

Signature Salads (no dressing)

RecipeName	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Antipasto Chop LTO	340	220	24g	8g	0g	45mg	1190mg	16g	7g	5g	16g	280%	20%	25%	20%
Asian Chop	140	35	3.5g	0g	0g	0mg	150mg	22g	7g	7g	8g	260%	130%	10%	15%
Asian Chicken Chop	230	70	7g	1.5g	0g	35mg	550mg	21g	7g	6g	23g	260%	120%	8%	15%
Avocado Cali Chop	270	180	22g	7g	0g	20mg	360mg	15g	8g	3g	9g	80%	50%	20%	6%
Bacon Blue Cheese Chop LTO	200	120	13g	7g	0g	45mg	670mg	8g	4g	4g	13g	240%	45%	20%	10%
BBQ Chicken Chop	340	90	9g	1g	0g	35mg	690mg	37g	7g	4g	23g	280%	15%	8%	25%
Buffalo Chicken Chop	290	130	13g	5g	0g	85mg	1620mg	16g	4g	4g	28g	230%	70%	6%	10%
Caesar Chop	160	60	7g	2g	0g	10mg	400mg	21g	4g	4g	9g	280%	30%	20%	10%
California Caprese Chop LTO	160	120	11g	6g	0g	30mg	270mg	7g	3g	1g	14g	35%	15%	35%	4%
Caesar Chicken Chop	260	90	10g	3g	0g	45mg	830mg	21g	4g	4g	25g	280%	30%	20%	10%
Cobb Chop Salad	440	240	25g	12g	0g	290mg	1630mg	17g	4g	5g	36g	290%	20%	20%	15%
Greek Chicken Chop	340	100	11g	5g	0g	55mg	1540mg	20g	7g	4g	24g	280%	25%	10%	10%
Harvest Chop	380	210	23g	9g	0g	85mg	1090mg	16g	5g	5g	31g	80%	90%	25%	10%
Honey chipotle chicken chop LTO	270	100	10g	2g	0g	35mg	500mg	23g	7g	6g	23g	220%	210%	15%	15%
Kale Bacon Caesar Chop LTO	300	190	20g	7g	0g	55mg	870mg	13g	6g	3g	20g	280%	100%	25%	15%
Kale Quinoa Chop	400	70	8g	1g	0g	0mg	380mg	71g	10g	6g	15g	150%	150%	8%	8%
Korean Chicken Chop	360	150	17g	3g	0g	35mg	550mg	27g	9g	8g	29g	240%	170%	10%	20%
Lemon pepper chicken chop LTO	280	80	9g	4g	0g	50mg	710mg	32g	6g	19g	22g	170%	60%	10%	8%
Mexican Caesar Chop LTO	500	100	33g	16g	1g	85mg	990mg	26g	4g	8g	25g	290%	70%	80%	10%
Moroccan Kale Quinoa Chop	490	80	9g	1.5g	0g	0mg	410mg	96g	12g	23g	16g	280%	190%	15%	10%
Santorini Mediterranean Chop LTO	200	70	8g	3g	0g	15mg	470mg	27g	5g	9g	9g	240%	90%	60%	10%
Southwest Chipotle Chop	350	90	9g	1g	0g	35mg	680mg	40g	7g	6g	23g	280%	25%	8%	25%
Spicy Inferno Chop	190	50	6g	1g	0g	35mg	940mg	17g	5g	5g	20g	300%	100%	6%	10%

Signature Crave-a-bowls (no dressing)

RecipeName	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Asian Chicken Bowl LTO	280	50	5g	1.5g	0g	35mg	1380mg	38g	5g	4g	20g	90%	100%	4%	10%
Cauliflower rice veggie bowl	240	100	8g	2g	0g	<5mg	1220mg	32g	7g	7g	9g	120%	140%	15%	15%
Chicken Pesto Bowl	720	160	18g	3g	0g	35mg	1140mg	107g	12g	4g	37g	90%	150%	6%	15%
Chipotle sweet potato bowl	230	30	3.5g	0g	0g	0mg	1070mg	43g	6g	4g	9g	60%	130%	8%	10%
Korean BBQ Chicken Bowl LTO	380	70	8g	1.5g	0g	35mg	1500mg	52g	7g	5g	25g	70%	140%	8%	20%
Mediterranean Bowl	430	90	10g	4.5g	0g	50mg	2390mg	42g	7g	3g	24g	70%	35%	10%	10%
Mexican Bowl	450	90	10g	4.5g	0g	50mg	1950mg	60g	9g	4g	30g	15%	30%	15%	35%
Mexican Bowl w/Avo	620	210	24g	7g	0g	50mg	1950mg	69g	16g	5g	32g	20%	50%	20%	35%
Quinoa Veggie Bowl	740	220	25g	4g	0g	0mg	790mg	110g	20g	4g	24g	60%	35%	8%	30%
Spicy Teriyaki Chicken Bowl	320	60	7g	1.5g	0g	35mg	1390mg	40g	6g	4g	24g	70%	60%	8%	10%

Dressings 1.1 oz serving size

RecipeName	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Ancho chili lime ranch	90	80	9g	2.5g	0g	15mg	135mg	1g	0g	1g	<1g	2%	0%	2%	0%
Balsamic vinaigrette	330	300	34g	4.5g	0g	0mg	270mg	8g	0g	7g	0g	0%	0%	0%	2%
Blue Cheese Dressing	140	130	14g	2.5g	0g	10mg	400mg	1g	0g	1g	1g	0%	0%	2%	0%
Caesar dressing	160	150	17g	3g	0g	5mg	380mg	1g	0g	0g	0g	0%	0%	0%	0%
Chipotle Ranch Dressing	90	70	8g	2.5g	0g	15mg	160mg	2g	0g	1g	<1g	2%	0%	2%	0%
Citrus Dijon Vinaigrette	130	120	14g	2g	0g	0mg	220mg	2g	0g	<1g	0g	0%	6%	0%	0%
Greek dressing	70	70	8g	1.5g	0g	<5mg	230mg	2g	0g	<1g	0g	0%	0%	2%	0%

Dressings 1.1 oz serving size

RecipeName	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
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Honey Mustard Dressing	100	80	9g	1.5g	0g	10mg	150mg	9g	0g	7g	0g	0%	0%	0%	0%
Italian dressing	160	160	18g	1.5g	0g	0mg	170mg	<1g	0g	0g	<1g	0%	0%	2%	2%
Jalapeno Lime Vinaigrette	170	170	19g	3g	0g	0mg	150mg	<1g	0g	0g	0g	2%	2%	0%	0%
Lemon Cilantro dressing	170	160	18g	1.5g	0g	0mg	230mg	2g	0g	1g	0g	6%	4%	0%	2%
Oil and Vinegar	180	180	20g	3g	0g	0mg	0mg	0g	0g	0g	0g	0%	0%	0%	0%
Pear Thyme Vinaigrette	190	170	19g	3g	0g	0mg	150mg	10g	1g	7g	0g	0%	2%	2%	8%
Ranch Dressing	110	100	11g	2.5g	0g	15mg	220mg	1g	0g	<1g	<1g	2%	0%	2%	0%
Sesame Ginger Dressing	120	90	10g	1.5g	0g	0mg	280mg	7g	0g	6g	0g	0%	0%	0%	0%
Smokey and Spicy Honey Mustard D	100	70	8g	1.5g	0g	10mg	160mg	8g	0g	6g	0g	0%	0%	0%	0%
Spicy Thai Dressing	140	120	13g	1g	0g	0mg	250mg	4g	0g	3g	0g	2%	2%	0%	2%
Strawberry Balsamic Vinaigrette	160	150	16g	2.5g	0g	0mg	115mg	5g	0g	4g	0g	0%	0%	0%	0%

Drizzles .5 oz serving size

RecipeName	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
BBQ Sauce Drizzle	25	0	0g	0g	0g	0mg	110mg	7g	0g	6g	0g	2%	2%	0%	0%
Buffalo Sauce Drizzle	0	0	0g	0g	0g	0mg	360mg	<1g	0g	0g	0g	0%	0%	0%	0%
Cholula hot sauce	0	0	0g	0g	0g	0mg	260mg	0g	0g	0g	0g	0%	0%	0%	6%
Fresh Squeezed Lemon-1/2	5	0	0g	0g	**	0mg	0mg	2g	0g	<1g	0g	0%	20%	0%	0%
Fresh Squeezed Lime-1/2	5	0	0g	0g	**	0mg	0mg	2g	0g	0g	0g	0%	15%	0%	0%
Honey Chipotle Drizzle	10	0	0g	0g	0g	0mg	170mg	3g	0g	2g	0g	0%	2%	0%	0%
Korean BBQ drizzle	25	0	0g	0g	0g	0mg	150mg	6g	0g	5g	0g	2%	2%	0%	0%
Peanut Drizzle	60	40	4.5g	1g	0g	0mg	110mg	3g	0g	2g	<1g	0%	0%	0%	0%
Pesto Drizzle LTO	90	90	10g	1g	0g	0mg	40mg	0g	0g	0g	0g	2%	0%	2%	0%
Sriracha Sauce Drizzle	10	0	0g	0g	0g	0mg	230mg	2g	0g	1g	0g	4%	10%	0%	2%
Spicy Teriyaki Glaze	20	0	0g	0g	0g	0mg	340mg	4g	0g	4g	0g	0%	0%	0%	0%
Thai Chili Glaze LTO	35	0	0g	0g	0g	0mg	35mg	4g	0g	8g	0g	0%	0%	0%	0%
Wasabi Crème Drizzle	25	20	2g	1.5g	0g	10mg	30mg	1g	0g	<1g	0g	2%	0%	2%	0%

Soups

RecipeName	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Chicken Noodle Soup-Large	210	60	7g	2.5g	0g	35mg	1720mg	27g	0g	1g	10g	100%	6%	2%	15%
Chicken Noodle Soup-Small	160	50	5g	2g	0g	25mg	1150mg	21g	0g	<1g	7g	70%	4%	2%	15%
Meat Chili - Large	340	140	16g	6g	1g	55mg	890mg	26g	7g	9g	23g	0%	35%	10%	25%
Meat Chili - Small	160	70	8g	3g	0.5g	25mg	420mg	12g	3g	4g	11g	0%	15%	6%	10%
Mushroom Bisque Soup-Large	260	120	14g	7g	0g	30mg	1290mg	28g	3g	4g	5g	0%	2%	6%	15%
Mushroom Bisque Soup-Small	190	80	10g	4.5g	0g	20mg	870mg	22g	2g	3g	4g	0%	2%	4%	10%
Red Pepper Gouda Bisque Soup-Large	520	330	37g	18g	0.5g	85mg	1290mg	41g	1g	19g	7g	30%	50%	15%	15%
Red Pepper Gouda Bisque Soup-Small	360	220	25g	12g	0g	55mg	870mg	31g	<1g	12g	5g	20%	35%	10%	15%
Tomato Bisque Soup-Large	470	280	31g	9g	0g	45mg	1310mg	40g	4g	23g	7g	8%	6%	6%	20%
Tomato Bisque Soup-Small	330	190	21g	6g	0g	30mg	880mg	30g	3g	15g	5g	6%	4%	4%	15%
Vegetarian Chili-Large	290	45	5g	0g	0g	0mg	1210mg	50g	14g	7g	10g	50%	0%	10%	25%
Vegetarian Chili-Small	210	35	4g	0g	0g	0mg	820mg	36g	9g	5g	7g	35%	0%	8%	20%

BYO Ingredients

RecipeName	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
BYO Black Olives	30	25	2.5g	0g	**	0mg	190mg	2g	<1g	0g	0g	2%	0%	2%	4%

BYO Ingredients

RecipeName	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
BYO grated parmesan	60	35	4g	2g	**	10mg	250mg	2g	0g	0g	4g	2%	0%	10%	0%
BYO Apples	15	0	0g	0g	**	0mg	0mg	4g	<1g	3g	0g	0%	2%	0%	0%

BYO Banana Peppers	5	0	0g	0g	0g	0mg	490mg	1g	0g	0g	0g	0%	30%	0%	0%
BYO Bean Sprouts	70	0	0g	0g	**	0mg	0mg	12g	3g	1g	5g	0%	2%	2%	8%
BYO Black Beans	35	0	0g	0g	0g	0mg	95mg	6g	2g	0g	2g	0%	0%	2%	10%
BYO Blue Cheese Crumbles	90	60	7g	5g	**	20mg	290mg	<1g	0g	0g	5g	4%	0%	15%	0%
BYO Broccoli Florets	5	0	0g	0g	0g	0mg	0mg	<1g	0g	0g	0g	0%	10%	0%	0%
BYO Celery	0	0	0g	0g	**	0mg	20mg	<1g	0g	0g	0g	2%	2%	2%	0%
BYO Corn	40	0	0g	0g	0g	0mg	20mg	8g	1g	2g	1g	0%	4%	0%	4%
BYO Croutons	120	35	4g	0g	0g	0mg	320mg	20g	0g	0g	4g	0%	0%	0%	0%
BYO Cucumbers	0	0	0g	0g	**	0mg	0mg	<1g	0g	0g	0g	0%	2%	0%	0%
BYO Diced Roma Tomatoes	5	0	0g	0g	**	0mg	0mg	2g	0g	1g	0g	6%	10%	0%	0%
BYO Dried Cranberries	90	0	0g	0g	**	0mg	0mg	23g	2g	18g	0g	0%	0%	0%	0%
BYO Edamame	45	15	2g	0g	0g	0mg	0mg	3g	2g	1g	4g	0%	6%	2%	4%
BYO Feta Cheese Crumbles	70	50	5g	3.5g	0g	20mg	290mg	<1g	0g	0g	5g	4%	0%	6%	0%
BYO Fresh Mushrooms	0	0	0g	0g	**	0mg	0mg	<1g	0g	0g	<1g	0%	0%	0%	0%
BYO Fresh Red Peppers	10	0	0g	0g	**	0mg	0mg	2g	<1g	1g	0g	20%	70%	0%	0%
BYO Garbanzo Beans	35	0	0.5g	0g	0g	0mg	105mg	6g	2g	1g	2g	0%	0%	2%	2%
BYO Green Onions	0	0	0g	0g	**	0mg	0mg	0g	0g	0g	0g	6%	2%	0%	0%
BYO Hard Boiled Eggs	45	25	3g	1g	**	105mg	35mg	0g	0g	0g	4g	2%	0%	2%	2%
BYO Jalapeno Sliced	0	0	0g	0g	0g	0mg	390mg	<1g	0g	<1g	0g	4%	15%	0%	0%
BYO Kalamata Olives	90	0	0g	0g	0g	0mg	730mg	2g	2g	0g	0g	0%	0%	0%	0%
BYO Peanuts	130	90	11g	2g	**	0mg	95mg	5g	2g	1g	6g	0%	0%	2%	2%
BYO Pecans	70	60	7g	0.5g	**	0mg	0mg	1g	<1g	0g	<1g	0%	0%	0%	2%
BYO Pico de Gallo	10	0	0g	0g	0g	0mg	60mg	2g	<1g	1g	0g	4%	15%	0%	0%
BYO Quinoa	150	30	3.5g	0.5g	0g	0mg	125mg	27g	2g	0g	5g	0%	0%	0%	0%
BYO Red Onions	10	0	0g	0g	**	0mg	0mg	2g	0g	1g	0g	0%	4%	0%	0%
BYO Roasted sweet potatoes	35	35	1.5g	0g	0g	0mg	95mg	6g	<1g	1g	0g	70%	2%	0%	2%
BYO Shredded Carrots	5	0	0g	0g	0g	0mg	10mg	2g	0g	<1g	0g	60%	2%	0%	0%
BYO Shredded Cheddar Cheese	80	60	6g	4.5g	0g	20mg	130mg	0g	0g	0g	5g	4%	0%	15%	0%
BYO Strawberries	10	0	0g	0g	**	0mg	0mg	3g	<1g	2g	0g	0%	35%	0%	0%
BYO Sunflower Seeds	150	110	12g	1.5g	0g	0mg	100mg	6g	2g	<1g	5g	0%	0%	2%	4%
BYO Tortilla Strips	90	35	4g	0g	0g	0mg	40mg	10g	0g	0g	0g	0%	0%	0%	0%
BYO Veggie Medley	60	20	1.5g	0g	0g	0mg	660mg	10g	2g	4g	2g	30%	10%	2%	4%

Premium Items

RecipeName	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
BYO Avocado-1/2 avocado	160	120	15g	2g	**	0mg	5mg	9g	7g	<1g	2g	2%	15%	2%	4%
BYO Honey chipotle chicken	100	10	3.5g	1g	0g	35mg	400mg	0g	0g	0g	16g	0%	0%	0%	2%
BYO Lemon pepper chicken	100	10	3.5g	1g	0g	35mg	430mg	<1g	0g	0g	16g	0%	0%	0%	2%
BYO Roasted Turkey	70	15	1.5g	0g	0g	45mg	660mg	1g	0g	1g	16g	0%	10%	0%	6%
BYO rotisserie chicken	1760	350	35g	9g	0g	970mg	10350mg	35g	12g	0g	335g	0%	0%	0%	35%
BYO Shrimp	50	0	0g	0g	0g	100mg	410mg	0g	0g	0g	10g	0%	2%	4%	0%
BYO Smoked Bacon	110	70	7g	3.5g	0g	45mg	580mg	0g	0g	0g	9g	0%	0%	0%	0%
BYO Roasted Tofu	90	60	6g	1g	0g	0mg	380mg	2g	2g	0g	7g	0%	0%	8%	8%

Base

RecipeName	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
BYO Beans Base	90	0	0g	0g	0g	0mg	410mg	16g	5g	0g	6g	0%	0%	4%	25%
BYO CHOP5 blend 10-17	35	0	0g	0g	0g	0mg	25mg	8g	4g	2g	3g	110%	40%	6%	6%
BYO Cilantro Brown Rice Base-5.5 o:	170	10	1.5g	0g	0g	0mg	1060mg	35g	3g	0g	4g	4%	6%	2%	4%
BYO Custom Chop5 Bowl Base (rice :	240	10	1g	0g	0g	0mg	1370mg	48g	7g	0g	9g	4%	6%	6%	25%

BYO Custom Chop5 Wrap (wrap onl	300	70	8g	1.5g	0g	0mg	560mg	49g	4g	4g	8g	0%	0%	6%	15%
BYO Kale	30	0	0.5g	0g	**	0mg	20mg	5g	2g	**	2g	110%	110%	8%	4%
BYO Napa Cabbage	15	0	0g	0g	**	0mg	10mg	3g	1g	2g	<1g	2%	35%	2%	2%
BYO Parmesan Herb Cauliflower Ric	90	30	3.5g	1g	0g	<5mg	350mg	11g	3g	2g	4g	2%	80%	8%	4%
BYO Quinoa Base	460	90	10g	1.5g	0g	0mg	370mg	80g	7g	0g	15g	0%	2%	0%	0%
BYO Red Cabbage	10	0	0g	0g	**	0mg	10mg	2g	<1g	1g	0g	6%	25%	2%	2%
BYO Romaine	25	0	0g	0g	**	0mg	10mg	5g	3g	2g	2g	270%	10%	6%	8%
BYO Spinach	20	0	0g	0g	**	0mg	65mg	3g	2g	0g	2g	160%	40%	8%	15%
BYO Spring Mix	20	0	0g	0g	0g	0mg	20mg	4g	2g	0g	2g	60%	60%	6%	4%

Other

RecipeName	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Chocolate Chip Cookie	370	160	18g	9g	0g	30mg	210mg	52g	2g	31g	5g	8%	0%	2%	20%
Chop5 Seasoned Salt	70	0	0g	0g	0g	0mg	7490mg	17g	4g	<1g	3g	0%	6%	8%	10%
Iced Tea-Unsweetened	0	0	0g	**	**	**	20mg	0g	0g	**	0g	**	**	2%	0%
Southwest Seasoning	80	10	1g	0g	0g	0mg	8070mg	18g	6g	1g	3g	30%	4%	10%	15%