

THE FACTS ABOUT OUR NUTRITION FACTS:

Nourish is all about balance. We all have healthy days and holidays, kid-friendly meals and evenings to entertain. We get it. We are here for you!

Here is more detailed information of what is marked with an “h” (healthy option) on our market menu:

MEAL	DESIGNATIONS	SERVING SIZE	CALORIES	FAT	SATURATED FAT	CHOLESTEROL	SODIUM	POTASSIUM	CARBOHYDRATES	FIBER	SUGAR	PROTEIN	WWPTS**
3 SISTERS BBQ BAKED BEANS	GF	8 ounces	578	9g	3g	12mg	156mg	77%	95g	21g	16g	34g	17
ARTICHOKE+SUNDRIED TOMATO PIZZA	V, H	1/2 pizza	346	14g	6g	23mg	812mg	1.5%	37g	2g	6g	16g	11
BAKED CUBAN		6" segment	593	28g	12g	87mg	1475mg	12%	57g	2g	19g	28g	21
BAKED ZITI	H	8 ounces	391	15g	6g	42mg	622mg	3.5%	50g	3g	10g	22g	13
BANG BANG CAULIFLOWER	GF, V, H	6 ounces	254	20g	1g	0mg	181mg	0%	18g	5g	9g	4g	9
BBQ CHICKEN PIZZA	H	1/2 pizza	400	22g	6g	34mg	1310mg	7%	40g	2g	12g	67g	9
BEEF + VEGETABLE RAGOUT	H	8 ounces	230	10g	2g	2mg	105mg	35%	19g	0g	1g	14g	6
BEEF RAGOUT + CAULIFLOWER PUREE	H	8 ounces	230	10g	2g	105mg	523mg	35%	19g	0g	1g	14g	6
BLACK BEAN BURGERS	V, H	8 ounce burger	509	5g	1g	85mg	384mg	56%	89g	20g	5g	31g	13
BROCCOLI + POTATOES	GF, V, H	6 ounces	220	11g	2g	5mg	480mg	14%	21g	3g	0g	12g	6
BROCCOLI TOTS	V, H	10 pieces, 6 ounces	112	5.5g	2g	113mg	145mg	0%	6g	2g	2g	8g	3
BUFFALO CAULIFLOWER	GF, V, H	8 ounces	128	7g	1g	4mg	54mg	65%	26g	13g	0g	6g	6
BUFFALO CHICKEN WRAP		1 wrap	770	37g	11g	56.5mg	1330mg	0.3%	84g	5g	1.5g	26g	24
CARIBBEAN ROASTED ROOTS	GF, V, H	8 ounces	200	7g	7g	0mg	620mg	22%	31g	2g	3g	5g	6
CASHEW CHICKEN	GF, H	8 ounces	460	17g	1.5g	49mg	610mg	30%	29g	2g	2g	19g	9
CAULIFLOWER MASH	GF, V, H	8 ounces	234	11g	7g	29mg	347mg	22%	31g	3g	3g	5g	7
CHICKEN + CHILI HASH	GF, H	8 ounces	191	4g	0g	49mg	513mg	22%	20g	2g	3g	24g	6
CHICKEN CHARDONNAY + ALMOND PILAF		8 ounces	580	32g	3g	70mg	220mg	29%	62g	2g	4g	42g	16
HOMESTYLE CHICKEN POT PIE		8 ounces	646	39g	22g	109mg	2239mg	7.8%	55g	4g	5g	14g	25
CIDER BRAISED APPLES + POTATOES	GF, V, H	8 ounces	297	7g	4g	17mg	768mg	36%	51g	6g	18g	6g	8
CHICKEN CONFETTI SPAGHETTI	H	8 ounces	387	19g	8g	61mg	1122mg	7.2%	35g	4g	4g	20g	12
CHICKEN PARMESAN	H	1-6 oz breast	384	17g	7g	92mg	721mg	20%	22g	3g	6g	35g	10
CHICKEN + RICE	H	8 ounces	251	7g	3g	56mg	1054mg	0.3%	25g	1.5g	3g	19g	7
COUSCOUS	V, H	5 ounces	150	3g	0g	0mg	450mg	14%	26g	2g	2g	4g	4
EDAMAME SUCCOTASH	GF, V, H	6 ounces	177	7g	1g	0mg	164mg	15%	23g	7g	5g	11g	6

* higher in vitamins A, C, Calcium and/or Iron ** Weight Watchers Points *** Only GF without the sauce (packaged separately)

Note: Menu items may contain nuts, seeds, dairy, wheat or shellfish. Please inquire about our vegetarian only track or if you have an allergy concern.

Please note items on our menus marked as “gf” contain gluten-free ingredients, but are not made in a gluten-free kitchen.

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ENCHILADA LASAGNA	GF, H	11 ounces	147	8g	4g	25mg	494mg	2%	12g	2g	4g	8g	8
FALL CHICKEN + RICE BAKE	GF, H	8 ounces	405	18g	8g	79mg	678mg	103%	39g	3g	12g	21g	11
FARRO + KALE	GF, V, H	6 ounces	300	7g	5g	6mg	760mg	12%	50g	7g	0g	13g	9
FIESTA BOWL	GF, H	8 ounces	243	7g	2g	25mg	875mg	9.6%	35g	2g	5g	11g	6
FIESTA QUESO BOWL	H	8 ounces, mixed	322	14g	7g	46mg	953mg	13%	36g	3g	5g	15g	8
FRENCH ONION BROCCOLI	GF, V, H	6 ounces	278	23g	15g	61mg	1054mg	1.5%	12g	4.6g	6g	5g	13
FRENCH ONION GREEN BEANS	GF, V, H	5 ounces	276	23g	15g	61mg	562mg	13%	16g	6g	7g	4g	8
GRILLED CHICKEN PESTO PENNE		8 ounces	508	19g	10g	92mg	248mg	8%	78g	4g	4g	28g	16
GREEK TURKEY BURGERS + TZATZIKI SAUCE	H	1 burger	422	17g	7g	12mg	113mg	14%	5g	42g	3g	5g	9
GRILLED VEGGIES	GF, V, H	9.5 ounces	165	8g	1g	0mg	214mg	20%	23g	6g	8g	4g	5
HAM + HASHBROWNS	GF, H	8 ounces	436	24g	12g	97mg	457mg	22%	26g	4g	4g	29g	12
HONEY STUNG CHICKEN BITES	H	4 pieces	359	30g	3g	14mg	167mg	1%	16g	1g	1g	7g	10
JALAPEÑO CHEDDAR SPOONBREAD	V, H	1/4 pan	243	12g	7g	48mg	418mg	1.8%	27g	2g	8g	7g	10
JALAPEÑO POPPER DIP	GF, H	6 ounces	376	30g	19g	94mg	476mg	2.3%	15g	1g	5g	14g	16
MEATBALL SUBS		1/2 sandwich	763	38g	16g	131mg	1743mg	1%	66g	4g	12g	45g	24
MEATLOAF CUPCAKES	GF, H	2 cupcakes	469	18g	9g	15mg	77mg	14%	5g	53g	5g	7g	10
MERRY'S MIGHTY GOOD MEATBALLS	GF, H	2 meatballs	341	24g	9g	150mg	550mg	19%	9g	2g	6g	22g	9
MINISTRONE SOUP	GF, V, H	8 fluid ounces	82	1g	0g	1mg	852mg	16%	14g	4g	5g	5g	3
MONTEREY QUESO DIP	GF, V, H	2 ounces	170	14g	8.75g	45mg	260mg	0%	2g	1g	1g	7g	8
N'ORLEANS DIRTY RICE	GF, H	8.5 ounces	219	8g	2g	12mg	175mg	13%	31g	4g	7g	6g	6
PARMESAN PULL-APARTS	H	1/4 pan	371	26g	15g	64mg	448mg	1.5%	28g	1g	2g	12g	14
PARMESAN ROASTED CARROTS	GF, V, H	6 ounces	148	7g	3g	10mg	434mg	16%	17g	5g	8g	7g	5
PEPERONATA	GF, V, H	6 ounces	370	27g	0g	0mg	90mg	15%	20g	0g	1g	2g	9
PHILLY BAKE		8 ounces	581	28g	13g	109mg	1564mg	1.8%	60g	4.5g	17g	20g	20
PIZZA MARGHERITA	V, H	1/2 pizza	301	10g	6g	34mg	301mg	4%	36g	2g	1g	16g	9

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PORK STIR FRY	GF, H	8 ounces	280	11g	0g	27mg	820mg	16%	31g	2g	2g	23g	8
PORK TAMALE PIE	GF	8 ounces	280	14g	7g	61mg	933mg	5%	22g	4g	2g	19g	9
PRETZEL ENCRUSTED CHICKEN	H	1-6 oz breast	300	12g	1g	6mg	828mg	5%	40g	3g	1g	8g	8
PULLED PORK BURRITOS	H	1 burrito	455	18g	9g	56mg	1385mg	10%	50g	5g	7g	24g	20
PULLED PORK ENCHILADAS	GF, H	2 enchiladas	402	19g	8g	13mg	83mg	37%	28g	34g	5g	7g	11
RED THAI CURRY CHICKEN +VEGGIES	GF, H	8 ounces	232	5g	0.5g	35mg	513mg	0.5%	30g	2g	5g	15g	6
RICE + BEAN BURRITOS	V, H	1 burrito	569	27g	10g	30mg	671mg	31%	89g	12g	0g	26.8g	20
RICE PILAF	GF, V, H	6 ounces	228	4g	3g	10mg	45mg	5%	42g	2g	2g	5g	6
SEASONAL ROASTED VEGETABLES	GF, V, H	6 ounces	228	19g	3g	0mg	247mg	15%	14g	5g	6g	4g	7
SHEPHERD'S PIE	GF, H	8 ounces	365	20g	8g	12mg	78mg	10%	26g	21g	5g	5g	10
SOUTHWEST QUINOA	GF, V, H	6 ounces	340	3g	1g	0mg	15mg	28.2%	65g	12g	3g	17g	23
SPINACH PESTO QUINOA	GF, V, H	6 ounces	320	17g	3g	5mg	560mg	28%	28g	5g	0g	10g	9
SPRING CHICKEN SOUP	H	8 ounces	171	9g	3g	41mg	2440mg	0.6%	12g	1g	5g	10g	5
STEAK + CHICKEN FAJITAS	GF, H	8 ounces, mixed	300	20g	3g	41mg	643mg	18%	17g	4g	6g	15g	9
SUMMER SAUSAGE + VEGETABLES	GF, H	7.25 oz, 1 cup	152	10g	1g	0mg	33mg	13%	14g	2g	4g	2g	6
TUSCAN CHICKEN	GF, H	1-6 oz breast	361	17g	4g	39mg	730mg	10%	4g	1g	0g	15g	6
TUSCAN ROASTED VEGETABLES	GF, V, H	8 ounces	78	1g	0g	0mg	267mg	28%	21g	5g	9g	3g	3
TWICE BAKED SWEET POTATOES	GF, V, H	8 ounces	219	10g	6g	26mg	311mg	22%	31g	5g	9g	5g	7
VEGGIE FRIED QUINOA	GF, V, H	8 ounces	240	10g	0g	71mg	260mg	16%	31g	2g	2g	8g	7
VEGETABLE GRATIN	GF, V, H	6 ounces	137	5g	1g	5mg	632mg	20%	21g	4g	5g	5g	5
XL CHICKEN TAQUITOS		8 ounces	522.8	20g	9g	102.5mg	959mg	3.7%	41g	3g	4g	43g	15

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