

FLIP KITCHEN	CALORIES	FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARB (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
SMOOTHIES (24 oz.)										
100% Clean Ingredients										
Açaí Energy	390	3.5	1	0	0	40	87	0	77	2
Bangin' Berry	380	0	0	0	0	35	91	1	87	1
Berry Burn	320	0	0	0	0	35	79	1	74	0
Caribbean Craze	310	0	0	0	0	30	76	1	72	0
Goin' Green	300	0.5	0	0	0	40	75	1	61	2
Lime Berry	340	3	1.5	0	10	50	77	0	72	3
Lucky 7	440	0	0	0	0	35	110	1	102	1
Mango Me Crazy	340	0	0	0	0	20	86	1	79	0
Maui Mango	380	0	0	0	0	30	93	1	83	0
Orange Sunrise	350	3	1.5	0	10	55	78	0	72	3
PB Protein	640	22	4.5	0	5	510	82	3	73	29
Peach on the Beach	360	3	1.5	0	10	50	80	0	74	3
Super C	360	3	1.5	0	10	60	80	0	72	3
Super Fuel	290	3	1.5	0	10	55	62	0	59	3
Tropical Therapy	420	9	9	0	0	35	84	1	79	0
Wild Strawberry	310	0	0	0	0	20	79	1	75	0

The Smoothie nutritional information is based on a 24 oz/RG serving.

ALLERGENS:

Lime Berry, Orange Sunrise, Peach On The Beach, Super C, Super Fuel contain: Milk

PB Protein contains: Peanuts, Milk

AÇAÍ BOWLS										
Aloha Bowl	450	10	2	0	0	125	88	4	52	10
Pure Life	330	8	2	0	0	85	65	2	41	6
Nutty Bowl	480	16	4.5	0	0	95	83	3	52	8
Acai Power	470	19	4	0	0	170	72	4	40	11
Sun Power (PF)*	480	20	3	0	0	170	72	5	40	11

* where available

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SALADS										
Avocado Cobb	440	36	11	0	155	1100	10	4	4	21
Caesar	440	40	10	0	40	870	14	4	3	14
SW Chipotle	400	29	6	0	40	840	26	7	6	24
Harvest	460	27	7	0	30	750	32	6	23	10
RICE BOWLS										
Buffalo	590	22	7	0	70	1880	71	2	4	27
Baja Queso	680	33	6	0	65	1100	74	2	5	21
Frito Grande	690	22	5	0	45	1110	97	5	3	26
KC BBQ	620	12	5	0	65	1630	100	2	28	27
Mexican	690	29	6	0	65	1360	81	2	5	25
Thai Chicken	550	10	1	0	30	1590	94	4	22	23
Power Protein	720	29	8	0	170	2200	80	2	3	38
Meatless Mexican	710	29	7	0	35	1160	88	2	5	23
GRILLED FLATBREADS										
Chipotle Chicken Club	670	35	10	0	85	1470	58	3	6	34
BBQ Bacon Chicken	660	22	9	0	85	1760	81	3	29	36
Pesto Chicken	600	29	9	0	55	1220	58	3	6	30
Sante Fe	720	36	10	0	70	1680	64	2	7	31
Nashville Hot!	640	26	7	0	80	2130	66	3	15	36
ARTISAN MELTS										
Mom's Grilled Cheese w/soup	1160	58	24	0	105	2350	118	3	8	37
Bacon Grilled Cheese w/soup	1220	62	25	0	125	2630	118	3	8	43
Chicken Bacon Ranch	1070	52	18	0	130	2390	105	3	1	44
Chicken Caprese	940	35	17	0	105	2110	110	4	4	37
Buffalo	1020	47	18	0	125	3770	106	3	1	44
Tomato Soup dipper	80	1.5	0.5	0	5	390	14	0	8	2
TOASTED WRAPS										
Chicken Avocado	540	28	9	0	70	1500	47	2	3	29
Hot Honey Mustard	480	20	7	0	50	1020	53	2	9	23
Mexicano	600	24	8	0	45	1420	71	3	5	25
BBQ Jerk Chicken	460	11	6	0	45	1310	69	3	20	23
CBR	640	38	10	0	90	1480	46	2	3	29
MAC & CHEESE										

BBQ Bacon Cheddar	700	25	11	0	95	1640	76	0	28	37
Buffalo Chicken	760	42	16	0	120	2140	50	0	3	40
Four Cheese	720	40	18	0	85	1430	56	1	6	32
Cheesy, Bacon, Ranch	920	60	16	0	130	1540	50	0	4	37
QUESADILLAS										
Classic Cheese	780	48	26	0	125	1480	46	0	7	34
Chicken	840	49	25	0	160	1850	47	0	7	45
Santa Fe	820	44	23	0	130	1900	60	1	9	41
Buffalo Chicken	930	62	24	0	135	3430	45	0	5	40
CRUNCHADILLAS										
Chicken Bacon Ranch	690	41	11	0	90	1560	53	1	3	29
The Cowboy	640	22	9	0	80	1990	78	1	26	34
On The Border	670	37	10	0	65	1490	60	3	4	25
Supreme	710	41	13	0	85	1410	56	2	4	27
Chicken Avocado	650	36	10	0	75	1660	54	2	3	29
PASTA BAKES										
Chicken Alfredo Bake	1060	34	17	0	115	1530	135	5	8	48
Primavera Bake	1010	34	18	0	90	1360	134	7	10	39
Carbonara Bake	1110	41	20	0	120	1930	132	7	9	49
Penne & Meatball Bake	1090	33	14	0	85	1480	146	9	19	48
Penne Marinara Bake	1040	31	16	0	80	1440	141	8	18	45
SOFT TACOS										
Chipotle Chicken	360	19	7	0	65	920	32	0	7	20
Blazing Hot Chicken	450	26	8	0	75	1460	34	0	5	22
Avocado + Chicken	540	34	0	0	75	1370	31	3	3	27
Frito Taco	730	44	9	0	65	1320	58	1	5	27
Hot Tropic	330	9	2	0	35	860	47	0	18	18
POCKET DIPPERS										
DIPPERS	560	23	10	0	65	1200	60	1	1	27
Avocado Lime Ranch	250	26	4	0	20	510	2	0	1	1
Chipotle Ranch	270	28	4	0	25	390	2	0	1	1
Avocado Salsa Verde	60	3	0	0	0	610	6	1	5	0
Garlic Sauce	220	22	3.5	0	20	280	2	0	2	1
Jalapeno Ranch	250	27	4	0	25	350	1	0	1	1
Boom Sauce	260	26	4	0	15	390	7	0	5	0
PIZZADIAS										
Chicken Parmesan	650	26	12	0	85	1830	67	4	12	41
Italian	970	62	21	0	130	2550	63	3	11	38
Meat Lovers	990	64	21	0	120	2380	64	3	11	37
Perfect Pepperoni	830	51	16	0	85	1810	62	3	10	28
Chicken Bacon Ranch	1040	70	16	0	125	2170	59	2	7	40