

Zoë's Kitchen

Starter

Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Hummus- Spicy	390	2	870	48	7	14
Hummus – Basil Pesto	410	4	600	24	6	11

Soup

Chicken & Orzo Soup Cup	70	0	640	8	0	7
Lentil Soup Cup	170	0	610	28	5	10

Salad

Avocado Lentil Salad	590	5	1070	66	9	31
Quinoa Salad	320	3	850	42	8	10

Sandwiches

Chicken Salad Sandwich	700	7	990	42	8	35
Spicy Grilled Chicken	560	5	1290	50	3	39

Kabobs

Shrimp Kabob	190	0	390	3	1	21
Chicken Kabob	290	2	780	5	1	41
Salmon Kabob	330	3	420	3	1	40

Bowls

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Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Cauliflower Rice Bowl	270	6	1310	14	5	8
Power Grain Bowl	380	2	1280	67	6	13
Trio Bowl	480	6	1160	43	7	14

Plates

Chicken Salad and Fruit Plate	740	7	900	59	8	31
Falafel & Salad Plate	520	3	1400	66	4	22
Hummus & Salad Plate	520	3	1220	69	2	21
Med Chicken Plate	290	2	850	16	3	34
Protein Power Plate	520	7	1280	18	5	41

Pitas, Rollups & Piadinas

Falafel Pita	460	5	1150	63	10	17
Greek Chicken Pita	460	4	940	40	2	45
Harissa Salmon Pita	420	5	950	38	2	34
Chicken Rollups	560	6	1480	50	3	40
Moroccan Chicken Piadina	600	6	1240	44	5	32

Kids

Kids Grilled Chicken Fingers	230	2	600	4	1	34
Kids Salmon	170	1	45	4	1	20
Shrimp Kabob	90	0	150	2	1	12

Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
			Sides			
Braised White Beans	240	1	540	35	11	14
Chips-Deep River Original	150	1	95	17	1	2
Grilled Potato Salad	240	1	310	23	2	3
Pita Bread	160	0	300	31	1	8
Quinoa	270	2	470	27	3	5
Roasted vegetables	110	1	280	10	4	2
Side Greek Salad	140	1	390	22	2	7
Side Seasonal Fruit	70	0	0	18	2	1
Turmeric Rice	190	0	400	39	1	4

Winter 2020