

Grace Street Market - Get Your Green On

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Menu Item	Serving Size	Calories (Kcals)	Calories From Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Quinoa Bowls												
Tex-Mex	1 each	320	41	5	1	*0	0	210	60	11	*4	13
Loaded Quinoa Bowl	1 each	640	234	26	6	*0	25	680	84	13	*13	22
Zen Bowl	1 each	250	36	4	0	*0	0	110	46	8	*4	10
Side												
Kale chips	1 serving	190	135	15	2	*0	0	100	12	3	3	6
Made-To-Order Quinoa Bowl												
Base												
Local Arugula	2.5 oz.	18	4	0	0	0	0	19	3	1	1	2
Local Bibb Lettuce	2 oz.	7	1	0	0	0	0	3	1	1	1	1
Romaine	2.5 oz.	12	2	0	0	0	0	6	2	1	1	1
Spring Mix	2.5 oz.	13	0	0	0	0	0	13	3	2	1	1
Quinoa	1/2 cup	107	15	2	0	0	0	9	19	2	*0	4
Protein												
Beyond Chicken	3 oz.	120	25	3	0	0	0	360	5	2	0	20
Tofu	3 oz.	70	36	4	1	0	0	10	2	<1	<1	7
Chicken	3 oz.	150	45	5	2	*0	70	190	0	0	0	25
Cheese												
Feta	1 oz.	70	54	6	5	0	25	320	1	0	1	4
Cheddar Cheese	1 oz.	110	81	9	6	0	30	180	0	0	0	7
Toppings												
Almonds, sliced	0.25 oz.	42	33	4	0	0	0	1	1	1	0	2
Apple Slices	2 oz.	29	1	0	0	0	0	1	8	1	6	0
Avocado	1/2 each	160	132	15	2	0	0	7	9	7	1	2
Beets	1 oz.	10	0	0	0	0	0	60	2	0	1	0
Black Beans	1 oz.	20	0	0	0	*0	0	20	5	<1	<1	<1
Broccoli	1 oz.	10	0	0	0	*	0	10	2	<1	0	<1
Carrots	1 oz.	12	0	0	0	0	0	20	3	1	1	0
Corn	1 oz.	35	0	0	0	0	0	30	6	2	0	2
Croutons	1 oz.	146	68	8	1	0	0	164	17	1	2	3
Cucumbers	1 oz.	0	0	0	0	*	0	0	1	0	0	0
Garbanzo Beans	1 oz.	61	22	2	0	0	9	73	7	2	0	3
Marinated Mushrooms	1 oz.	50	9	1	0	*0	0	95	9	1	7	4
Peppers	1 oz.	5	0	0	0	*	0	0	1	0	<1	0
Red Onions	1 oz.	11	0	0	0	0	0	1	3	0	1	0
Tomatoes	4 each	12	1	0	0	0	0	3	3	1	2	1
Dressing												

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Creamy Caesar	2 Tbsp.	143	135	15	3	0	0	260	1	0	<1	<1
Balsamic Vinaigrette	2 Tbsp.	63	45	5	1	0	0	200	4	0	4	0
Chipotle Vinaigrette	2 Tbsp.	25	0	0	0	*0	0	30	6	0	5	0
Homestyle Ranch	2 Tbsp.	98	90	10	2	0	10	260	1	0	<1	<1
Fat Free Ranch	2 Tbsp.	35	5	1	0	*	<5	270	8	0	2	0
Light Italian	2 Tbsp.	41	32	4	1	0	0	260	2	0	2	0
Honey Mustard	2 Tbsp.	130	108	12	2	0	15	180	7	0	6	0
Mayonnaise	2 Tbsp.	210	207	23	4	0	15	150	<1	0	<1	0
Chipotle Mayo	2 Tbsp.	220	216	24	4	0	15	200	1	0	<1	0
Guacamole	2 Tbsp.	60	45	5	1	0	0	100	3	1	0	<1

*Some values for this nutrient are unavailable; the number listed is incomplete.

Revised: 8/8/16

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Grace Street Market - Breakfast Station

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Sandwich												
Sausage egg & Cheese Biscuit	1 each	620	387	43	17	*1	250	1370	37	1	4	20
Bacon, egg & Cheese English Muffin	1 each	360	171	19	7	*0	235	820	28	1	2	19
Bagel with Egg, Avocado, Swiss & Tomato	1 each	490	225	25	7	*0	390	630	43	6	6	25
Breakfast Flatbread	1 each	230	81	9	2	*0	5	440	26	3	3	12
Side												
Crispy Tater Tots	1/2 cup	140	81	9	2	0	0	240	14	1	0	2

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Revised: 8/29/16