0.4
Citrus C Blend	12 oz	168.8	0.5	0.0	0.0	0.0	4.7	34.7	0.3	32.7	0.6
Citrus C Blend	16 oz	225.0	0.7	0.0	0.0	0.0	6.3	46.3	0.4	43.6	0.9
Energizer	8 oz	62.5	0.3	0.0	0.0	0.0	43.8	15.0	0.0	9.8	1.7
Energizer	12 oz	93.8	0.4	0.0	0.0	0.0	65.7	22.5	0.1	14.7	2.5
Energizer	16 oz	125.1	0.6	0.0	0.0	0.0	87.6	30.0	0.1	19.6	3.3
Good Start	8 oz	75.7	0.4	0.0	0.0	0.0	71.7	12.4	0.0	10.4	2.2
Good Start	12 oz	113.2	0.6	0.0	0.0	0.0	107.5	18.5	0.0	15.6	3.4
Good Start	16 oz	150.9	0.7	0.0	0.0	0.0	143.3	24.7	0.0	20.8	4.5



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Grapefruit Juice	8 oz	88.1	0.0	0.0	0.0	0.0	1.8	21.1	0.0	19.8	0.9
Grapefruit Juice	12 oz	132.2	0.0	0.0	0.0	0.0	2.8	31.7	0.0	29.8	1.4
Grapefruit Juice	16 oz	176.3	0.0	0.0	0.0	0.0	3.7	42.2	0.0	39.7	1.8
Green Appetite	16 oz	136.5	0.5	0.0	0.0	0.0	231.7	17.8	0.0	7.6	3.9
Green Basic	8 oz	85.4	0.3	0.0	0.0	0.0	72.3	15.0	0.0	13.5	1.5
Green Basic	12 oz	128.1	0.5	0.0	0.0	0.0	108.5	22.5	0.0	20.3	2.3
Green Basic	16 oz	170.7	0.7	0.0	0.0	0.0	144.6	30.1	0.0	27.1	3.0
Green Infusion	8 oz	56.4	0.4	0.0	0.0	0.0	87.4	8.1	0.0	5.5	2.6
Green Infusion	12 oz	84.7	0.5	0.0	0.0	0.0	131.1	12.1	0.0	8.2	3.9
Green Infusion	16 oz	112.9	0.7	0.0	0.0	0.0	174.8	16.1	0.1	11.0	5.2
Healthy Sunrise	8 oz	100.0	0.3	0.0	0.0	0.0	20.0	23.9	0.1	18.7	0.9
Healthy Sunrise	12 oz	150.0	0.5	0.0	0.0	0.0	30.0	35.8	0.1	28.1	1.4
Healthy Sunrise	16 oz	200.0	0.7	0.0	0.0	0.0	40.1	47.8	0.2	37.4	1.8
Immune Builder	8 oz	84.8	0.2	0.0	0.0	0.0	37.1	21.2	0.0	15.9	1.1
Immune Builder	12 oz	127.2	0.2	0.0	0.0	0.0	55.6	31.8	0.0	23.8	1.6
Immune Builder	16 oz	169.6	0.3	0.0	0.0	0.0	74.1	42.4	0.1	31.8	2.1
Kitchen Sink	16 oz	112.3	0.8	0.0	0.0	0.0	169.8	13.3	0.0	8.5	5.9
Orange Juice	8 oz	120.0	0.1	0.0	0.0	0.0	2.0	26.0	0.3	21.0	0.7
Orange Juice	12 oz	180.0	0.2	0.0	0.0	0.0	3.0	39.0	0.5	31.5	1.0
Orange Juice	16 oz	240.0	0.2	0.0	0.0	0.0	4.0	52.0	0.6	42.0	1.4
Skin Refresher	8 oz	91.8	0.4	0.0	0.0	0.0	7.3	15.0	0.0	15.3	0.1
Skin Refresher	12 oz	137.6	0.6	0.0	0.0	0.0	10.9	22.5	0.0	22.9	0.1



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Skin Refresher	16 oz	181.0	0.9	0.0	0.0	0.0	14.1	26.6	0.1	29.9	0.3
Skinntini	8 oz	81.1	0.4	0.0	0.0	0.0	58.8	10.5	0.1	7.8	2.3
Skinntini	12 oz	121.6	0.6	0.0	0.0	0.0	88.2	15.8	0.1	11.7	3.4
Skinntini	16 oz	162.2	0.8	0.0	0.0	0.0	117.5	21.0	0.1	15.6	4.5
Spicy Red and Green	8 oz	78.9	0.5	0.0	0.0	0.0	71.7	17.8	0.0	12.1	1.9
Spicy Red and Green	12 oz	118.4	0.8	0.0	0.0	0.0	107.5	26.7	0.0	18.1	2.9
Spicy Red and Green	16 oz	157.9	1.0	0.0	0.0	0.0	143.4	35.6	0.0	24.1	3.8
Sweet Green	8 oz	72.4	0.3	0.0	0.0	0.0	109.9	14.7	0.0	13.4	1.0
Sweet Green	12 oz	108.7	0.5	0.0	0.0	0.0	164.8	22.1	0.0	20.1	1.5
Sweet Green	16 oz	144.9	0.7	0.0	0.0	0.0	219.8	29.4	0.0	26.8	2.0
Wheat grass	1 oz	7.8	0.0	0.0	0.0	0.0	5.4	1.0	0.0	0.7	0.7
Wheat grass	2 oz	15.6	0.0	0.0	0.0	0.0	10.9	2.0	0.0	1.4	1.4



## Nutritional Information Smoothies

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Menu Item	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Acai Berry Protein	16 oz	270.2	4.4	0.7	0.0	0.0	36.2	52.0	9.2	42.1	6.0
Apricot	16 oz	147.3	1.5	0.2	0.0	0.0	20.9	40.8	4.7	35.1	8.0
Banana Almond Smoothie - low fat milk	16 oz	292.7	13.7	4.1	0.0	19.5	181.9	61.1	6.2	53.3	25.0
Banana Almond Smoothie - soy milk	16 oz	251.3	12.6	1.6	0.0	0.0	112.0	55.1	7.2	46.5	22.8
Banana Almond Smoothie - whole milk	16 oz	294.4	16.3	5.3	0.0	22.7	135.5	58.6	6.2	50.5	22.5
Berry Green	16 oz	166.0	3.2	0.4	0.0	0.0	45.3	43.0	7.3	34.8	5.9
Blue Green	16 oz	125.6	8.4	4.4	0.0	0.0	62.6	34.4	5.1	27.8	14.0
Chocolate Banana - low fat milk	16 oz	213.0	5.0	3.1	0.0	19.5	145.9	62.9	5.0	56.9	21.9
Chocolate Banana - soy milk	16 oz	171.6	3.9	0.7	0.0	0.0	76.1	56.9	6.1	50.1	19.7
Chocolate Banana - whole milk	16 oz	225.2	8.1	4.7	0.0	24.4	106.9	61.2	5.0	54.9	20.0
Green Banana - almond milk	16 oz	184.6	12.8	1.3	0.0	0.0	67.2	44.6	7.8	30.6	18.7
Mango - low fat	16 oz	279.2	8.2	5.9	0.0	12.2	102.9	47.3	3.9	36.9	8.4
Mango - soy milk	16 oz	253.3	7.5	4.4	0.0	0.0	59.2	43.5	4.6	32.7	7.0
Mango - whole milk	16 oz	280.2	9.8	6.7	0.0	14.2	73.9	45.7	3.9	35.2	6.9
Matthews Protein smoothie -	16 oz	649.0	54.9	34.0	0.0	0.0	139.0	42.3	9.8	28.3	24.7
P,B & Kale	16 oz	132.0	0.7	0.0	0.0	0.0	30.9	31.8	6.1	23.7	2.4
Pineapple Strawberry Enzyme	16 oz	312.6	15.6	12.1	0.0	0.0	33.6	39.5	4.7	34.6	2.2
Protein - low fat milk	16 oz	326.4	19.9	7.5	0.0	14.6	155.7	46.9	7.5	37.9	25.6



## Nutritional Information Smoothies

Menu Item	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Protein - soy milk	16 oz	295.4	19.0	5.7	0.0	0.0	103.3	42.4	8.3	32.8	23.9
Protein - whole milk	16 oz	326.44	19.894	7.5495	0	14.64	155.73	46.917	7.5413	37.92	25.582
Sambazon C	16 oz	209.0	2.4	0.5	0.0	0.0	31.2	46.4	6.9	39.2	0.8
Strawberry - low fat milk	16 oz	323.4	5.1	3.0	0.0	19.5	146.3	61.3	6.0	52.9	10.7
Strawberry - soy milk	16 oz	282.0	4.0	0.5	0.0	0.0	76.4	55.3	7.1	46.0	8.5



## Nutritional Information Breakfast

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Bagel Regular	1.0	252.5	1.0	0.0	0.0	0.0	464.7	54.5	2.0	5.1	9.1
Bagel Sprouted	1.0	260.0	1.0	0.0	0.0	0.0	430.0	54.0	3.0	2.0	10.0
Bagel w/ cream cheese and smoked	1.0	487.5	19.0	8.5	0.0	45.0	975.2	57.7	2.2	7.6	25.3
Bagel w/crm cheese	1.0	354.7	11.0	7.0	0.0	30.0	564.9	57.1	2.1	7.3	11.2
Basil tofu scramble plate	1.0	736.0	24.1	5.5	0.0	0.0	1053.5	87.1	18.8	13.5	51.6
Blueberry Pancakes - Plate	1.0	691.6	20.7	8.9	0.0	119.7	1040.9	119.4	5.4	77.4	12.1
Breakfast burrito + side of fruit	1.0	837.6	25.6	9.3	0.0	384.3	1220.0	125.0	19.1	10.6	39.2
Breakfast burrito + side of fruit (no cheese)	1.0	781.9	21.1	6.2	0.0	369.1	1128.8	125.0	19.1	10.6	35.7
Egg Benedict	1.0	824.4	35.1	12.0	0.0	428.0	1946.0	81.3	11.1	9.2	41.4
Egg bagel sandwich	1.0	531.7	21.9	9.4	0.0	399.5	789.9	56.6	2.4	6.1	28.9
Egg bagel sandwich with chicken apple sausage	1.0	626.1	28.6	11.2	0.0	432.5	1035.4	58.4	3.4	8.0	35.6
Egg bagel sandwich with turkey bacon	1.0	565.6	23.0	9.4	0.0	414.5	1001.0	57.4	2.7	6.7	34.1
Egg white English muffin with side of fruit	1.0	394.1	8.4	0.4	0.0	0.0	543.8	61.3	10.0	15.9	18.1
Egg white only	1.0	55.2	2.4	0.2	0.0	0.0	226.8	0.5	0.0	0.5	7.4



## Nutritional Information Breakfast

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French toast plate	1.0	870.2	28.9	8.7	0.0	195.9	631.1	135.7	5.8	72.4	19.0
Fruit and yogurt	1.0	205.8	4.7	2.8	0.0	21.4	78.5	130.0	5.8	20.9	8.5
Fruit Bowl	1.0	153.1	0.7	0.0	0.0	0.0	3.4	39.4	8.7	25.0	1.8
Granola	1 cup	355.9	24.0	2.2	0.0	0.0	205.6	34.5	2.5	24.6	4.8
Granola and Yogurt (whole milk yogurt)	1.0	459.6	28.2	5.0	0.0	21.4	281.9	138.2	2.5	28.8	12.1
Granola with fruit	1.0	410.4	24.4	2.3	0.0	0.0	206.7	47.7	5.3	34.0	5.8
Granola with fruit and whole milk	1.0	479.6	28.1	4.4	0.0	11.3	255.5	53.2	5.3	39.2	9.4
Granola with fruit and yogurt (whole milk yogurt)	1.0	514.1	28.7	5.0	0.0	21.4	283.0	151.4	5.3	38.3	13.2
Home fries	1 cup	151.7	1.6	0.1	0.0	0.0	468.7	31.7	4.0	1.4	3.7
Toast - side	1.0	200.0	0.0	0.0	0.0	0.0	400.0	46.0	0.0	2.0	8.0
Tofu Scramble with basil pesto	1 cup	389.7	19.4	5.2	0.0	0.0	364.6	15.1	10.2	0.7	41.7
Turkey Bacon - side	1.0	68.0	2.9	0.1	0.0	30.0	420.0	0.0	0.0	0.0	10.0
Two eggs any style with roasted potatoes and toast	1.0	499.4	18.1	5.0	0.1	553.7	1338.2	59.6	4.7	5.5	26.6
Two eggs any style with roasted potatoes and toast	1.0	499.4	18.1	5.0	0.1	553.7	1338.2	59.6	4.7	5.5	26.6
Vegan Sausage - side	1.0	160.0	6.9	0.3	0.0	0.0	615.0	7.5	3.0	1.5	15.0



## Nutritional Information Appetizers

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Cheese Plate	1	624.9	43.9	25.8	0.0	135.0	572.1	22.6	1.6	15.9	30.0
Crab Cake with avocado salsa and crema	1	341.6	18.6	4.0	0.0	145.3	707.0	15.3	3.6	3.3	28.7
Crostini - blistered tomato	1	165.1	11.2	3.5	0.0	15.7	647.6	12.7	2.1	4.6	5.9
English Pea Crostini with ricotta and lemon	1	270.2	9.1	3.3	0.0	15.7	77.4	34.7	8.9	10.2	14.3
Heirloom Tomato Crostini with basil pesto, fresh mozzarella & arugula	1	243.4	16.0	10.0	0.0	30.0	914.6	15.9	1.4	3.4	13.0
Hummus Plate with salad, pita and NO olives	1	435.7	12.3	1.6	0.0	0.0	972.2	63.8	14.6	3.1	20.5
Oysters 1/2 dozen	1	298.1	8.4	2.2	0.0	176.0	824.4	26.7	1.1	5.6	27.2
Oysters 1 dozen	1	540.8	16.6	4.4	0.0	352.0	1415.1	41.1	1.1	5.6	53.5
Scallops with coconut lime sauce, citrus and cilantro aioli	1	189.1	12.2	6.8	0.0	16.7	338.2	8.9	0.6	2.2	9.1
Shiitake Spring Roll NO - peanut sauce or cabbage slaw	1	158.6	2.9	0.8	0.0	0.0	198.3	26.2	5.8	4.4	10.6
Shiitake Spring Roll with roasted peanut sauce and cabbage slaw	1	286.3	10.0	2.9	0.0	0.0	363.4	39.1	8.4	9.4	14.3





## Nutritional Information Salads

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Menu Item	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Avocado Grapefruit Salad	1.0	424.4	33.6	4.2	0.0	0.0	119.9	33.0	10.7	18.3	6.2
Avocado Grapefruit Salad- no dressing	1.0	265.5	16.0	2.2	0.0	0.0	47.5	31.6	10.2	18.0	5.7
Chicken Caesar Salad	1.0	494.7	31.2	4.1	0.0	80.3	794.2	31.6	5.2	6.2	27.1
Chicken Caesar Salad - no dressing	1.0	299.3	9.1	2.2	0.0	80.3	716.8	30.3	5.1	5.9	26.8
Cobb Salad	1.0	629.5	47.6	8.8	0.0	279.1	625.9	19.3	10.5	5.8	35.9
Cobb Salad- no dressing	1.0	437.2	25.6	6.9	0.0	279.1	581.5	19.0	10.5	5.6	35.9
Dino Kale Salad	1.0	519.6	31.1	3.4	0.0	0.0	851.1	53.0	11.4	3.6	12.1
Dino Kale Salad-no dressing	1.0	434.4	21.9	2.3	0.0	0.0	785.0	52.4	11.3	3.4	12.0
Grilled Asparagus Salad	1.0	216.4	12.2	3.5	0.0	189.9	881.6	14.7	7.4	7.1	16.5
Grilled Chicory & Roasted Butternut Squash Salad	1.0	376.3	22.2	4.0	0.0	184.6	1259.7	38.9	6.6	6.4	10.8
Heirloom Tomato Salad (Pier 3 Seasonal)	1.0	307.9	20.7	13.2	0.0	40.0	971.2	21.6	2.1	5.8	16.1
MnM Salad- no dressing	1.0	328.1	20.7	2.3	0.0	0.0	362.7	32.7	10.5	12.8	9.1
Pear & Bleu Cheese Salad	1.0	448.2	37.3	5.2	0.0	10.6	286.6	25.9	5.4	16.7	8.7
Pear & Bleu Cheese Salad- no dressing	1.0	255.9	15.3	3.3	0.0	10.6	242.2	25.6	5.4	16.5	8.7



## Nutritional Information Salads

<b>Menu Item</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugar (g)</b>	<b>Protein (g)</b>
Plant 5 Salad	1.0	187.6	9.9	1.2	0.0	0.0	184.9	23.0	7.3	10.2	5.0
Plant 5 Salad- no dressing	1.0	102.5	0.7	0.1	0.0	0.0	118.8	22.3	7.3	10.0	4.9
Roasted Beet Salad	1.0	470.7	36.6	6.3	0.0	25.0	586.1	28.4	9.1	15.1	11.9
Roasted Beet Salad- no dressing	1.0	288.7	15.9	4.2	0.0	25.0	422.0	28.0	9.1	14.8	11.9
Roasted Beet Salad- small	1.0	306.8	24.6	4.1	0.0	15.0	360.8	17.1	5.6	8.6	7.5
Roasted Chicken Salad	1.0	334.6	17.7	3.1	0.0	80.4	217.5	20.8	6.8	8.3	24.3
Roasted Chicken Salad- no dressing	1.0	247.6	8.5	1.7	0.0	80.4	147.4	18.7	6.8	7.5	24.1
Roasted Stone Fruit with herbs, goat cheese, little gem and radish	1.0	374.7	26.0	5.8	0.0	25.0	490.2	28.8	5.3	19.9	10.3
Side Salad- no dressing	1.0	22.4	0.2	0.0	0.0	0.0	23.2	5.1	1.4	2.5	0.8



## Nutritional Information Dressings

Menu Item	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Balsamic vinaigrette	1 tbl	91.0	10.3	1.1	0.0	0.0	82.0	0.2	0.0	0.2	0.0
Caesar dressing	1 tbl	97.7	11.0	1.0	0.0	0.0	38.7	0.7	0.0	0.2	0.1
Champagne vinaigrette	1 tbl	96.2	11.0	1.0	0.0	0.0	22.2	0.1	0.0	0.1	0.0
Creamy black pepper dressing	1 tbl	79.5	8.8	1.0	0.0	0.0	36.2	0.7	0.3	0.1	0.2
Lemon cumin dressing	1 tbl	89.8	9.6	1.1	0.0	0.0	74.5	1.0	0.1	0.1	0.2
Lemon Flax dressing	1 tbl	85.2	9.2	1.0	0.0	0.0	66.1	0.6	0.0	0.1	0.1
Miso ginger dressing	1 tbl	29.5	1.8	0.2	0.0	0.0	267.6	3.3	0.1	1.1	0.9
Ranch Dressing	1 tbl	39.1	4.1	0.5	0.0	0.0	18.3	0.7	0.1	0.1	0.3
Sesame lime salad dressing	1 tbl	87.0	9.2	1.3	0.0	0.0	70.1	2.1	0.0	0.8	0.2



## Nutritional Information Burgers

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Menu Item	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
California Plant Burger no salad	1.0	672.2	31.8	8.0	0.0	22.8	1069.9	81.3	12.0	9.2	20.4
California Plant Burger no salad, no aioli	1.0	641.8	28.7	7.5	0.0	22.8	1041.2	81.0	12.0	9.2	20.3
Green Chili Cheeseburger no salad	1.0	573.6	22.0	6.8	0.0	22.8	1066.1	77.7	8.3	10.4	19.6
Plant Burger no salad	1.0	480.1	15.2	2.2	0.0	0.0	928.0	75.4	7.4	9.2	13.8
Plant Burger no salad, no aioli	1.0	449.8	12.2	1.7	0.0	0.0	899.3	75.1	7.4	9.2	13.7
Swiss and Mushroom Burger no salad, no aioli	1.0	548.3	19.5	5.3	0.0	20.3	999.5	77.7	8.2	10.8	21.2
Swiss and Mushroom Burger no salad	1.0	578.7	22.6	5.8	0.0	20.3	1028.1	78.0	8.2	10.8	21.4
Turkey Burger no salad, no aioli	1.0	454.6	15.3	2.7	0.0	65.2	2183.7	55.3	6.6	11.0	26.2
Wasabi Burger no salad	1.0	525.0	17.8	2.6	0.0	0.0	1311.1	79.2	9.4	10.7	15.2



## Nutritional Information Sandwiches

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Menu Item	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Caesar Wrap with baked tofu	1.0	540.1	20.5	3.4	0.0	0.0	793.6	55.8	7.0	2.8	29.2
Caesar Wrap with chicken	1.0	445.4	16.3	2.3	0.0	68.9	447.5	44.2	2.0	2.2	23.7
Chicken Avocado Sandwich no salad	1.0	393.7	17.8	3.0	0.0	91.9	351.3	31.7	5.7	3.7	26.4
Chicken Pesto Sandwich no salad, no aioli	1.0	321.4	10.8	2.1	0.0	91.9	344.4	27.9	2.7	3.5	26.4
Grilled Vegetable Sandwich no salad	1.0	418.6	19.0	5.0	0.0	25.0	639.7	49.7	8.8	12.2	13.7
Italian Grilled Cheese Panini no salad	1.0	340.3	17.8	12.6	0.0	40.0	601.7	25.6	1.4	1.1	17.0
Korean BBQ Chicken Panini no salad, no aioli	1.0	337.4	10.6	1.9	0.0	68.9	1182.4	37.7	2.6	4.8	22.4
Korean BBQ Tempeh Panini no salad, no aioli	1.0	378.6	8.7	1.0	0.0	0.0	1210.6	57.6	8.8	5.2	17.5
Lobster Grill Sandwich no side salad	1.0	430.9	13.9	4.8	0.0	117.2	908.3	46.7	2.9	3.2	30.6
Spicy Thai Wrap with tofu	1.0	552.2	11.6	4.0	0.0	0.0	901.3	72.6	9.3	7.9	33.3
Spicy Thai Wrap with chicken	1.0	545.2	14.6	3.8	0.0	91.9	597.8	61.4	4.3	7.3	33.5
Tempeh Reuben no salad, no aioli	1.0	554.3	15.9	5.5	0.0	27.0	1323.7	78.8	11.5	6.0	30.5
Tikka Wrap with chicken no salad	1.0	605.3	13.7	4.0	0.0	107.0	1102.7	149.4	3.7	7.0	38.3
Tuna Campagna no salad	1.0	396.4	12.3	2.0	0.0	35.5	1005.1	46.5	0.0	2.2	28.0



## Nutritional Information Sandwiches

Menu Item	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Tuna Melt no salad	1.0	504.4	21.8	6.7	0.0	62.5	1133.3	46.5	0.0	2.2	34.7
Tuscan Panini no salad	1.0	341.4	14.5	5.3	0.0	93.9	510.5	25.4	1.4	1.4	24.2



## Nutritional Information Entrées

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Menu Item	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Chicken Entrée (Steiner)	1.0	631.4	16.8	3.3	0.0	114.8	285.4	79.8	8.4	5.6	38.2
Chilled Soba Noodles (Cafe)	1.0	430.4	7.6	1.1	0.0	0.0	1221.2	83.3	8.8	13.4	15.5
Citrus Salmon with orange and avocado	1.0	415.4	24.4	3.9	0.0	63.8	1216.8	16.8	6.4	8.1	34.1
Coconut Crusted Halibut with mango salsa	1.0	542.6	32.2	16.3	0.0	76.4	347.4	30.1	5.6	5.0	35.9
Coho Salmon with Bloomsdale spinach, roasted potato, leek, capers, lemon	1.0	497.0	26.8	10.4	0.5	108.4	1360.6	23.4	3.6	2.2	40.6
Duck Entrée with cherries, spinach & endive	1.0	279.5	7.5	2.3	0.0	131.0	122.5	17.0	3.4	12.3	35.7
Fish Taco Plate with black beans mango salsa and creama	1.0	876.5	23.2	8.1	0.0	104.9	494.1	119.1	18.6	6.6	51.7
Five Spice Tempeh Entrée (Cafe)	1.0	890.4	20.2	5.6	0.0	0.0	614.3	149.3	15.1	6.9	30.8
Flatbread	1.0	321.1	2.9	0.2	0.0	0.0	736.3	64.3	0.3	0.4	8.7
Green Curry Bowl (no protein added)	1.0	690.5	16.9	3.9	0.0	0.0	586.5	124.1	11.5	11.8	18.5



## Nutritional Information

### Entrées

Menu Item	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
King Salmon with corn and tomato salad, basil, red wine vinaigrette	1.0	746.8	35.0	5.1	0.0	95.1	1278.9	71.4	1.4	2.7	41.1
Masala Stew	1.5	447.6	16.2	10.7	0.0	0.0	900.4	69.1	13.1	10.2	6.7
Masala Stew with flat bread	1.0	768.7	19.0	10.9	0.0	0.0	1636.7	133.4	13.4	10.6	15.5
Quinoa Bowl (no protein added)	1.0	429.7	13.3	1.4	0.0	0.0	1517.4	67.6	12.8	11.5	33.1
Salmon with fresh cannelloni beans, olives, oregano, peppers, cherry tomato	1.0	1187.4	33.9	5.3	0.0	95.1	113.5	131.0	49.4	2.8	74.0
Salmon with braised Moroccan kale and chickpeas, butternut squash risotto	1.0	675.9	29.7	4.5	0.0	95.1	661.3	55.4	1.4	1.7	36.4
Smoked Tempeh with Korean BBQ sauce, Nero Riso and seasonal vegetables	1.0	800.1	16.7	1.6	0.0	0.0	571.1	137.8	16.5	17.4	34.6
Soba Salad with cured salmon (restaurant)	1.0	431.6	11.4	1.7	0.0	46.8	943.9	59.3	2.8	5.4	28.4
Spicy Red Thai Curry Bowl (no protein added)	1.0	660.1	13.9	5.8	0.0	0.0	649.7	122.7	10.4	11.4	17.6
Spinach Linguini with heirloom tomato , roasted garlic, cherry tomatoes and basil	1.0	540.0	17.3	2.4	0.0	82.8	197.0	88.8	3.5	8.6	16.2





## Nutritional Information

### Entrées

Menu Item	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Summer Lunch Salmon with corn, radish and sugar snap peas	1.0	664.3	27.5	3.9	0.0	78.0	1244.4	68.4	1.2	1.6	37.5
Udon Noodle Entrée (no protein added)	1.0	646.3	8.8	1.0	0.0	0.0	1912.9	130.0	15.1	13.3	25.2
Wild Salmon Entrée with soba noodles and green beans (Café)	1.0	468.3	12.3	2.1	0.0	57.4	793.6	55.5	2.9	4.2	38.4



## Nutritional Information Desserts

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Menu Item	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Almond-Cranberry Quinoa Cookies	1.0	257.1	9.5	1.9	0.0	0.0	325.7	40.3	4.5	15.5	6.5
Banana Bread	1.0	384.6	11.7	0.9	0.0	0.0	192.1	67.8	2.1	31.2	4.8
Carrot Cake - slice	1.0	634.7	41.1	11.7	0.0	101.5	559.0	63.9	1.4	44.8	8.3
Chocolate Brownies	1.0	496.7	68.6	19.5	0.6	102.2	216.8	61.6	0.0	50.7	5.3
Chocolate Caramel Tart with sea salt	1.0	863.0	81.2	36.3	1.5	140.3	173.0	89.8	1.1	52.6	6.7
Chocolate Chip Cookies	1.0	165.6	14.6	3.0	0.0	0.0	106.8	24.7	0.0	11.7	2.1
Chocolate Chip Cookies with walnuts	1.0	173.1	15.3	3.1	0.0	0.0	106.8	24.8	0.1	11.8	2.4
Chocolate Cupcake with vanilla frosting	1.0	408.0	20.8	5.4	0.0	0.0	234.4	56.4	1.1	43.1	2.9
Coconut Mango Rice GnG	1.0	332.5	7.5	5.5	0.0	0.0	78.5	63.7	1.4	30.5	3.4
Coconut Mango Macaroon	1.0	162.5	11.8	9.9	0.0	38.4	21.0	13.6	2.9	10.7	2.5
Coffee Cake	1.0	342.1	12.1	2.5	0.0	0.0	448.8	54.8	1.4	30.5	5.0
Dark Chocolate Mousse GnG	1.0	584.9	114.1	20.0	0.0	0.0	124.1	83.4	0.3	70.7	13.4
GF German Chocolate Cake - slice	1.0	568.0	31.1	6.2	0.0	0.0	312.3	73.2	7.2	41.7	6.9
Milk Chocolate Roulade GnG	1.0	496.4	32.4	22.1	0.0	88.9	34.2	42.7	0.0	37.8	5.3
Oatmeal Raisin Cookies	1.0	127.0	4.3	1.2	0.0	0.0	115.6	21.6	1.2	3.1	1.6



## Nutritional Information Desserts

Menu Item	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Peanut Butter Cookies	1.0	186.7	9.9	2.1	0.0	0.0	96.8	20.9	0.8	8.2	4.1
Pumpkin Cupcake with apple filling & caramel frosting	1.0	352.6	11.3	2.2	0.0	0.0	290.1	62.0	1.0	51.3	2.4
Raw Bites GnG	1.0	240.5	19.1	10.2	0.0	0.0	45.4	17.5	2.2	12.2	2.5
Raw Brownie GnG	1.0	558.2	39.2	21.4	0.0	0.0	91.8	54.9	7.4	41.1	7.3
Raw Raspberry Cheesecake	1.0	582.2	46.6	29.7	0.0	0.0	164.7	40.7	4.3	27.1	6.3
Rhubarb Tart with almond cream	1.0	626.1	34.5	15.1	0.5	30.5	302.4	77.5	1.2	45.9	5.6
Roulade	1.0	381.6	45.7	17.6	0.0	80.0	30.8	34.2	0.0	31.8	3.1
Scone with fruit - gluten free	1.0	310.3	13.0	4.6	0.0	0.0	375.3	44.4	4.5	13.3	4.2



## Nutritional Information Sides, Sauces & Additions

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Menu Item	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Aioli	1 tsp	30.4	3.0	0.5	0.0	0.0	28.7	0.3	0.0	0.0	0.2
Anchovies	1.0	23.8	1.1	0.2	0.0	9.6	415.8	0.0	0.0	0.0	3.3
Avocado	1.0	108.6	9.8	1.3	0.0	0.0	5.2	5.9	4.6	0.0	1.3
Broth, Cilantro-Shiitake (Udon)	1.8 cup	138.2	0.3	0.1	0.0	0.0	928.7	34.3	2.8	3.8	3.8
Cheese, Goat	1.0	70.0	5.0	3.5	0.0	25.0	110.0	1.0	0.0	0.0	4.0
Cheese, Mozzarella	1.0	180.0	12.0	12.0	0.0	40.0	360.0	2.0	0.0	0.0	14.0
Cheese, Parmesan	1.0	122.2	8.1	4.9	0.0	24.9	347.3	1.2	0.0	0.3	10.9
Egg, Hard-Boiled	1.0	70.9	4.7	1.6	0.0	184.6	70.4	0.4	0.0	0.2	6.2
Egg, Scrambled	1.0	97.1	7.3	1.9	0.0	210.9	309.4	0.4	0.0	0.2	7.1
Egg, White Only	1.0	55.2	2.4	0.2	0.0	0.0	226.8	0.5	0.0	0.5	7.4
Granola	1 cup	355.9	24.0	2.2	0.0	0.0	205.6	34.5	2.5	24.6	4.8
Home Fries	1 cup	151.7	1.6	0.1	0.0	0.0	468.7	31.7	4.0	1.4	3.7
Hummus	6 oz	119.1	8.5	1.1	0.0	0.0	496.8	8.4	3.0	1.0	3.2
Protein, Baked Tofu	3 oz	162.4	3.8	1.9	0.0	0.0	396.5	11.2	5.0	0.6	22.0
Protein, Chicken	1.0	126.5	6.2	1.4	0.0	68.9	413.1	0.0	0.0	0.0	16.6
Protein, Chicken Sausage (Addition)	1.0	94.4	6.6	1.9	0.0	33.1	245.6	1.9	0.9	1.9	6.6
Protein, Chicken Sausage (Side)	1.0	194.9	13.9	3.8	0.0	66.1	491.1	3.8	1.9	3.8	13.2
Protein, Shrimp	1.0	50.3	0.9	0.1	0.0	85.7	385.1	0.6	0.0	0.0	9.3



## Nutritional Information Sides, Sauces & Additions

<b>Menu Item</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugar (g)</b>	<b>Protein (g)</b>
Protein, Tempeh	1.0	126.2	2.5	0.4	0.0	0.0	78.3	15.9	5.0	0.3	9.4
Protein, Turkey Bacon (Addition)	1.0	30.0	1.0	0.0	0.0	15.0	210.0	0.0	0.0	0.0	5.0
Protein, Turkey Bacon (Side)	1.0	68.0	2.9	0.1	0.0	30.0	420.0	0.0	0.0	0.0	10.0
Protein, Vegan Sausage (Side)	1.0	160.0	6.9	0.3	0.0	0.0	615.0	7.5	3.0	1.5	15.0
Protein, Wild Salmon Filet	1.0	227.0	10.7	2.0	0.0	63.8	637.5	0.0	0.0	0.0	30.6