

Fueled

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Menu Item	Serving Size	Calories (Kcals)	Calories From Fat (Kcals)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Signature Item												
Vegetarian Pot Stickers	1 serving	270	27	3	0	0	0	960	52	0	4	8
Base												
Flatbread	1 each	320	72	8	1	0	0	580	56	2	4	10
Mix Greens	1 serving	25	0	0	0	0	0	0	0	0	0	0
Noodles with Lemon Grass Broth	1 serving	305	43	4	0	0	0	839	60	2	2	9
Quinoa	1 cup	160	25	3	0	0	0	5	27	3	1	6
Protien												
Asian Beef	3 oz.	180	110	12	3	0	50	135	1	0	1	16
Grilled Sesame Tofu	3 oz.	80	31.5	4	0	0	0	580	4	1	2	8
Red Curry Grilled Chicken	3 oz.	160	90	10	3	0	45	440	3	0	1	15
Topping												
Basil	1/2 oz.	0	0	0	0	0	0	0	0	0	0	0
Broccoli	1/2 oz.	5	0	0	0	0	0	5	<1	<1	0	<1
Carrots	1/2 oz.	5	0	0	0	0	0	10	1	0	1	0
Cilantro	1/2 oz.	0	0	0	0	0	0	5	<1	<1	0	0
Daikon Radish	1/2 oz.	0	0	0	0	0	0	0	0	0	0	0
Garlic	1 tsp	0	0	0	0	0	0	0	0	<1	0	0
Ginger	1/2 oz.	0	0	0	0	0	0	0	3	0	0	0
Jalapeno's	1/2 oz.	0	0	0	0	0	0	210	0	0	0	0
KimChi	1/2 oz.	5	0	0	0	0	0	15	1	0	0	0
Lime Juice	1/8 wedge	0	0	0	0	0	0	0	1	0	0	0
Napa Cabbage	1/2 oz.	0	0	0	0	0	0	0	0	0	0	0
Onions	1/2 oz.	5	0	0	0	0	0	0	1	0	1	0
Roasted Wild Mushrooms	1 oz.	50	45	5	1	0	0	45	2	0	1	1
Scallions	2 Tbsp	0	0	0	0	0	0	0	0	0	0	0
Sauce												
Red Thai Chili Sauce	2 Tbsp	66	1	0	0	0	0	337	16	0	15	0
Soy Ginger Vinaigrette	2 Tbsp	140	100	11	2	0	0	440	9	0	8	0
Sriracha Mayo	2 Tbsp	160	160	18	3	0	15	190	1	0	1	0
Thai Coconut Sauce	2 Tbsp	45	10	1	0	0	0	210	8	0	6	0
Beverage												
Hot Mint Tea	12 oz.	45	0	0	0	0	0	15	12	0	11	0
Sparkling Lemon Grass Tea	12 oz.	30	0	0	0	0	0	10	7	0	6	0
Water	12 oz.	0	0	0	0	0	0	0	0	0	0	0

Nacho Papi

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Base												
Flour Tortilla (for quesadilla)	1 serving	300	72	8	3	0	0	820	49	1	2	8
Hard Shell Tacos	3 each	160	60	7	1	0	0	0	21	2	0	2
Mexican Brown Rice Bowl	1 serving	150	15	2	0	0	0	130	31	2	1	3
Nachos	1 serving	476	184	20	4	0	0	391	64	7	0	7
Salad Bowl	1 serving	20	0	0	0	*	0	5	4	1	3	1
Soft Flour Tortilla (for taco)	3 each	260	63	7	3	0	0	700	41	2	2	8
Totchoes	1 serving	520	171	19	4	0	0	640	78	10	<1	9
Protein												
Black Beans and Tofu	1 serving	80	18	2	0	0	0	730	8	2	2	5
Chicken	1 serving	180	120	13	4	0	70	190	1	0	0	12
Taco Ground Beef	1 serving	110	45	5	3	0	40	200	28	0	0	14
Topping												
Chipotle Sauce	2 Tbsp	25	10	1	0	0	0	240	5	1	2	0
Guacamole	2 Tbsp	55	45	5	1	0	0	100	3	2	0	1
Jalapenos	1 Tbsp	0	0	0	0	0	0	210	0	0	0	0
Kimchi	1/2 oz.	5	0	0	0	0	0	15	1	0	0	0
Lettuce	1 serving	0	0	0	0	0	0	0	0	0	0	0
Picked Radish	2 Tbsp	10	0	0	0	0	0	105	9	1	8	0
Queso Fresco	2 Tbsp	100	70	8	5	0	20	170	1	0	1	6
Salsa	2 Tbsp	10	0	0	0	0	0	220	2	0	1	0
Sauce												
Korean BBQ Sauce	2 Tbsp	40	0	0	0	*0	0	310	9	0	8	0
Jerk-Avocado Crème	2 Tbsp	45	40	5	2	0	5	5	2	1	1	1
Nacho Cheese Sauce	2 Tbsp	20	5	0	0	0	0	140	4	0	1	0
Pineapple Salsa	2 Tbsp	10	0	0	0	0	0	70	2	0	1	0
Shredded Jack Cheese	2 Tbsp	110	81	9	5	0	30	180	0	0	0	7
Shredded Purple Cabbage	2 Tbsp	10	0	0	0	0	0	10	2	1	1	0
Side												
Chips and Guacamole	1 serving	696	364	38	8	0	0	791	76	15	0	11
Chips and Salsa	1 serving	516	184	20	4	0	0	1271	72	7	4	7
Funnel Cake Fries with Chocolate Dipping Sauce	1 serving	455	105	12	5	0	40	360	82	1	44	5