

NUTRITIONAL INFORMATION

	Serving (wt-oz)	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Total Sugar (g)	Protein (g)
SEASONAL												
Black Tie Turkey Club	11.1 oz	870	500	55	15	0	150	1430	51	3	12	42
Hummus Pita Crunch Salad	22.3 oz	790	440	48	10	0	105	2300	58	12	17	39
without dressing	20.1 oz	580	250	27	6	0	85	1590	50	12	11	38
SANDWICHES												
"Not So Fried" Chicken	14.8 oz	900	450	48	6	0	85	1350	79	5	10	35
Peruvian Steak Sandwich	11.8 oz	760	410	46	13	0	110	2180	55	3	13	38
Prosciutto & Chicken	12.5 oz	830	410	43	11	0	90	1400	62	7	8	45
Chimichurri Steak and Bacon	13.2 oz	940	490	54	10	0	110	2020	77	3	18	38
Mendo's Original Pork Belly Banh Mi	12.3 oz	780	440	48	11	0	70	780	61	4	10	24
Vegan Banh Mi	12.4 oz	670	270	29	3.5	0	0	1560	77	4	18	22
The Happy Hippie	15.7 oz	820	440	47	6	0	10	960	88	12	15	14
Chicken Parm Dip	11.5 oz	940	450	49	12	0	110	2030	75	3	4	46
The Farm Club	13.9 oz	760	320	34	8	0	100	1620	69	6	7	40
Chicken Pesto Caprese	13.8 oz	860	460	49	10	0	90	1150	57	4	5	42
Chicken Pesto Caprese - Vegetarian	13.3 oz	1010	610	63	18	0	75	780	56	4	5	39
Turkey Avo Salsa Verde	16.1 oz	840	430	45	11	0	115	1490	63	7	8	41
½ SANDWICH COMBOS												
Chicken Pesto Caprese - Vegetarian	6.7 oz	500	310	32	9	0	40	390	28	2	3	19
Chicken Pesto Caprese	6.9 oz	430	230	24	5	0	45	580	28	2	3	21
The Farm Club	7 oz	380	160	17	4	0	50	810	34	3	4	20
Vegan Banh Mi	6.2 oz	330	140	15	1.5	0	0	780	39	2	9	11
"Not So Fried" Chicken	7.4 oz	450	220	24	3	0	45	670	39	3	5	17
Turkey Avo Salsa Verde	8 oz	420	220	23	6	0	55	740	31	4	4	21
SALADS												
Avocado & Quinoa Superfood Ensalada	16.1 oz	690	470	51	8	0	20	1090	47	15	10	19
without dressing	14.1 oz	400	210	22	6	0	20	570	41	14	5	19
add chicken	3.5 oz	110	20	2.5	0	0	60	500	0	0	0	20
Thai Mango Salad	19.7 oz	840	460	50	14	0	60	1780	70	12	38	35
without dressing	17.7 oz	640	320	34	12	0	60	1020	55	12	25	34
The Impossible Taco Salad	16.1 oz	640	440	46	8	0	0	980	44	16	7	19
without dressing	14.1 oz	400	210	21	6	0	0	440	41	15	6	19
The "Beyond" Taco Salad - Tustin location only	16.1 oz	650	460	48	6	0	0	950	42	15	7	20
without dressing	14.1 oz	410	220	23	4.5	0	0	420	39	15	5	20
Pink Lady Beets & Goat Cheese Salad	16.4 oz	840	530	59	9	0	75	1030	49	8	36	34
without dressing	14.4 oz	610	320	35	8	0	75	930	46	8	33	34
The Modern Caesar	11.4 oz	610	460	50	10	0	130	990	23	7	6	21
without dressing	9.4 oz	290	170	18	6	0	25	590	20	7	4	17
add chicken	3.5 oz	110	20	2.5	0	0	60	500	0	0	0	20
Mama Chen's Chinese Chicken Salad	13.7 oz	640	350	39	1.5	0	60	1330	46	5	16	32
without dressing	11.7 oz	420	180	20	0	0	60	680	33	5	6	31
Mama Chen's Chinese Vegan-Style Salad	13.7 oz	740	440	51	4	0	0	1610	55	5	17	27
without dressing	11.7 oz	520	280	32	2.5	0	0	970	41	5	7	26
KIDS MEALS												
Grilled Cheddar Cheese Sandwich	5.4 oz	610	360	39	21	0	130	650	43	2	8	22
Peanut Butter & Jelly	4.9 oz	520	210	23	4.5	0	40	410	69	5	24	14
Cheddar Cheese Quesadilla	4.9 oz	410	230	24	11	0	45	670	35	7	0	16
Turkey & Cheddar Sandwich	6.1 oz	540	270	30	14	0	125	740	43	2	8	26
Crispy Chicken Tenders (turbo chef)	6.0 oz	320	130	14	2.5	0	60	670	18	2	3	30
Organic Ketchup	1.0 oz	35	0	0	0	0	0	320	8	0	7	0
Vegan Ranch Dressing	1.0 oz	120	120	13	1	0	0	120	< 1g	0	0	0
Pizza Melt	6.5 oz	610	320	35	16	0	120	1090	45	2	9	27
Apples	2 oz	35	0	0	0	0	0	0	8	2	5	0

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DRESSINGS & SAUCES												
Basil Pesto-Balsamic Vinaigrette	1 fl oz	120	110	12	1.5	0	< 5mg	130	3	0	2	1
Chipotle Caesar Dressing	2 fl oz	310	290	32	3.5	0	65	460	5	0	3	2
Chipotle Vinaigrette	2 fl oz	280	260	29	2.5	0	0	520	6	< 1g	5	0
Citrus Vinaigrette	2 fl oz	220	210	24	1.5	0	0	90	4	0	3	0
Classic Caesar Dressing	2 fl oz	340	310	34	4	0	110	420	4	0	2	4
Farmhouse Vinaigrette	2 fl oz	280	250	28	2	0	0	330	9	0	7	0
Jalapeno Salsa Verde	2 fl oz	25	15	2	0	0	0	170	3	< 1g	2	0
Mild Italian Giardiniera	2 fl oz	240	230	24	4	0	0	490	2	2	0	0
Miso Mustard Sesame Dressing	2 fl oz	220	160	18	1.5	0	0	650	13	0	10	1
Mustard Pickle Remoulade	2 fl oz	120	90	10	2	0	5	230	6	0	5	0
Mustard Shallot Vinaigrette	2 fl oz	240	220	24	1.5	0	0	200	6	0	3	0
Pomodoro Sauce	2 fl oz	60	35	3.5	0.5	0	0	340	6	0	4	< 1g
Sriracha Mayonnaise	2 fl oz	330	310	35	4.5	0	30	490	4	0	3	0
Tangy BBQ Sauce	2 fl oz	50	0	0	0	0	0	540	13	0	12	< 1g
Thai Almond Dressing	2 fl oz	200	140	16	1.5	0	0	750	15	< 1g	14	1
Vegan Chipotle Ranch	2 fl oz	240	230	25	2	0	0	540	3	0	2	0
Vegan Ranch	2 fl oz	250	240	26	2	0	0	240	2	0	0	0
BREADS												
Ciabatta	3.7 oz	260	35	3.5	0.5	0	0	160	47	2	0	7
Gluten Free Bread	5.3 oz	420	170	18	2	0	0	920	62	6	8	6
Roasted Red Pepper Lavash	4.0 oz	310	30	3	0	0	0	520	59	3	4	12
Mom's Seeded Whole Wheat	4.1 oz	320	60	6	2	0	10	400	58	2	4	8
Mejorado Vegan Tortilla	1 wrap	460	170	18	8	0	0	710	64	2	0	9
Potato Brioche Hoagie	2.5 oz	240	60	6	1	0	35	500	38	2	3	8
Sesame Roll	4.0 oz	300	45	5	0.5	0	0	640	54	2	1	8
Soft Roll	4.5 oz	340	40	4.5	0	0	0	770	65	2	1	9
Sourdough	4.7 oz	300	20	2	0	0	0	600	62	2	2	10
Walnut Cranberry Bread	3.8 oz	340	110	12	1	0	0	440	54	4	18	8
Whole Wheat Tortilla	3.3 oz	230	80	8	3	0	0	400	35	7	0	5
DELI SIDES												
Dan Dan Noodles Labneh Small	3.5 oz	200	90	10	1	0	0	510	24	2	9	4
Dan Dan Noodles Medium	7 oz	390	180	20	2.5	0	0	1010	49	3	18	8
Dan Dan Noodles Large	14 oz	790	360	41	4.5	0	0	2020	97	7	36	16
Pickles & Dill Potato Salad Small	4.5 oz	270	170	17	1	0	0	740	23	1	4	2
Pickles & Dill Potato Salad Medium	9 oz	550	340	34	2	0	0	1480	47	3	7	4
Pickles & Dill Potato Salad Large	18 oz	1100	680	69	4	0	0	2950	94	5	15	7
Basil Pesto Shells Small	3.5 oz	290	170	18	4	0	15	640	24	2	2	8
Basil Pesto Shells Medium	7 oz	590	340	36	8	0	30	1270	48	4	4	16
Basil Pesto Shells Large	14 oz	1180	670	72	16	0	60	2550	95	7	7	33
Kale and Apple Salad Small	3.5 oz	250	190	21	3.5	0	0	125	17	3	8	1
Kale and Apple Salad Medium	7 oz	510	380	42	7	0	0	250	35	6	16	2
Kale and Apple Salad Large	14 oz	1020	770	85	15	0	0	500	69	11	31	5
Curried Couscous Small	4.5 oz	290	180	18	0	0	0	600	25	2	7	2
Curried Couscous Medium	9 oz	580	360	36	0	0	0	1210	49	4	13	4
Curried Couscous Large	18 oz	1160	720	72	0	0	0	2420	98	9	27	9
SOUPS												
Greek Lemon Chicken and Farro Soup cup	8 oz	180	110	12	7	0	35	1040	16	2	3	4
Greek Lemon Chicken and Farro Soup bowl	16 oz	360	220	24	14	0	70	2070	32	4	6	8
Roasted Tomato Basil cup	8 oz	200	140	15	7	0	30	620	16	3	10	3
Roasted Tomato Basil bowl	16 oz	400	270	30	14	0	60	1240	32	6	20	6
OFF MENU												
Mendo's Original Pork Belly Banh Mi - Salad Style	12.7 oz	570	370	41	9	0	50	720	35	5	23	18
without dressing	10.7 oz	340	210	23	8	0	50	390	19	5	12	17
Not So Fried Chicken - Salad Style	19.1 oz	740	440	47	4.5	0	65	1510	50	7	21	31
without dressing	16.1 oz	470	220	23	3	0	65	1050	37	7	12	30

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BEVERAGES												
Iced Tea	20 fl oz	5	0	0	0	0	0	20	2	0	0	0
Organic Valley Milk	6.75 fl oz	90	20	2	1.5	0	10	105	10	0	10	7
Lemonade	20 oz	320	0	0	0	0	0	35	85	0	74	0
Guava Lemonade	20 oz	440	10	1	0	0	0	35	109	11	89	1
Get Your Greens	20 oz	240	5	0.5	0	0	0	40	60	1	53	3
Pomegranate Mint Lemonade	20 oz	320	0	0	0	0	0	40	81	0	73	0
WINES												
WHITE												
SPELLBOUND Chardonnay	6 fl oz	130	0	0	0	0	0	10	4	0	2	0
RED												
SPELLBOUND Cabernet	6 fl oz	140	0	0	0	0	0	0	5	0	0	0
NOTES Pinot Noir	6 fl oz	140	0	0	0	0	0	0	4	0	0	0
MATCHBOOK Rose	6 fl oz	130	0	0	0	0	0	10	2	0	0	0
TINTO REY Rose	6 fl oz	130	0	0	0	0	0	10	2	0	0	0
TINTO REY Tempranillo	6 fl oz	150	0	0	0	0	0	10	5	0	1	0
BEERS												
SOCAL												
MODERN TIMES Ice Pilsner	12 oz	160	0	0	0	0	0	20	15	0	1	1
REFUGE Blood Orange Wit	12 oz	200	0	0	0	0	0	20	17	0	4	1
SMOG CITY IPA	12 oz	230	0	0	0	0	0	20	13	0	1	2
THREE WEAVERS Cloud City Hazy IPA	12 oz	210	0	0	0	0	0	20	12	0	1	2
PIZZA PORT Shark Bite Red Ale	12 oz	220	0	0	0	0	0	20	18	0	< 1g	2
MADEWEST Standard Blonde Ale	12 oz	210	0	0	0	0	0	20	18	0	1	2
PIZZA PORT Chronic Ale Amber	12 oz	170	0	0	0	0	0	20	12	0	1	1
MOTHER EARTH Boo Koo IPA	12 oz	210	0	0	0	0	0	20	12	0	1	2
SOCIETE The Pupil IPA	12 oz	240	0	0	0	0	0	20	14	0	1	2
MIKKELLER Windy Hill Hazy IPA	12 oz	220	0	0	0	0	0	20	13	0	1	2
NOR CAL												
TRUMER Pils Pilsner	12 oz	180	0	0	0	0	0	20	14	0	1	1
21ST AMENDMENT Brew Free! Or Die Blood Orange IPA	12 oz	240	0	0	0	0	0	20	15	0	< 1g	2
FIRESTONE Mind Haze Hazy IPA	12 oz	200	0	0	0	0	0	20	11	0	1	2
SIERRA NEVADA Hazy Little Thing Hazy IPA	12 oz	230	0	0	0	0	0	20	17	0	< 1g	2
DRAKES Hefeweizen	12 oz	160	0	0	0	0	0	20	12	0	< 1g	2
SEISMIC Megathrust IPA	12 oz	240	0	0	0	0	0	20	14	0	1	2
SUDWERK People's Pilsner	12 oz	190	0	0	0	0	0	20	14	0	1	1
TRACK 7 Panic IPA	12 oz	220	0	0	0	0	0	20	13	0	1	2
TEXAS												
SPINDLETAP Boomtown Blonde Ale	12 oz	190	0	0	0	0	0	20	16	0	< 1g	2
ST ARNOLD Fancy Lawnmower German-Style Kolsch	12 oz	170	0	0	0	0	0	20	13	0	< 1g	< 1g
ST ARNOLD Art Car IPA	12 oz	230	0	0	0	0	0	20	13	0	< 1g	2
LONE PINT BREWERY Yellow Rose IPA	12 oz	230	0	0	0	0	0	20	17	0	< 1g	2
KARBACH BREWING Love Street Citrus Wheat	12 oz	160	0	0	0	0	0	20	13	0	0	2
COMMUNITY Texas Lager	12 oz	120	0	0	0	0	0	20	10	0	1	1
TUPPS BREWERY Juice Pack Pale Ale	12 oz	170	0	0	0	0	0	20	13	0	1	2
DEEP ELLUM BREWING Easy Peasy IPA	12 oz	170	0	0	0	0	0	20	14	0	1	2
SEATTLE												
FREMONT BREWING - Golden Pilsner	12 oz	140	0	0	0	0	0	20	12	0	1	< 1g
FREMONT BREWING - Summer Pale Ale	12 oz	160	0	0	0	0	0	20	13	0	1	2
GEORGETOWN BREWING - Lucille IPA	12 oz	220	0	0	0	0	0	20	13	0	< 1g	2
SILVER CITY BREWERY - Tropic Haze IPA	12 oz	200	0	0	0	0	0	20	14	0	< 1g	2

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SANDWICHES												
The Farm Club	1/2 sandwich	380	160	17	4	0	50	810	34	3	4	20
Chimichurri Steak & Bacon	1/2 sandwich	470	240	27	5	0	55	1010	38	2	9	19
Chicken Pesto Caprese	1/2 sandwich	430	230	24	5	0	45	580	28	2	3	21
Mario's Caprese	1/2 sandwich	500	310	32	9	0	40	390	28	2	3	19
Prosciutto & Chicken	1/2 sandwich	430	210	22	5	0	45	940	34	3	5	23
Turkey Avo Salsa Verde	1/2 sandwich	420	220	23	6	0	55	740	31	4	4	21
Vegan Banh Mi	1/2 sandwich	320	130	14	1.5	0	0	790	39	2	9	11
"Not So Fried" Chicken	1/2 sandwich	450	220	24	3	0	45	670	39	3	5	17

BOXED SALADS

(nutrition info does not include chips, cookie, or deli side)

Avocado & Quinoa Superfood Ensalada	8.2 oz	210	100	11	3	0	10	290	23	8	3	10
Chipotle Vinaigrette	1.75 fl oz	250	230	25	2	0	0	450	5	0	4	0
Mama Chen's Chinese Chicken Salad	5.9 oz	230	110	12	1.5	0	30	330	18	3	3	16
Miso Mustard Sesame Dressing	2 fl oz	230	160	18	1.5	0	0	330	15	0	12	1
The Vegetarian Chinese Salad	5.9 oz	280	150	17	2.5	0	0	190	23	3	4	13
Miso Mustard Sesame Dressing	2 fl oz	230	160	18	1.5	0	0	330	15	0	12	1
The Modern Caesar 2.0	7.3 oz	190	90	10	2	0	35	410	10	5	3	16
Classic Caesar Dressing	1.75 fl oz	300	270	30	3.5	0	95	370	4	0	2	4
Field Greens Salad	4.6 oz	35	5	0	0	0	0	10	7	2	4	1
Farmhouse Vinaigrette	1.75 fl oz	210	180	21	1.5	0	0	110	7	< 1g	6	0

BOXED SANDWICHES

see 1/2 sandwiches above

SPECIALTY LEAFY SALADS

(small serves 8-10, medium serves 15-20)

Spring & Summer Farmers Market Salad Small	15.1 oz	400	230	23	2.5	0	0	260	41	14	12	14
Spring & Summer Farmers Market Salad Large	26.2 oz	760	440	46	4.5	0	0	460	73	26	22	26
Farmhouse Vinaigrette - 1oz	1.0 oz	140	120	14	1	0	0	160	4	0	4	0
Fall & Winter Farmers Market Salad Small	16.5 oz	650	320	35	11	0	50	600	75	16	56	21
Fall & Winter Farmers Market Salad Large	28.0 oz	1130	580	63	17	0	75	930	125	27	92	36
Farmhouse Vinaigrette - 1oz	1.0 oz	140	120	14	1	0	0	160	4	0	4	0
Avocado & Quinoa Superfood Ensalada Small	34.2 oz	1010	560	58	16	0	50	1440	95	34	12	46
Avocado & Quinoa Superfood Ensalada Large	65.9 oz	1790	930	97	26	0	80	2430	183	64	24	82
Chipotle Vin - 1oz	1.0 oz	140	130	15	1	0	0	260	3	0	2	0
Pink Lady Beets & Goat Cheese Salad Small	23.5 oz	1030	580	63	14	0	30	1110	98	18	71	28
Pink Lady Beets & Goat Cheese Salad Large	42.5 oz	1910	1060	115	24	0	55	1880	190	34	138	51
Citrus Vinaigrette - 1oz	1.0 oz	110	100	12	1	0	0	45	2	0	1	0
Mama Chen's Chinese Salad Small	19.5 oz	590	310	35	2	0	0	340	59	16	13	25
Mama Chen's Chinese Salad Large	33.7 oz	1060	560	62	3	0	0	640	108	27	22	44
Miso Mustard Sesame - 1oz	1.0 oz	110	80	9	1	0	0	330	7	0	5	< 1g
The Modern Caesar Small	25.2 oz	650	430	45	10	0	25	640	49	24	10	26
The Modern Caesar Large	47.0 oz	1210	780	81	19	0	50	1340	92	43	19	51
Classic Caesar Dressing - 1oz	1.0 oz	170	150	17	2	0	55	210	2	0	1	2
Field Greens Salad Small	16.0 oz	110	10	1	0	0	0	20	25	7	16	4
Field Greens Salad Large	30.0 oz	220	20	2	0	0	0	40	52	14	33	8
Farmhouse Vinaigrette - 1oz	1.0 oz	140	120	14	1	0	0	160	4	0	4	0

ADD CHICKEN FOR SALADS

Small (serves 8-10)	5.0 oz	150	30	3.5	0	0	85	710	0	0	0	29
Large (serve 15-20)	10.0 oz	300	60	7	0	0	170	1420	0	0	0	57

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GOURMET DELI SIDES												
(small serves 8-10, medium serves 15-20)												
Basil Pesto Shells Small	33.0 oz	2700	1540	164	36	0	135	5840	218	17	17	76
Basil Pesto Shells Large	57.5 oz	4720	2700	288	63	0	235	10220	382	29	30	133
Pickles & Dill Potato Salad Small	36.0 oz	2180	1320	133	8	0	0	1970	191	12	15	16
Pickles & Dill Potato Salad Large	72.0 oz	4360	2640	265	15	0	0	3930	382	24	31	31
Kale and Apple Salad Small	24.0 oz	1750	1320	146	26	0	0	860	119	19	54	8
Kale and Apple Salad Large	56.0 oz	4090	3080	340	60	0	0	2020	277	45	126	18
Curried Couscous Small	36.0 oz	2330	1440	143	0	0	0	4830	197	18	54	18
Curried Couscous Large	72.0 oz	4660	2890	286	0	0	0	9670	394	36	107	36
CHEFFY COCKTAIL SANDWICHES												
(10 per order, nutrition by piece)												
BBQ Chicken & Smoked Gouda	1 piece	220	60	7	2.5	0	40	670	24	1	3	15
Caprese	1 piece	260	140	15	6	0	40	250	21	1	4	9
Tuscan Steak	1 piece	260	140	15	2	0	25	450	22	1	< 1g	10
Balsamic Steak & Bacon	1 piece	220	100	11	2	0	20	440	22	1	< 1g	8
Prosciutto and Fig	1 piece	190	60	6	3	0	35	410	24	1	7	8
SKEWERS												
(24 per order, nutrition by piece)												
Chile Rubbed Chicken	1 skewer	60	35	4	0	0	10	130	3	0	3	3
Peruvian Steak	1 skewer	60	35	4	1	0	10	200	2	0	1	4
Chinese Tofu	1 skewer	60	45	5	0.5	0	0	150	3	0	1	2
Caprese	1 skewer	110	80	10	4.5	0	20	45	1	0	1	5
BBQ Chicken	1 skewer	45	30	3	0	0	10	140	1	0	< 1g	3
CRAFTED FOR KIDS												
Peanut Butter & Jelly Platter	1 piece	120	35	4	0.5	0	0	130	18	1	5	3
Cheddar Cheese Sack Lunch	1 sandwich	610	360	39	21	0	130	650	43	2	8	22
Peanut Butter & Jelly Sack Lunch	1 sandwich	520	210	23	4.5	0	40	410	69	5	24	14
Turkey & Cheddar Sack Lunch	1 sandwich	540	270	30	14	0	125	740	43	2	8	26
CHIPS												
Original	1.5 oz	210	120	14	2.5	0	0	170	23	2	0	3
Jalapeno	1.5 oz	210	120	14	2.5	0	0	200	23	2	0	3
Salt & Vinegar	1.5 oz	210	120	14	2.5	0	0	570	23	2	0	3
Sour Cream and Onion	1.5 oz	210	100	12	1.5	0	0	270	27	0	2	3
DESSERTS												
Chocolate Chip Cookie	1 piece	240	100	11	4	0	10	140	36	1	20	2
Double Chocolate Chip Cookie	1 piece	250	120	13	8	0	35	125	33	1	22	2
Oatmeal Raisin Cookie	1 piece	200	60	7	2	0	20	105	33	2	18	3
NORTHERN CA STORES												
Chocolate Chunk	1 piece	210	100	11	7	0	30	320	29	2	17	4
Chocolate Bomb	1 piece	180	50	6	3.5	0	<5	30	32	3	27	4
Ginger Molasses	1 piece	200	50	6	4	0	30	290	34	<1	18	3
Lemon Cheesecake	1 piece	200	60	7	4	0	30	110	32	<1	18	2
Oat, Hemp and Date	1 piece	210	70	8	6	0	65	30	33	3	19	3