



# NUTRITIONAL INFORMATION

		ENERGY (KCAL)	TOTAL FAT (G)	CHOLESTEROL (MG)	TRANS FATS (G)	SATURATED FAT (G)	PROTEIN (G)	CARBOHYDRATE (G)	FIBER (G)	PROTEIN (G)	SUGARS (G)	SODIUM (MG)	POTASSIUM (MG)
BREAKFAST	TBLT Bagel Sandwich	278	18	0	0	3	10	24	3	10	3	607	349
	Tempeh + JUST Egg Bagel	378	25	0	0	3	16	27	3	16	3	927	350
	Field Roast + JUST Egg Bagel	327	18	0	0	1	16	26	4	16	4	754	338
	Ultimate Bagel Sandwich	563	37	0	0	4	24	37	5	24	4	1362	594
	Tempeh Bacon + JUST Egg English Muffin (with tomato, lettuce, sauce)	344	22	0	0	3	17	8	2	17	1	875	235
	Field Roast + JUST Egg English Muffin	286	16	0	0	1	17	6	2	17	2	702	159
	Tempeh Bacon and JUST Egg English Muffin (plain)	320	21	0	0	3	16	6	1	16	1	845	170
	Avocado Toast	159	16	0	0	1	2	15	2	2	0	735	46
	JUST Egg Wrap	366	14	0	0	4	13	41	0	13	5	1118	64
	Hash Brown Side	130	8	0	0	1	1	15	1	1	1	350	171
POWER BOWLS	Bowls - Asian Fusion (no base or protein)	139	5	0	0	1	7	20	6	7	10	453	577
	Bowls - Aztec (no base or protein)	243	9	0	0	1	8	36	11	8	9	335	921
	Bowls - General Copper (no base or protein)	248	7	0	0	0	9	28	4	9	11	452	411
BASES FOR ASIAN FUSION & AZTEC BOWLS	Mixed Lettuce	9	0	0	0	0	0	2	0	0	0	17	116
	Brown Rice	186	3	0	0	0	4	37	2	4	0	420	120
	Quinoa for Bowls	195	3	0	0	0	7	34	4	8	0	995	149
BASES FOR GENERAL COPPER BOWL	Mixed Lettuce for Gen Copper Bowl	14	0	0	0	0	1	3	1	1	1	25	175
	Brown Rice for Gen Copper	279	4	0	0	0	5	55	3	5	0	631	180
	Quinoa for Gen Copper	292	5	0	0	0	11	51	6	11	0	1550	225
PROTEINS FOR ALL BOWLS	Tempeh Triangles	213	10	0	0	2	17	13	0	17	1	89	350
	Tofu Cubes	156	6	0	0	0	10	8	0	10	2	112	0
	Shiitake Teriyaki	62	3	0	0	0	3	5	2	3	3	237	5
	Falafel	98	4	0	0	0	3	13	3	3	3	168	0
POWER SALADS	Salads - Caesar (Meal)	343	32	0	0	0	3	7	16	2	1	726	81
	Salads - Cobb	344	30	0	0	4	8	8	1	8	2	701	296
	Salads - Superfood	441	23	0	0	2	10	51	9	10	28	269	706



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BURGERS	Burgers - Copper Deluxe (no bun)	423	27	0	0	2	3	41	9	3	10	572	584
	Burgers - Galaxy (no bun)	340	26	0	0	3	5	26	4	5	15	158	724
	Burgers - Shiitake Teriyaki (no bun)	179	12	0	0	0	6	13	5	6	7	408	195
	Burgers - Spicy Black Bean (no bun)	215	8	0	0	0	9	20	5	9	5	764	388
BUNS/WRAP FOR BURGERS	Brioche Bun	179	5	0	0	1	5	27	1	5	4	238	0
	Gluten-Free Bun	238	7	0	0	1	4	38	4	4	10	465	267
	Tortilla Wrap	211	6	0	0	3	6	33	0	6	2	429	0
SANDWICHES	Sandwiches - Smoked Tempeh (no bread)	433	21	0	0	4	13	51	7	13	22	636	1185
	Sandwiches - Falafel (no wrap)	272	17	0	0	0	7	27	7	7	7	317	277
	Tacos Pura Vida	658	31	0	0	16	14	77	5	14	12	1496	629
	General Tao Bao Buns	405	19	0	0	6	15	34	2	15	7	577	392
	Burrito Branchero	426	12	0	0	4	17	52	2	17	9	1234	286
BUNS/WRAP FOR SANDWICHES	Ciabatta	144	14	0	0	0	4	28	0	4	0	279	0
	Gluten-Free Bun	238	7	0	0	1	4	38	4	4	10	465	267
	Tortilla Wrap	211	6	0	0	3	6	33	0	6	2	429	0
SIDES/OTHER	Fries (Regular)	363	6	0	0	1	14	67	14	14	0	65	2239
	Fries (Large)	519	9	0	0	1	20	96	19	20	0	93	3198
	Sweet Potato Cubes (Regular)	827	18	0	0	3	15	157	25	15	49	306	3603
	Sweet Potato Cubes (Large)	1053	22	0	0	3	19	200	32	19	63	389	4585
	Caesar Salad	246	23	0	0	2	5	9	1	5	1	471	54
	Sriracha Coleslaw	94	0	0	0	0	4	22	7	4	12	110	715
	Poutine (Regular)	543	18	0	0	11	14	85	15	14	0	911	2317
	Poutine (Large)	794	26	0	0	16	20	123	22	20	0	1418	3323
	Sweet Potato Poutine (Regular)	1008	29	0	0	13	15	174	26	15	49	1152	3681
	Sweet Potato Poutine (Large)	1328	40	0	0	19	19	227	34	19	63	1714	4710
	Quinoa Chili (Regular)	238	3	0	0	0	11	40	11	11	13	718	612

