



BREAKFAST



	Serving Size	Vegan	Gluten Friendly	Calories	Protein (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g)	Sodium (mg)	Fibre (g)	Sugars (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Rancheros Bowl Coconut Turmeric Brown Rice, Crushed Avocado, Cumin Chili Spiced Black Beans, Edamame Beans & Sweet Corn, Tortilla Chips*, Cherry Tomatoes, Arugula*, Rancheros Sauce, Soft Poached Egg	1 bowl		GF	500	17	28	9	0	53	140	12	4	6.5	6.8	15.1	30.9
Sunrise Bowl Roasted Sweet Potatoes, Seasoned Kale, Cherry Tomatoes, Anti-Biotic Free Turkey Bacon, Avocado, Two Baked Eggs, with Mild Romesco Sauce or Jalapeno Aioli	1 bowl		GF	510	28	23	5	0	44	340	10	12	760.4	53.9	15.5	35.6
Crushed Avocado Toast White Bean Hummus, Crushed Avocado, Cherry Tomatoes, Arugula*, Olive Oil	1 toast	Vegan		560	16	29	4	0	66	490	12	4	23.4	45.8	15.6	20.2
The Holy Poke Toast Turmeric Cream Cheese, Avocado, Cucumber, Wild Sesame Ahi Tuna, Spicy Miso Aioli, Black Sesame Seeds	1 toast			440	35	13	2	0	49	340	6	6	18.9	11.7	30.3	15.9
The Millennial Toast Cashew Herbed Cream Cheese, Anti-Biotic Free Turkey Bacon, Avocado, Arugula*, Walnut Arugula Pesto, Soft Poached Egg	1 toast			680	33	32	7	0	60	400	8	6	14.4	14	10.8	45.4
Turkey Bacon & Egger Turmeric Cream Cheese, Crushed Avocado, Arugula*, Cherry Tomatoes, Anti-Biotic Free Turkey Bacon, Baked Egg	1 swch			700	42	20	4	0	91	690	9	10	29.5	25.6	35.4	30.7
Avocado Remix Crushed Avocado, Herbed Mushrooms, Chimichurri Chutney, Walnuts, Soft Poached Egg	1 toast			560	17	32	5	0	51	230	9	3	17.2	39.6	10.4	25.3
Wise Beyond Burger w/ chips and Crushed Avocado Beyond Burger Meat, Pickles, Onions, Arugula*, Vegan Cheddar, Wise Special Sauce	1 bowl	Vegan		830	27	42	12	0	96	360	16	5	30.5	29.6	15.8	45.9
* = Organic																
Superfoods Breakfast Roasted Sweet Potatoes, Spinach, Chili Spiced Black Beans, Edamame Beans & Sweet Corn, Cherry Tomatoes, Herbed Mushrooms, Crushed Avocado, Vegan Walnut Taco Meat, Chipotle Aioli	1 bowl	Vegan	GF	760	19	41	6	0	70	135	21	14	620.7	62.7	15.9	40.4
Almond Butter & Dark Chocolate Toast French Loaf Bread, Almond Butter, Banana, Cashews, Cinnamon, Dark Chocolate, Honey	1 Toast			750	18	33	7	0	102	150	11	43	12.4	10.9	15.4	30.2

SAUCES

Rancheros Sauce	60ml	Vegan	GF	50	0.8	3.5	0	0	5	50	1	2	0	4.5	1	2
Jalapeno Aioli	30ml	Vegan	GF	80	0	9	1.5	0	0.6	70	0	0	0	0	0.2	0.1
Romesco Sauce	30ml	Vegan	GF	45	1	4	0	0	2	30	0.6	0.4	0.5	5	0.8	0.5
Chipotle Aioli	30ml	Vegan	GF	70	0	7	1	0	0.5	75	0	0	0	0.2	0.4	0.1
Spicy Miso Aioli	30ml	Vegan	GF	80	0.7	8	1	0	2	100	0	0	0	0	0.6	0.2
Walnut Arugula Pesto	30ml	Vegan	GF	130	0.8	14	2	0	1	15	0	0	1.2	9	2	2
Chimichurri Chutney	30ml	Vegan	GF	110	0	11	1.5	0	3	10	0.8	2	1.5	5.2	0.9	0.8
Wise Special Sauce	30ml	Vegan	GF	45	0	3.5	0.5	0	5	95	0	2	0	0	0.2	0.1



SALADS



	Serving Size	Vegan	Gluten Friendly	Calories	Protein (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g)	Sodium (mg)	Fibre (g)	Sugars (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Ahi Poke Tuna Arugula*, Purple Cabbage, Wild Sesame Ahi Poke Tuna, Mango, Cherry Tomatoes, Cucumber, Avocado, Miso Ginger Vinaigrette, Black Sesame Seeds.	1 bowl		GF	280	20	12	2	0	24	65	8	14	43.6	82.1	15.2	15.1
Lets TACO Bout It Arugula*, Spinach, Cumin Chili Spiced Black Beans, Edamame Beans & Sweet Corn, Cherry Tomatoes, Cucumbers, Free Range Moroccan Spiced Chicken Breast, Crushed Avocado, Roasted Red Peppers, Tortilla Chips*, Vegan Ranch Dressing	1 bowl		GF	450	36	16	2.5	0	42	135	14	9	196.4	100.2	15.3	30.8
Lets TACO Bout It w/ Vegan Walnut Taco Meat	1 bowl	Vegan	GF	580	17	32	4.5	0	48	100	17	8	229.3	113.7	20.6	40.8
Thai Salad Seasoned Kale, Spinach, Purple Cabbage, Roasted Broccoli, Curried Cauliflower, Cucumber, Cashews, Wild Cajun Lime Prawns, Almond Red Curry Vinaigrette, Black Sesame Seeds	1 bowl		GF	220	19	9	5	0	19	110	7	6	367.8	222.7	15.2	20.5
Summer Salmon Salad (Seasonal) Arugula*, Spinach, Roasted Broccoli, Cucumber, Strawberries, Blackberries, Wild Roasted Salmon, Basil Vinaigrette	1 bowl		GF	228	25.9	4.7	1	0	20.8	246.6	9.3	9.3	234.7	212.6	17.6	27.7

* = Organic

SALAD DRESSINGS

Almond Red Curry Dressing	30ml	Vegan	GF	100	3	8	1	0	9	110	1	4	0	0	4	2
Miso Ginger Vinaigrette Dressing	30ml		GF	70	2	3.5	0	0	8	150	0.6	4	0	0	0.9	0.7
Vegan Ranch Dressing	30ml	Vegan	GF	70	0	8	1	0	0	80	0	0	0	0	1.1	0
Basil Vinaigrette Dressing	30ml		GF	120	0	11	1.5	0	6	15	0	6	1.1	0.3	0.2	0.2

SAUCES (For Bowls on Following Page)

Jalapeno Aioli	30ml	Vegan	GF	80	0	9	1.5	0	0.6	70	0	0	0	0	0.2	0.1
Romesco Sauce	30ml	Vegan	GF	45	1	4	0	0	2	30	0.6	0.4	0.5	5	0.8	0.5
Chipotle Aioli	30ml	Vegan	GF	70	0	7	1	0	0.5	75	0	0	0	0.2	0.4	0.1
Spicy Miso Aioli	30ml	Vegan	GF	80	0.7	8	1	0	2	100	0	0	0	0	0.6	0.2
Walnut Arugula Pesto	30ml	Vegan	GF	130	0.8	14	2	0	1	15	0	0	1.2	9	2	2
Chimichurri Chutney	30ml	Vegan	GF	110	0	11	1.5	0	3	10	0.8	2	1.5	5.2	0.9	0.8
Wise Special Sauce	30ml	Vegan	GF	45	0	3.5	0.5	0	5	95	0	2	0	0	0.2	0.1



BOWLS																
	Serving Size	Vegan	Gluten Friendly	Calories	Protein (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g)	Sodium (mg)	Fibre (g)	Sugars (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Coconut Chicken Coconut Turmeric Brown Rice, Free Range Roasted Coconut Chicken Breast, Roasted Curried Cauliflower, Roasted Onions, Roasted Red Peppers, Purple Cabbage, Roasted Broccoli, Coconut Curry Sauce	1 bowl		GF	630	34	29	24	0	57	300	9	16	48.2	187.4	10.8	30.4
Achilles Meal Fresh Range Roasted Moroccan Chicken Breast, Organic Wild Rice and Tri-Colored Quinoa Mix, Za'atar seasoned Kale, Cherry Tomatoes, Cumin Spiced Cucumber, Roasted Zucchini, Roasted Red Pepper, Roasted Onion, White Bean Hummus, Parmesan Cheese, Walnut Arugula Pesto	1 bowl		GF	450	38	13	2	0	45	400	10	7	168.8	205.7	15.7	32
Achilles Meal w/ Walnut Taco Meat	1 bowl	Vegan	GF	610	21	30	4	0	55	360	14	8	155.4	170.1	20.1	40.7
Achilles Meal w/ Beyond Meat Patty	1 bowl	Vegan	GF	460	24	19	4	0	47	500	12	7	149.3	196.4	15.1	40.4
Jamaican Me Crazy Coconut Turmeric Brown Rice, Free Range Jerk Chicken Breast, Mango, Cumin Chili Spiced Black Beans, Edamame Beans & Sweet Corn, Purple Cabbage, Avocado, Jalapeno Aioli	1 bowl		GF	590	34	24	14	0	56	240	11	14	24.3	73.9	8.7	25.5
Jamaican Me Crazy w/ Walnut Taco Meat	1 bowl	Vegan	GF	720	16	39	16	0	64	120	14	14	26.5	82.3	10.3	30.6
Jamaican Me Crazy w/ Beyond Meat Patty	1 bowl	Vegan	GF	580	19	29	16	0	55	260	12	12	29.4	22.1	8.2	35.8
Wright Vegan Brown Rice, Red Rice, Lentils, Red Quinoa, Millet, Seasoned Kale, Roasted Broccoli, Curried Cauliflower, Herbed Mushrooms, Cherry Tomatoes, Arugula*, Walnuts, Avocado, with Romesco Sauce or Walnut Arugula Pesto	1 bowl	Vegan	GF	590	14	33	8	0	62	150	18	15	454.3	109.4	15.4	30.9
SIR-Loin Roasted Sweet Potato, Seasoned Kale, Herbed Mushrooms, Roasted Broccoli, Cherry Tomatoes, Top Sirloin Steak, Chimichurri Chutney	1 bowl		GF	510	34	21	6	0	47	200	10	13	582.7	134.4	10.2	30.7
SIR-Loin Bowl w/ Walnut Taco Meat	1 bowl	Vegan	GF	610	15	31	4.5	0	58	140	14	15	523.2	155.3	15.4	30.2
SIR-Loin Bowl w/ Beyond Meat Patty	1 bowl	Vegan	GF	460	18	21	4.5	0	49	280	12	13	534.9	72.6	10.1	35.7
Gone Fishin (Seasonal) Coconut Turmeric Brown Rice, Seasoned Kale, Wild Roasted Salmon, Cumin Chili Spiced Black Beans, Edamame Beans & Sweet Corn, Purple Cabbage, Mango, Cherry Tomatoes, Avocado, Tortilla Chips*, Chipotle Aioli	1 bowl		GF	500	27	22	8	0	52	115	10	5	160	202.7	15.8	20.8
Gone Fishin w/ Walnut Taco Meat (Seasonal)	1 bowl	Vegan	GF	680	18	36	10	0	63	105	14	7	177.6	215.8	15.1	35.6
Gone Fishin w/ Beyond Meat Patty (Seasonal)	1 bowl	Vegan	GF	580	19	29	16	0	55	260	12	12	184.4	102.7	8.6	35.8
Yoga Fire	1 bowl	Vegan	GF	770	16	32	23	0	108	330	7	24	93.6	190.7	10.4	40.3



COFFEE & TEA																
	Serving Size	Vegan	Gluten Friendly	Calories	Protein (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g)	Sodium (mg)	Fibre (g)	Sugars (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Americano	12 oz	Vegan	GF	2	0	0	0	0	0.3	0.2	0	0	0	0	0	0
Americano	16 oz	Vegan	GF	2	0	0	0	0	0.3	0.2	0	0	0	0	0	0
Americano Misto	12 oz		GF	113.5	5.7	5.7	3.5	0	8.8	89	0	8.5	7.1	0	21.3	0
Americano Misto	16 oz		GF	153	7.6	7.6	4.7	0	11.7	118.3	0	11.4	9.5	0	28.4	0
Cappuccino	8 oz		GF	154	7.6	7.6	4.7	0	11.7	118.3	0	11.4	9.5	0	28.4	0
Cappuccino	12 oz		GF	229	11.4	11.4	7.1	0	17.3	177.7	0	17	14.2	0	42.6	0
Chai Latte	12 oz		GF	266	11.4	11.4	7.1	0	25.6	188.2	0	25.1	14.2	0	42.6	0.9
Chai Latte	16 oz		GF	359	15.2	15.1	9.4	0	35.4	252.1	0	34.8	18.9	0	56.7	1.3
Cortado	4 oz		GF	78	3.8	3.8	2.3	0	5.9	58.8	0	5.6	4.7	0	14.1	0
Espresso	2 oz	Vegan	GF	2	0	0	0	0	0.3	0.2	0	0	0	0	0	0
Hot Chocolate	12 oz		GF	265	12	12.9	7.9	0	22.7	188.1	1	21.4	14.2	0	42.8	3
Hot Chocolate	16 oz		GF	340	15.7	16.6	10.2	0	28.4	246.8	1	27.1	18.9	0	56.9	3
Latte	12 oz		GF	229	11.4	11.4	7.1	0	17.3	177.7	0	17	14.2	0	42.6	0
Latte	16 oz		GF	304	15.1	15.1	9.4	0	23	236.4	0	22.7	18.9	0	56.7	0
Macchiato	4 oz		GF	78	3.8	3.8	2.3	0	5.9	58.8	0	5.6	4.7	0	14.1	0
Matcha Latte	12 oz		GF	233	12.1	11.4	7.1	0	17.9	177.6	0.6	17	25.8	0.7	43.4	0.5
Matcha Latte	16 oz		GF	312	16.2	15.1	9.4	0	24	236.4	1	22.7	36.4	1	58	0.8
Mocha	12 oz		GF	267	12	12.9	7.9	0	23	188.3	1	21.4	14.2	0	42.8	3
Mocha	16 oz		GF	342	15.7	16.6	10.2	0	28.7	247	1	27.1	18.9	0	56.9	3
Angel Water Tea	1 tea bag	Vegan	GF	0	0	0	0	0	0	0	0	0	0	0	0	0
Earl Grey Tea	1 tea bag	Vegan		0	0	0	0	0	0	0	0	0	0	0	0	0
Jade Spring Green Tea	1 tea bag	Vegan		0	0	0	0	0	0	20	0	0	0	225	0	0
Philosophers Brew Tea	1 tea bag	Vegan		0	0	0	0	0	0	20	0	0	0	225	0	0
Green Goddess Latte	12 oz		GF	410	9	20	14	0	61	135	8	32	14.8	0.7	50.6	30.8
Medicinal Latte	12 oz	Vegan	GF	350	8	7	1	0	67	140	6	41	0.3	9.1	50.1	10.9
Turmeric Latte	12 oz		GF	280	4	8	3.5	0	53	85	5	40	3.7	0.4	60.2	30.6
Elevated Hot Chocolate	12 oz		GF	390	9	17	10	0	57	130	8	23	0	8.3	45.5	25.6

SMOOTHIES																
	Serving Size	Vegan	Gluten Free	Calories	Protein (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g)	Sodium (mg)	Fibre (g)	Sugars (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Power Greens	16 oz		GF	250	8	2.5	0	0	50	105	6	28	328.3	234.5	45.7	25.8
Tall Dark and Handsome	16 oz	Vegan	GF	570	23	27	5	0	68	200	12	35	1.2	1.4	60.4	30.9
Immunity	16 oz		GF	280	4	1	0	0	72	5	4	59	52.1	392.1	4.4	10.7
Very Berry	16 oz		GF	350	9	4	0	0	75	100	13	38	19.9	113.5	40.5	650.2

PREP ITEMS



	Serving Size	Vegan	Gluten Friendly	Calories	Protein (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g)	Sodium (mg)	Fibre (g)	Sugars (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
GRAINS																
Coconut Rice	200g	Vegan	GF	319	5.4	10.8	7.9	0	49.9	202.7	2.2	2.5	0	0	2.1	7.3
Rice Medley	150g	Vegan	GF	60	3	0.5	0	0	12	25	2	0	0.1	0	0.7	8
Rice Noodles	150	Vegan	GF	270	5	0.5	0	0	62	15	0	0	0.1	0	2.5	15.8
French Loaf Bread	75g	Vegan		150	5	1	0	0	31	100	1	0	0	0	0	0
Gluten Free Bread	1 slc/43g	Vegan	GF	120	2	4	0.4	0	21	120	1	3	0	0	3.2	3.5
Vegan Brioche Bun	1 bun/70g	Vegan		190	7	2	0.5	0	38	170	1	5	0	0	0	0
SPREADS																
Crushed Avocado	40g	Vegan	GF	70	0.9	6.3	0.9	0	3.6	3	3	0.3	1.2	7.2	0.3	1.2
Herbed Cashew Cream Cheese	40g	Vegan	GF	89	4.1	6.3	1.2	0	5.9	190.8	1.1	0.6	0.8	3.5	2.9	12.6
White Bean Hummus	60g	Vegan	GF	70	3.3	3.6	0.6	0	6.8	142.6	2	0.2	0.7	2.2	2.1	5.2
Turmeric Cream Cheese	40g		GF	71	2	6	4	0	2.2	120.1	0.1	2	4	1.9	2	0.7
PROTEINS																
Soft Poached Egg/Baked Egg	1 egg		GF	72	6.3	4.8	1.6	0	0.4	71	0	0.2	5.4	0	2.8	4.9
Nitrate Hormone Free Turkey Bacon	1 strip /50g		GF	60	5	1	0.5	0	1	115	0	1	0	0	0	2
Grass Fed Top Sirloin Steak	75g		GF	189	26	8.2	4.6	0	0	70	0	0	0.2	0	0.5	13.4
Wild Sesame Spiced Ahi Tuna	60g		GF	103	16.2	2.3	0.2	0	2.6	26	0	0	0	0	0	0
Wild Roasted Salmon	75g		GF	125	19.7	4.5	1	0	0.3	124.2	0.1	0	2.3	1.7	0.3	2.5
Wild Cajun Lime Prawns	85g		GF	84	20.4	0.3	0.1	0	0.3	154.4	0	0	0	0.5	6	1.7
Moroccan Chicken	90g		GF	95	20.6	1.2	0	0	0	59.5	0	0	0	1.6	0	3.2
Jerk Chicken	90g		GF	112	20.9	2.1	0.1	0	2.1	316.1	0.1	1.1	0.2	3.2	0.4	5.4
Beyond Burger Patty	113g=1 Patty	Vegan	GF	270	20	15	5	0	5	300	3	0	0	0	2	30
Vegan Walnut Taco Meat	60g	Vegan	GF	170	4	15.3	1.6	0	6.4	167.8	2	2.1	1.9	3.2	1.7	3.9
VEGETABLES																
Seasoned Kale	30g	Vegan	GF	52	2.7	2.9	0.3	0	5.4	196.5	2.2	1.4	119.9	120	9	5
Curried Cauliflower	60g	Vegan	GF	40	1.1	2.7	2.3	0	3.6	67.3	1.5	1.4	0.1	44	1.3	1.8
Herbed Mushrooms	85g	Vegan	GF	67	3.1	1	0	0	14.4	9.9	4	2.8	0	13.6	5.1	6.8
Cumin Chili Spiced Bean Mix	60g	Vegan	GF	57	3.7	1.2	0	0	7.8	25.4	2.8	1.7	5.9	4.7	2.3	4.7
Organic Arugula	30g	Vegan	GF	8	0.6	0	0	0	0.9	3.8	0.6	0.6	6.9	3.5	2.2	0.9
Roasted Sweet Potatoes	150g	Vegan	GF	142	2.1	2.3	0	0	21.6	98	3.5	5.6	400.5	37.2	4.2	4.7
Cherry Tomatoes	60g	Vegan	GF	17	0.6	0	0	0	2.4	10.8	1.2	1.8	12	7.8	1.2	0.6
Sliced Avocado	30g	Vegan	GF	50	0	4.5	0.5	0	3	0	2	0	0	4	0	2
Cucumber	40g	Vegan	GF	6	0.3	0	0	0	1.4	20.8	0.2	0.7	0.8	1.6	0.4	0.4
Purple Cabbage	40g	Vegan	GF	13	0.6	0	0	0	2.9	13.7	0.9	1.5	8.6	37.7	1.7	1.7
Spinach	30g	Vegan	GF	24	2.4	0	0	0	3.6	78	2.4	1.2	192	48	9.6	18
Roasted Broccoli	60g	Vegan	GF	20	1.7	0.2	0	0	4.2	19.8	1.6	1	30	78	2.4	2.4
Roasted Red Pepper	30g	Vegan	GF	9	0.3	0	0	0	1.8	1.2	0.6	1.3	18.8	63.8	0.2	0.7
Roasted Onions	30g	Vegan	GF	12	0.3	0	0	0	2.7	1.2	0.5	1.3	0	3.6	0.6	0.3
Basil	5g	Vegan	GF	1	0.2	0	0	0	1.4	0	0.1	0	9.3	1	0.9	2.2
Mint	6g	Vegan	GF	2	0.2	0	0	0	0.4	2.1	0.4	0	5.4	1.3	1.3	4.3
Parsley	4g	Vegan	GF	1	0.1	0	0	0	0.3	2.2	0.1	0	6.7	8.9	0.6	1.4
NUTS																
Raw Cashews	15g	Vegan	GF	86	2.7	7	1.3	0	4.3	0	1.1	0.5	0	0	1.1	5.4
Raw Walnuts	15g	Vegan	GF	89	2.3	7.8	0.6	0	2.1	0	1.3	0.5	0	0.5	1.6	2.6
Raw Pistachios	15g	Vegan	GF	84	3.1	5.4	0.8	0	4.1	0	1.5	1.1	0	0.5	1.2	3.3

PREP ITEMS



	Serving Size	Vegan	Gluten Friendly	Calories	Protein (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbs (g)	Sodium (mg)	Fibre (g)	Sugars (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
FRUITS																
Mango	40g	Vegan	GF	24	0.3	0.2	0	0	6	0.4	0.6	5.6	8.4	24	0.4	0.4
Pineapple	20g	Vegan	GF	10	0.1	0	0	0	2.6	0.2	0.3	2	0.2	15.8	0.2	0.2
Mixed Berries	200g	Vegan	GF	68	0.8	0	0	0	14.4	0	2.6	9.2	1.6	59.2	1.6	5
Banana	1=115g	Vegan	GF	102	1.3	0.2	0	0	26.3	0	4	14.5	2.6	22.5	1.3	2.6
Blackberries <i>(Seasonal)</i>	60g	Vegan	GF	26	0.8	0	0	0	5.8	0	3.2	2.9	2.6	21	1.7	2.1
Strawberries <i>(Seasonal)</i>	60g	Vegan	GF	19	0.4	0	0	0	4.6	0	1.2	2.9	0.1	58.8	1	1.4
Orange Juice	300ml	Vegan	GF	135	2.1	0.6	0.1	0	31.2	3	0.6	22.2	12	250	3.3	3.3

MILK PRODUCTS & MIXES																
Homogenized Whole Milk	12 oz		GF	227	11.4	11.4	7.1	0	17	177.5	0	17	14.2	0	42.6	0
Homogenized Whole Milk	16 oz		GF	302	15.1	15.1	9.4	0	22.7	236.2	0	22.7	18.9	0	56.7	0
Skim Milk	12 oz		GF	128	12.8	0	0	0	18.5	177.5	0	18.5	14.2	0	42.6	0
Skim Milk	16 oz		GF	170	17	0	0	0	24.6	236.2	0	24.6	18.9	0	56.7	0
Almond Milk	12 oz	Vegan	GF	57	1.4	5	0	0	2.8	142	1.4	0	0	0	21.3	0
Almond Milk	16 oz	Vegan	GF	76	1.9	6.6	0	0	3.8	189	1.9	0	0	0	28.4	0
Oat Milk	12 oz	Vegan	GF	155	5.6	3.5	1.4	0	25.4	112.8	2.8	1.4	14.1	0	42.3	5.6
Oat Milk	16 oz	Vegan	GF	208	7.6	4.6	1.8	0	33.9	150.7	3.8	1.9	18.8	0	56.5	7.5
Chai Mix	1 oz	Vegan	GF	90	0	0	0	0	23	0	0	23	0	0	0	0
Dulche de Leche	40g	Vegan	GF	107	1.4	2.7	0.6	0	20.8	1.9	1.7	17.4	0.3	0.7	3	2.7
Turmeric Paste	60ml		GF	91	0.6	4.4	0.3	0	14.6	65.4	1.2	11.5	3.7	0.4	17.3	4.9

ELIXIR PRODUCTS																
Coconut Butter	15g	Vegan	GF	98	0.9	10.2	8.3	0	3.8	4.7	2.3	0.8	0	0	0	7.5
Mushroom Super Blend	1g	Vegan	GF	2	0	0	0	0	0.3	0	0	0	0	8.3	0	0
Chlorella	2g	Vegan	GF	7	1.3	0	0	0	0.3	0	0	0	0	0	0	0
Dandelion Root	2g	Vegan	GF	3	0	0	0	0	0.4	0	0	0	0	0	0	0
Goji Berries	3g	Vegan	GF	10	0.5	0	0	0	2.2	7.3	0.2	1.1	14.1	1.9	0.5	1
Lucuma	7g	Vegan	GF	29	0.5	0	0	0	5.6	0	0	0	0	0	0	0
Maca	2g	Vegan	GF	1	0.1	0	0	0	0.3	0	0	0.2	0	0.1	0	0.2
Collagen	1g		GF	2	0.5	0	0	0	0	2	0	0	0	0	0	0
Matcha	2g	Vegan	GF	6	0.7	0	0	0	0.9	0.1	0.6	0	11.6	0.7	0.8	0.5
Moringa	1g	Vegan	GF	4	0.1	0	0	0	0.5	1.3	0	0.4	3.2	0	3	4.7
Mesquite Powder	2g	Vegan	GF	8	0.3	0	0	0	1.8	1	1	0.5	0	0	0.5	0
Vega Chocolate or Vanilla Protein	10g	Vegan	GF	37	7	0.7	0.1	0	1.4	85	0.7	0.2	0	0.9	3.5	4.6

DRY & MISC																
Dark chocolate	5g	Vegan	GF	29	0.6	2.3	1.4	0	1.9	1.9	0.8	0.6	0	0	0.2	3.1
Honey	5ml		GF	32	0.5	0	0	0	7.5	0.5	0	7.5	0	0	1	4
Turmeric Spice	2g	Vegan	GF	7	0.3	0	0	0	1.1	0.9	0.3	0	0	0.9	0.3	4.3
Cinnamon Spice	1g	Vegan	GF	1	0	0	0	0	0.4	0.1	0.3	0	0	0	0.5	0.2
Raw Cacao	7g	Vegan	GF	9	0.5	0.2	0	0	0.9	16.6	0.9	0	0	0	0	1.9
Almond Butter	15g	Vegan	GF	91	3.6	8	0.5	0	3	0	2	1	0	0	4.1	4.2
Cayenne Pepper	0.2g	Vegan	GF	0	0	0	0	0	0	0	0	0	0	0.6	0.1	0
Ginger	6g	Vegan	GF	5	0.1	0	0	0	1.1	0.8	0.1	0.1	0	0.5	0.1	0.2
Lemon Juice	10ml	Vegan	GF	1	0	0	0	0	0	0	0	0	0	3	0	0
Maple Syrup	5ml	Vegan	GF	18	0	0	0	0	4.5	0.4	0	4.5	0	0	0	0
Olive Oil	5ml	Vegan	GF	39	0	4.5	0.6	0	0	0	0	0	0	0	0	0.2
Organic Tortilla Chips	15g	Vegan	GF	50	0.8	1.8	0.2	0	6.4	27	0.6	0	0	0	1.2	0.8

ALLERGEN GUIDE



	Vegetarian	Vegan	Dairy	Eggs	Gluten/Wheat	Peanuts	Tree Nuts	Fish	Shellfish	Soy	Citrus
MORNING BOWLS											
Rancheros Bowl	NO	NO (Egg/Honey)	NO	YES	NO	NO	NO	NO	NO	YES	YES (Lime)
Sunrise Bowl w/ Jalapeno Aioli	NO (Bacon)	NO (Bacon/Egg)	NO	YES	NO	NO	NO	NO	NO	YES	YES (Lime/Lemon)
Sunrise Bowl w/ Romesco	NO (Bacon)	NO (Bacon/Egg)	NO	YES	NO	NO	YES (Almonds)	NO	NO	NO	NO
Superfoods	YES	YES	NO	NO	NO	NO	YES (Walnuts)	NO	NO	YES	YES (Lime)

BUILT UP TOASTS											
Avocado Remix	YES	NO (Egg)	NO	YES	YES (GF option)	NO	YES (Walnuts)	NO	NO	NO	YES (Lime)
Crushed Avocado Toast	YES	YES	NO	NO	YES (GF option)	NO	NO	NO	NO	NO	YES (Lemon/Lime)
Millennial Toast	NO	NO (Egg/Bacon)	NO	YES	YES (GF option)	NO	YES (Cashews)	NO	NO	NO	YES (Lemon)
The Holy Poke	NO (Tuna)	NO (Tuna/Cheese)	YES (Cream Cheese)	NO	YES (GF option)	NO	NO	YES	NO	YES	YES (Lemon)
Almond Butter & Dark Chocolate	YES	NO (Honey)	NO	NO	YES (GF option)	NO	YES (Almonds/Cashews)	NO	NO	NO	NO

MORNING SANDWICH											
Turkey Bacon & Egger	NO (Bacon)	NO (Bacon/Egg/Cheese)	YES (Cream Cheese)	YES	YES (GF option)	NO	NO	NO	NO	NO	YES (Lemon/Lime)
Wise Beyond Burger	YES	YES	NO	NO	YES (Bun)	NO	NO	NO	NO	NO	YES (Lemon)

WISE SALADS											
Ahi Tuna Salad	NO (Tuna)	NO (Tuna/Honey)	NO	NO	NO	NO	NO	YES	NO	YES	YES (Lime)
Let's TACO Bout It	YES	YES	NO	NO	NO	NO	YES (Almond/Walnuts)	NO	NO	YES	YES (Lime/Lemon)
Summer Salmon (Seasonal)	NO (Salmon)	NO (Salmon/Honey)	NO	NO	NO	NO	NO	YES	NO	NO	NO
Thai Salad	NO	NO	NO	NO	NO	NO	YES (Pistachios/Almonds)	NO	YES	YES	YES (Lemon/Lime)

WISE BOWLS											
Achilles Meal w/ Arugula Pesto	NO (Chicken)	NO (chicken)	NO	NO	NO	NO	YES (Walnuts)	NO	NO	NO	YES (Lemon)
Achilles Meal w/ Arugula Pesto and Taco Meat	YES	YES	NO	NO	NO	NO	YES (Walnuts)	NO	NO	NO	YES (Lemon)
Achilles Meal w/ Arugula Pesto and Beyond Meat	YES	YES	NO	NO	NO	NO	YES (Walnuts)	NO	NO	NO	YES (Lemon)
Achilles Meal w/ Romesco Sauce	NO (Chicken)	NO (chicken)	NO	NO	NO	NO	YES (Almonds)	NO	NO	NO	YES (Lemon)
Achilles Meal w/ Romesco Sauce and Taco Meat	YES	YES	NO	NO	NO	NO	YES (Almonds/Walnuts)	NO	NO	NO	YES (Lemon)
Achilles Meal w/ Romesco Sauce and Beyond Meat	YES	YES	NO	NO	NO	NO	YES (Almonds)	NO	NO	NO	YES (Lemon)
Coconut Chicken Bowl	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	YES (Lime)
Gone Fishin (Seasonal)	NO (Salmon)	NO (Salmon)	NO	NO	NO	NO	NO	YES	NO	YES	YES (Lime/Lemon)
Gone Fishin w/ Taco Meat (Seasonal)	YES	YES	NO	NO	NO	NO	YES (Walnuts)	YES	NO	YES	YES (Lime/Lemon)
Gone Fishin w/ Beyond Meat (Seasonal)	YES	YES	NO	NO	NO	NO	NO	YES	NO	YES	YES (Lime/Lemon)
Jamaican Me Crazy Bowl	NO (chicken)	NO (chicken)	NO	NO	NO	NO	NO	NO	NO	YES	YES (Lime/Lemon)
Jamaican Me Crazy w/ Taco Meat	YES	YES	NO	NO	NO	NO	YES (Walnuts)	NO	NO	YES	YES (Lime/Lemon)
Jamaican Me Crazy w/ Beyond Meat	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES (Lime/Lemon)
SIR-Loin Bowl	NO (steak, anchovies)	NO (steak, anchovies)	NO	NO	NO	NO	NO	NO	NO	NO	YES (Lime)
SIR-Loin Bowl w/ Taco Meat	YES	YES	NO	NO	NO	NO	YES (Walnuts)	NO	NO	NO	YES (Lime)
SIR-Loin Bowl w/ Beyond Meat	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES (Lime)
Wright Vegan Bowl w/ Arugula Pesto	YES	YES	NO	NO	NO	NO	YES (Walnuts)	NO	NO	NO	YES (Lemon)
Wright Vegan Bowl w/ Romesco Sauce	YES	YES	NO	NO	NO	NO	YES (Walnuts/Almonds)	NO	NO	NO	YES (Lemon)
Yoga Fire Bowl	YES	YES	NO	NO	NO	NO	YES (Cashews)	NO	NO	YES	YES (Lemon/Lime)

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	Vegetarian	Vegan	Dairy	Eggs	Gluten/Wheat	Peanuts	Tree Nuts	Fish	Shellfish	Soy	Citrus
ELIXIR LATTES											
Elevated Hot Chocolate	YES	NO (Honey)	NO	NO	NO	NO	NO	NO	NO	NO	NO
Green Goddess	YES	NO (Honey)	NO	NO	NO	NO	NO	NO	NO	NO	NO
Medicinal	YES	YES	NO	NO	NO	NO	YES (Almonds)	NO	NO	NO	YES (Lemon)
Turmeric Ginger	YES	NO (Honey)	NO	NO	NO	NO	YES (Almonds)	NO	NO	NO	NO

ELIXIR SMOOTHIES											
Immunity	NO (Collagen)	NO (Honey/Collagen)	NO	NO	NO	NO	NO	NO	NO	NO	YES (Lemon/Orange)
Power Greens	YES	NO (Honey)	NO	NO	NO	NO	NO	NO	NO	NO	NO
Tall Dark and Handsome	YES	YES	NO	NO	NO	NO	YES (Almonds)	NO	NO	NO	NO
Very Berry	NO (Collagen)	NO (Collagen/Honey)	NO	NO	NO	NO	NO	NO	NO	NO	NO

GRAINS											
Coconut Rice	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Rice Medley	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Rice Noodles	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
French Loaf Bread	YES	YES	NO	NO	YES (Wheat/Gluten)	NO	NO	NO	NO	NO	NO
Gluten Free Bread	NO (Egg White)	NO (Egg White)	NO	YES	NO	NO	NO	NO	NO	NO	NO
Vegan Brioche Bun	YES	YES	NO	NO	YES (Wheat/Gluten)	NO	NO	NO	NO	NO	NO

MISCELLANEOUS											
Cashew herbed Cream Cheese	YES	YES	NO	NO	NO	NO	YES (Cashew)	NO	NO	NO	YES (Lemon)
Crushed Avocado	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES (Lime)
Tortilla Chips	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Turmeric Cream Cheese	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES (Lemon)
White Bean Hummus	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES (Lemon)

PROTEINS											
Baked/Poached Egg	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO
Beyond Burger Patty	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO, Citrus Acid for quality
Jerk Chicken Breast	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	YES (Lime)
Moroccan Chicken Breast	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Top Sirloin Steak	NO	NO	NO	NO	NO	NO	NO	YES (Anchovies)	NO	NO	NO
Turkey Bacon	NO	NO (Honey)	NO	NO	NO	NO	NO	NO	NO	NO	NO
Vegan Walnut Taco meat	YES	YES	NO	NO	NO	NO	YES (Walnut)	NO	NO	NO	NO
Wild Cajun Lime Prawns	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	YES (Lime)
Wild Roasted Salmon	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO
Wild Sesame Ahi Tuna	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO

SALAD DRESSINGS											
Almond Red Curry Dressing	YES	YES	NO	NO	NO	NO	YES (Almond)	NO	NO	YES	YES (Lime)
Basil Vinaigrette (Seasonal)	YES	NO (Honey)	NO	NO	NO	NO	NO	NO	NO	NO	NO
Miso Ginger Dressing	YES	NO (Honey)	NO	NO	NO	NO	NO	NO	NO	YES	YES (Lime)
Vegan Ranch Dressing	YES	YES	NO	NO	NO	NO	YES (Almond)	NO	NO	YES	NO

ALLERGEN GUIDE



	Vegetarian	Vegan	Dairy	Eggs	Gluten/Wheat	Peanuts	Tree Nuts	Fish	Shellfish	Soy	Citrus
SAUCES											
Chimichurri Chutney	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES (Lime)
Chipotle Aioli (Seasonal)	YES	YES	NO	NO	NO	NO	NO	NO	NO	YES	YES (Lime/Lemon)
Coconut Curry Sauce	YES	YES	NO	NO	NO	NO	NO	NO	NO	YES	YES (Lime)
Hot Sauce	YES	NO (Honey)	NO	NO	NO	NO	NO	NO	NO	NO	YES (Lime)
Jalapeno Aioli	YES	YES	NO	NO	NO	NO	NO	NO	NO	YES	YES (Lime/Lemon)
Jerk Sauce	YES	YES	NO	NO	NO	NO	NO	NO	NO	YES	YES (Lime)
Moroccan Vinaigrette	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES (Lemon/Lime/Orange)
Rancheros Sauce	YES	NO (Honey)	NO	NO	NO	NO	NO	NO	NO	NO	YES (Lime)
Red Curry Coconut Sauce	YES	NO (Honey)	NO	NO	NO	NO	NO	NO	NO	YES	YES (Lime)
Romesco Sauce	YES	YES	NO	NO	NO	NO	YES (Almonds)	NO	NO	NO	NO
Spicy Miso Aioli	YES	YES	NO	NO	NO	NO	NO	NO	NO	YES	YES (Lemon)
Walnut Arugula Pesto	YES	YES	NO	NO	NO	NO	YES (Walnuts)	NO	NO	NO	NO
Wise Special Sauce (Burger)	YES	YES	NO	NO	NO	NO	NO	NO	NO	YES	YES (Lemon)

VEGETABLES											
Arugula	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Avocado	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Bean Mix	YES	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO
Cherry Tomatoes	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Cucumbers	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Curried Cauliflower	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES (Lemon)
Dill Pickles	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Herbed Mushrooms	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES (Lemon)
Purple Cabbage	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Roasted Broccoli	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Roasted Brussel Sprouts	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Roasted Onion	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Roasted Red Pepper	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Roasted Sweet Potato	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Roasted Zucchini	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Seasoned Kale	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Spinach	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO