



NUTRITIONAL INFORMATION

	QUANTITY	SERVING SIZE (G)	CALORIES (KCAL)	CALORIES (%DV)*	TOTAL FAT (G)	TOTAL FAT (% DV)*	SAT FAT (G)	SAT FAT (% DV)*	TRANS FAT (G)	POLYUNSATURATED (G)	OMEGA 3 (G)	OMEGA 6 (G)	CHOLESTEROL (MG)	CHOLESTEROL (% DV)*	SODIUM (MG)	SODIUM (% DV)*	POTASSIUM (MG)	POTASSIUM (% DV)*	TOTAL CARBOHYDRATES (G)	TOTAL CARBOHYDRATES (% V)*	FIBER (G)	FIBER (% DV)*	SUGARS (G)	PROTEIN (G)	PROTEIN (% DV)*	VITAMIN A (% DV)*	VITAMIN C (% DV)*	CALCIUM (% DV)*	IRON (% DV)*	ZINC (% DV)*	MAGNESIUM (% DV)*		
BREAKFAST	Avocado Toast	1 Toast	159	288.9	14	19.6	30	2.3	12	0	1.75	0.11	1.61	0	0	254.9	11	426.7	12.2	25.3	8	7.9	31	1.3	5.5	11	6	31	2	11	3.7	6.4	
	Weekend Brunch Skillet with Sweet Potato	1 Skillet	654	657	33	31	48	4.8	24	0	3.37	0.34	3.02	0	0	2094	87	117788	33.7	76.1	25	12.8	51	30	25.4	51	570	72	18	62	9.3	24.4	
	Tempeh Bacon & Just Egg	1 Sandwich		432	8	28	38.5	3.5	14.5	0	-	-	-	-	-	1106	46	122	2	31.4	4	5	18	8.8	20.9	22	2	2	9	13	-	-	
	TBLT	1 Sandwich		332	8	21	29.5	3	11.5	0	-	-	-	-	-	806	33	120	2	28.4	3	5	18	8.8	13.9	22	2	2	9	13	-	-	
	Field Roast & Just Egg	1 Sandwich		472	0	32.5	43	4	17.5	0	-	-	-	-	-	1196	51	382	9	30.5	2	4.7	15	3.3	21.8	0	2	2	11	25	-	-	
	Ultimate Bagel Sandwich	1 Sandwich		697	8	46.5	63	6.5	29	0	-	-	-	-	-	1886	79	492	12	46.4	7	7.5	24	9.3	33.6	22	2	2	18	34	-	-	
	Cinnamon Bun Ultimate Breakfast Sandwich	1 Sandwich		937	8	59.5	80.5	10.5	52	0	-	-	-	-	-	2081	88	377	70.4	46.4	7	8	27	18.3	36.1	22	1	5	24	54	-	-	
	Ultimate Breakfast Skillet	1 skillet		912	8	57	82.5	5.5	24	0	-	-	-	-	-	2549	103	702	17	61.6	12	8.3	23	10	47.3	22	2	2	10	52	-	-	
	Huevos Rancheros			1260	20	60.6	92	4.3	5	0.1	-	-	-	-	-	1451	59	1711	47	134.3	69	34	122	14.2	46.9	16	2	2	14	64	-	-	
	Cinnamon Bun	1 Bun		340	-	16	21	4.5	23	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	Hashbrowns	2 Pieces		130	-	8	12	1	5	-	-	-	-	0	0	370	14	221	6	12	4	1	0	1	1	-	-	4	-	2	-	-	
	Just Egg Wrap	1 Wrap		444	12	20.3	28.5	2.7	12.5	0	-	-	-	-	-	658	28	17	1	51	1	4.4	18	0.6	14.4	14	2	2	10	15	-	-	
	Overnight Oats - Mango	1 Container		225	-	8.9	8	1.1	8.5	0	3	0	-	0	0	154	7	389	10	40.3	27.5	6.75	20.5	9	5	-	10.5	26.5	27.5	8.25	9	0	
	Overnight Oats - Maple	1 Container		247	-	8.7	8	1.1	8.5	0	3	0	0	0	0	156	7	355	9	45.8	29.5	6.55	19.5	14	4.5	-	1.5	0	28.5	7.75	9	0	
SANDWICHES	Tacos Pura Vida	3 tacos		820	12	28.3	39.5	6.2	46.5	0	-	-	-	-	1089	54	365	10	108.5	55	25.2	93	0.8	34.3	14	2	2	28	49	-	-		
	Burrito Branchero	1 Burrito		593	16	24.8	37	2.1	9	0.1	2.85	-	-	-	611	25	232	5	79.3	44	8.1	32	7	16.1	25	2	2	6	29	-	-		
	Smoked Maple Tempeh Sandwich (without bread)	1 Sandwich	431.8	321.1	16	13.7	21	5.9	29	0	2.85	0.23	2.62	0	0	432.4	18	648.1	18.5	36.3	12	6.7	27	20.4	13.4	27	176	33	11	17	7.4	18.6	
	Unity Falafel Wrap (without wrap)	1 Wrap	302.7	490.1	25	34.2	53	4.2	21	0	0.28	0.1	0.18	0	0	739.7	31	439.9	12.6	41	14	9.9	40	11.4	9.3	19	205	76	15	18	3.9	7.1	
	Greek Unity Falafel Wrap (without wrap)	1 Wrap	326.8	557.7	28	39.6	61	8.3	42	0	0.28	0.1	0.18	0	0	969.3	40	439.9	12.6	45.5	15	10.3	41	12.2	10.2	20	207	77	16	19	3.9	7.1	
BURGERS	Galaxy Burger (without bun)	1 Burger	196.2	465.6	23	42.8	66	5.4	27	0	1.72	0.15	1.57	0	0	304.3	13	492.71	14.1	20.2	7	2.77	11.1	8.17	4	8	49	15	7	5	4.3	5.4	
	Copper Deluxe Burger (without bun)	1 Burger	298.9	674.9	34	34.5	53	3.1	15	0	0	0.41	0.90	0	0	1358.3	57	233.9	6.7	71	24	13.1	52	11.4	18.1	36	12	25	8	36	1.6	3.8	
	Spicy Black Bean Burger (without bun)	1 Burger	241.7	507.3	25	42.2	65	2.7	14	0	0.09	0.05	0.04	0	0	1027.2	43	174.84	5	44.3	15	8.2	33	4	9.8	20	80	30	13	23	1	2.3	
	Shiitake Taryaki Burger (without bun)	1 Burger	145.2	344	17	26	40	0.7	3	0	0.04	0.02	0.02	0	0	332.5	14	111.31	3.2	16.4	5	17.5	70	4.5	11.8	24	37	35	7	5	0.6	1.6	
	12-Grain Ciabatta	1 Ciabatta	-	200	-	1	1	0	0	-	-	-	-	-	-	450	20	100	2	41	-	2	7	1	7	-	-	-	1	14	-	-	
	Organic Spelt Wrap	1 Wrap	85	230	12	2.8	4	0.2	1	0	-	-	-	0	0	116	5	-	-	43	43	4	16	0	7	14	0	0	1	15	-	-	
	Collard Wrap	1 Wrap	80	26	1	0.6	1	0	0	0	-	-	-	0	0	0	0	-	-	5	2	2	8	0	2	4	203	16	11	11	-	-	
	Sweet Potato Burger Bun	1 Bun		190	-	2	3	0.5	3	-	-	-	-	-	-	370	15	-	-	37	12	1	4	5	6	-	2	8	2	15	-	-	
	Keto Gluten-Free Bun	1 Bun		190	-	13	18	8	42	-	-	-	-	-	-	320	14	450	10	20	-	20	70	-	7	-	-	-	1	50	-	-	



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POWER BOWLS	General Copper Bowl	1 Bowl	445.1	772.2	39	39	60	1.5	8	0	1.23	0.09	1.13	0	0	809.7	34	54441	15.6	70.8	24	32.6	131	7.6	27.5	55	52	104	17	21	9.9	19.9
	Keto Bowl	1 Bowl	-	609.5	8	42.5	63	7.2	34	0	0.7	-	-	-	-	1252.2	53	781.5	22	43.5	11	17.4	63	10.2	25.1	36	0.7	6.1	17	24.6	-	14
	Asian Fusion (without base & protein)	1 Regular Bowl	552.4	347	17	9.7	15	0.6	0.6	0	1.46	0.34	1.13	0	0	535.8	22	1176.98	33.6	44.4	15	14.2	57	12.9	16.9	34	572	61	21	35	11.8	23.5
	Asian Fusion (without base & protein)	1 Mini Bowl	269.4	163.6	8	4.8	7	0.3	2	0	0.85	0.17	0.68	0	0	258	11	590.53	16.9	21.3	7	7.1	29	6.4	8.1	16	286	30	10	17	6.1	12.2
	Aztec Bowl (without base & protein)	1 Regular Bowl	670.3	761.6	38	52.5	81	7.7	38	0	2.47	0.37	2.07	0	0	808.9	34	1415.49	40.4	66.5	22	16.4	66	19	14.3	29	722	81	16	31	14.4	33.6
	Aztec Bowl (without base & protein)	1 Mini Bowl	332.1	371.6	19	24.8	38	3.8	19	0	1.97	0.19	1.76	0	0	392.7	16	736.79	21.1	33.6	11	8.4	34	9.3	8.3	17	361	41	8	17	9.1	21.9
	Aristotle Bowl (without base & protein)	1 Regular Bowl	631.4	721.5	36	51.6	79	3.3	17	0.1	1.66	0.42	1.23	0	0	953	40	1245.77	35.6	55.6	19	15	60	20.8	12.7	25	699	60	17	31	10.8	23.4
	Aristotle Bowl (without base & protein)	1 Mini Bowl	311.6	330.3	17	22.5	35	1.5	7	0.1	0.95	0.25	0.7	0	0	462.6	19	636.29	18.2	27.7	9	7.7	31	9.8	6.5	13	358	30	9	16	5.6	12.5
BASE	Organic Brown Rice (Regular-size)	1 scoop	125	175	9	2.3	4	0.4	2	0	0.55	0.02	0.53	0	0	337	14	113.98	3.3	34.7	12	1.6	7	0.3	3.4	7	0	0	1	3	6.5	13.4
	Organic Quinoa (Regular-size)	1 Scoop	120	137.9	7	3.4	5	0.4	2	0	1.27	0.12	1.15	0	0	510.3	21	192.77	5.5	22	7	2.4	10	2.1	4.8	10	0	0	2	9	7.1	17.1
	Organic Konjac Noodles (Regular-size)	1 Scoop	170	0	0	0	0	0	0	0	-	-	-	0	0	0	0	-	-	0	0	0	0	0	0	0	0	0	0	0	-	-
	Lettuce (Regular-size)		69	11.7	1	0.2	0	0	0	0	0.11	0.08	0.03	0	0	5.5	0	170.43	4.9	2.3	1	1.4	6	0.8	0.8	2	120	5	2	4	1.1	2.4
	Lettuce (Mini-size)		30	5.1	0	0	0.1	0	0	0	0.05	0.03	0.01	0	0	2.4	0	74.1	2.1	1	0	0.6	3	0.4	0.4	1	52	2	1	2	0.5	1.1
PROTEIN	Carrot Keftedes	2 piece	-	80	-	2.5	4	0	0	-	-	-	-	-	-	190	8	0	0	10	3	3	13	2	4	-	24	4	6	15	-	-
	Carrot Keftedes (Mini)	1 piece	27	104	5	6.2	10	1.1	5	0	-	-	-	0	0	197.4	8	-	-	10.3	3	2.2	9	2.2	2.2	4	16	6	3	4	-	-
	Baked Tofu Cubes (Regular-size)	6 cubes	40	78.2	4	5.2	8	0.6	3	0	-	-	-	0	0	391	16	-	-	4.2	1	0.3	1	3.1	4.3	9	0	1	1	21	-	-
	Baked Tofu Cubes (Mini)	3 cubes	18	35.1	2	2.3	4	0.2	1	0	-	-	-	0	0	175.7	7	-	-	1.9	1	0.1	0	1.4	1.9	4	0	0	0	10	-	-
	Tempeh Triangles (Regular-size)	2 triangles	95	158.6	8	10	15	1.8	9	0	-	-	-	0	0	504.8	21	-	-	8.4	3	2.1	8	5.2	11.2	22	0	1	6	9	-	-
	Tempeh Triangles (Mini)	1 triangle	45	75.2	4	4.8	7	0.8	4	0	-	-	-	0	0	239.3	10	-	-	4	1	1	4	2.5	5.3	11	0	0	3	4	-	-
	Shiitake Taryaki (Regular-size)	65g	65	184	9	11.7	18	0	0	0	-	-	-	0	0	101.4	4	-	-	9.1	3	14.3	57	0.7	9.8	20	0	0	3	3	-	-
	Shiitake Taryaki (Mini)	35g	35	99.1	5	6.3	10	0	0	0	-	-	-	0	0	54.6	2	-	-	4.9	2	7.7	31	0.4	5.3	11	0	0	2	2	-	-



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SIDES	French Fries - Regular-size	1 Portion	300	335.6	17	6.9	11	1	5	0	0.85	0.09	0.76	0	0	723.1	30	1547.2	44.2	61.2	20	6.4	25	3.4	7.2	14	1	46	4	18	6.9	20.2
	French Fries - Large-size	1 Portion	600	670.8	34	13.9	21	2	10	0	1.71	0.17	1.53	0	0	1445.3	60	3092.62	88.4	122.3	41	12.7	51	6.8	14.5	29	1	92	9	35	13.9	40.5
	Sweet Potato French Fries - Regular-size	1 Portion	300	321.6	16	7.1	11	1.1	5	0	0.97	0.06	0.91	0	0	782.3	33	1388.81	39.7	60.6	20	9.8	39	18.9	5.9	12	1120	95	12	12	6.3	19.9
	Sweet Potato French Fries - Large-size	1 Portion	600	643.1	32	14.1	22	2.1	11	0	1.94	0.13	1.82	0	0	1564.7	65	2777.62	79.4	121.2	40	19.5	78	37.8	11.8	24	2239	190	23	24	12.6	39.8
	Poutine - Reg.-size	1 Portion	630	683.7	34	20.9	32	4.3	22	0	1.29	0.13	1.15	0	0	2053.9	86	2335.65	66.7	109.5	36	12.1	49	7.7	13.5	27	3	76	12	35	10.5	30.6
	Poutine - Lg.size	1 Portion	960	1039.5	52	32.1	49	6.7	34	0	1.94	1	1.73	0	0	3158.5	132	3506.05	100.2	165.6	55	18.4	74	11.8	20.4	41	5	115	18	54	15.7	45.9
	Poutine with Sweet Potato French Fries - Reg.-size	1 Portion	630	670.6	34	21	32	4.4	22	0	1.44	0.03	1.36	0	0	2167.4	90	2073.72	59.2	107.6	36	16.9	68	30.9	11.3	23	1681	149	22	26	9.3	29.5
	Poutine with Sweet Potato French Fries - Lg.-size	1 Portion	960	1019.9	51	32.2	50	6.8	34	0	2.17	0.14	2.04	0	0	3328.9	139	3112.86	88.9	162.8	54	25.6	103	46.6	17.2	34	2523	224	33	40	14	44.2
	Carrot Keftedes	2 Keftedes	-	80	-	2.5	4	0	0	-	-	-	-	-	-	190	8	0	0	10	3	3	13	2	4	-	24	4	6	15	-	-
	Beet Hummus with Tortilla Chips	1 Portion	96.1	328.4	16	20.2	31	2.1	10	0.3	-	-	-	0	0	245.5	10	-	-	30.2	10	4.3	17	2.6	7	14	8	7	5	17	-	-
	Oven-Baked Nachos	1 Portion	-	901	45	49.3	76	10.1	51	0	0.43	0.06	0.33	0	0	1769.9	74	297.25	8.5	97.7	33	13.3	53	6.9	14.2	28	16	57	18	22	2.3	5.1
	Spicy Wings and Sriracha Slaw	3 Wings	213	481.3	24	39.1	60	3.5	17	0	0.02	<0.01	0.01	0	0	1728.5	72	70.56	2	11.4	4	4.6	19	2.4	24.6	49	35	26	16	14	0.4	1
Spicy Wings & Sriracha Slaw	6 Wings	383.5	860.1	43	65.7	101	9	45	0	3.51	0.27	3.24	0	0	3167.2	132	157.25	4.5	20.8	7	8.3	37	4.9	50.3	101	71	44	24	31	1.5	2.4	
SMOOTHIES	Einstein Smoothie	1 Smoothie	-	357.1	18	8.2	13	1.8	9	0	4.31	1.03	2.58	0	0	178.9	7	781.45	22.3	63.3	21	10.6	43	44.3	11.6	23	31	60	53	18	2.26	110.1
	Revolution Smoothie	1 Smoothie	-	293	15	11.3	17	2	10	0	6.61	1.25	4.63	0	0	171.4	7	1130.01	32.3	42.7	14	9.1	36	21.9	15	30	67	79	45	27	2.86	217.59
	Ghandi Smoothie	1 Smoothie	-	240.8	12	0.6	1	0.1	1	0	0.18	0.11	0.07	0	0	54.4	2	1242.96	35.5	56.6	19	4.9	19	37.7	4.7	9	128	139	11	16	3.5	18.8
	Edison Electric Smoothie	1 Smoothie	-	256.9	13	7.8	12	0.6	3	0	4.49	1.01	2.87	0	0	158.9	7	525	15	44.5	15	4.8	19	32.5	5.5	11	11	78	45	11	17.8	28.3
DESSERTS	Zucchini Brownie	1 Brownie	110	320	16	19	25	8	40	0	0	-	0	0	150	6	175	4	0	0	5	17	32	3	2	51	6	6	20	-	-	
	New York Cheezecake	1 Cake	105	403	20	30	43	17	60	0	0	-	0	0	0	0	-	-	35	11.5	4	20	23	6	4.5	35	4	23	6	-	-	
	Coffee Cake Muffin	1 Muffin		400	-	17	27	3.5	17	0	0	0	0	0	360	15	0	0	79	26	1	4	53	5	-	0	2	8	15	0	0	
KIDS	Copper Kid's Sandwich Meal	1 Portion	314.2	475.7	24	17.6	27	4.8	24	0	0.54	0.06	0.47	0	0	1129.6	47	1051.54	30	72.1	24	7.1	28	9	10.4	21	70	51	5	19	4.9	13.6
	Quesadilla	1 Portion	-	310	12	7.8	11	3.2	14	0	-	-	-	-	346	15	20	2	51	43	4	16	0	7.5	14	2	2	15	15	-	-	
	Copper Kid's Box Meal	1 Portion	422.3	21	13.6	21	2.2	11	0	2.28	0.06	2.21	0	0	1107.7	46	387.33	11.1	70.6	24	6.1	24	30.2	6.5	13	182	127	10	10	4.9	10.5	10.5