

B.GOOD FOOD
WITH
ROOTS

Ingredients

| Category | Menu Item | Ingredients |
|-----------------------------|---|---|
| Winter Warmers Menu | Comfort Bowl | Marinated kale (kale, lemon juice, sunflower oil, kosher salt), quinoa (quinoa, kosher salt, sunflower oil), roasted sweet potatoes (sweet potatoes, sunflower oil, salt), apples, brussels sprouts (brussels sprouts, sunflower oil, kosher salt), dried cranberries, pecans*, maple dijon vinaigrette* |
| | Maple Bacon | Choice of protein*, pepper jack cheese (pasteurized milk, salt, cultures, enzymes, habanero peppers), bacon*, maple syrup, ranch slaw*, jalapeno ranch*, brioche bun* |
| | 3-Bean Chili | Tomatoes (tomatoes, salt, citric acid), onions, small red beans, black beans, pinto beans, water, organza corn, green peppers, green chili peppers, red bell pepper, yellow peppers, garlic, cilantro, corn oil, ancho chili powder, paprika, sea salt, cumin, chili powder (spices, sea salt, garlic powder), black pepper, dried oregano, pepper sauce (distilled vinegar, red pepper, salt) |
| | Roasted Butternut & Apple Soup | Butternut squash, water, apple, light cream (milk, cream), onions, butter (cream, salt), honey, amontillado sherry (grape wine [amontillado medium], alcohol, corn starch, sea salt, dried rosemary, allspice, cloves, nutmeg, white pepper) |
| Craft Burgers | The Classic | Choice of protein*, pickles*, B.GOOD sauce*, romaine lettuce, tomatoes, choice of bun* |
| | The Farmhouse | Choice of protein*, cheddar cheese (fresh pasteurized milk, cheese cultures, salt, enzymes), bacon*, caramelized onions*, crispy shallots*, choice of bun* |
| | The Cali | Choice of protein, avocado puree*, cilantro, chipotle puree*, corn & tomato salsa*, choice of bun* |
| | Jalapeno Ranch | Choice of protein*, pepper jack cheese (pasteurized milk, salt, cultures, enzymes, habanero peppers), bacon*, ranch slaw*, jalapeno ranch*, choice of bun* |
| | Mushroom & Swiss | Choice of protein*, swiss cheese (pasteurized par-skim milk, cheese culture, salt, enzymes), sauteed mushrooms (mushrooms, garlic, sunflower oil, salt), caramelized onions*, BBQ sauce*, choice of bun* |
| | Buffalo Ranch | Choice of protein*, ranch slaw*, buffalo sauce*, buffalo ranch dressing*, pickles, brioche bun* |
| Signature Sandwiches | Grilled Chicken Pesto Sandwich | Antibiotic-free chicken breast, pesto*, mozzarella cheese (RBST free pasteurized milk, vinegar, salt, enzymes), romaine lettuce, tomato, roasted red pepper (Fire roasted peppers, water, salt, citric acid), country bread* |
| | Chipotle Bacon Chicken Sandwich | Antibiotic-free chicken breast, cheddar cheese (fresh pasteurized milk, cheese cultures, salt, enzymes), bacon*, romaine lettuce, tomato, chipotle aioli*, brioche bun* |
| Harvest Bowls | Almond Ginger Bowl | Marinated kale (kale, lemon juice, sunflower oil, kosher salt), quinoa (quinoa, kosher salt, sunflower oil), crisp veggie (zucchini, carrots, broccolini, shiitake mushroom, garlic [natural garlic, water, soybean oil, olive oil, phosphoric acid], kosher salt, sunflower oil), red cabbage, mint, almonds, honey ginger dressing* |
| | Spicy Avocado & Lime Bowl | Marinated kale (kale, lemon juice, sunflower oil, kosher salt), avocado, sauteed veggies (zucchini, carrots, sunflower oil, salt) black bean & corn salsa*, quinoa (quinoa, kosher salt, sunflower oil), grape tomatoes, queso fresco (pasteurized milk, salt, enzymes culture), cilantro, lime wedge, red pepper vinaigrette* |
| | The Tuscan Bowl | Marinated kale (kale, lemon juice, sunflower oil, kosher salt), quinoa (quinoa, kosher salt, sunflower oil), sauteed veggies (zucchini, carrots, sunflower oil, salt), eggplant meatballs*, marinara*, grape tomatoes, parmesan cheese (pasteurized cultured part-skim milk, salt, enzymes, potato starch and powdered cellulose (to prevent caking)), pesto* |
| Gathered Greens | Harvest Kale Salad | Marinated kale (kale, lemon juice, sunflower oil, kosher salt), chickpeas (chickpeas, lemond herb vinaigrette*), brussels sprouts (brussels sprouts, sunflower oil, kosher salt), parmesan cheese (pasteurized cultured part-skim milk, salt, enzymes, potato starch and powdered cellulose (to prevent caking)), sweet potatoes (sweet potatoes, sunflower oil, kosher salt), beets, lemon herb vinaigrette* |
| | Kale Chicken Caesar Salad | Antibiotic-free chicken breast, parmesan cheese (pasteurized cultured part-skim milk, salt, enzymes, potato starch and powdered cellulose (to prevent caking)), romaine lettuce, marinated kale (kale, sunflower oil, lemon juice, kosher salt), grape tomato, avocado, croutons*, Caesar dressing* |
| | Southwest Chicken Salad | Antibiotic-free chicken breast, GOOD greens (romaine lettuce, kale, red cabbage, brussels sprouts), grape tomatoes, avocado, toasted corn (whole corn, soybean oil, sunflower oil, sea salt), chipotle puree*, balsamic vinaigrette*, black bean & corn salsa* |
| | Classic Cobb Salad | Romaine lettuce, bacon*, egg, avocado, grape tomatoes, cucumbers, pecans*, blue cheese dressing* |
| | Classic Fries | Potatoes, expeller pressed canola oil, rice flour, tapioca starch, dextrin, corn starch, salt, sea salt, xanthan gum, gluconic acid, fry spice* |
| | Sweet Potato Fries | Sweet potatoes, canola oil, cane sugar, rice flour, tapioca starch, dextrin, corn starch, spice, sea salt, salad mustard powder (vinegar, mustard seed, salt, turmeric, paprika), gluconic acid, xanthan gum |

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| Market Sides | Crisp Veggie | Marinated kale (kale, lemon juice, sunflower oil, kosher salt), crisp veggie (zucchini, carrots, broccolini, shiitake mushroom, garlic [natural garlic, water, soybean oil, olive oil, phosphoric acid], kosher salt, sunflower oil), soy sauce (water, soybeans, wheat, salt, lactic acid, sodium benzoate) |
| | Chicken Tenders | Chicken Tenders*, choice of dipping sauce |
| | Buffalo Chicken Tenders | Chicken Tenders*, buffalo sauce*, choice of dipping sauce |
| | Eggplant Meatballs (5pc.) | Eggplant meatballs (eggplant, soy, flour, parmesan cheese (pasteurized milk, cheese cultures, salt enzymes)), parmesan cheese (pasteurized cultured part-skim milk, salt, enzymes, potato starch and powdered cellulose (to prevent caking)), marinara sauce* |
| Smoothies & Shakes | Kale Crush Smoothie | Pineapple juice, kale, apples, pineapple, banana |
| | Berry Smoothie | Strawberry, blueberry, banana, agave, pineapple juice, acai |
| | Power Up! (or The Husky!) | Cashew milk (cashew milk [filtered water, cashews], almonds, vitamin and mineral blend [calcium carbonate, vitamin e, acetate, vitamin a palmitate, vitamin d2], salt locust bean gum, sunflower lecithin, natural flavor, gellan gum, ascorbic acid), flax oil (organic cold pressed flax oil), spirulina, protein powder*, peanut butter (dry roasted peanuts, sugar, hydrogenated rapeseed oil, salt), banana |
| | Nutty Strawberry Banana Smoothie | Cashew milk (cashew milk [filtered water, cashews], almonds, vitamin and mineral blend [calcium carbonate, vitamin e, acetate, vitamin a palmitate, vitamin d2], salt locust bean gum, sunflower lecithin, natural flavor, gellan gum, ascorbic acid), peanut butter (dry roasted peanuts, sugar, hydrogenated rapeseed oil, salt), banana, strawberries, agave |
| | Vanilla Shake | vanilla ice cream (cream, milk, sugar syrup, corn syrup, buttermilk powder, carob bean gum, guar gum, lecithin, carrageenan, and vanilla), skim milk |
| | Chocolate Shake | vanilla ice cream (cream, milk, sugar syrup, corn syrup, buttermilk powder, carob bean gum, guar gum, lecithin, carrageenan, and vanilla), raw cocoa, skim milk |
| | Strawberry Shake | vanilla ice cream (cream, milk, sugar syrup, corn syrup, buttermilk powder, carob bean gum, guar gum, lecithin, carrageenan, and vanilla), strawberries, skim milk |
| Kid's Meals | Kids Beef Burger | Grass fed and finished, local beef, brioche bun*, romaine lettuce, tomato, served with choice of side and drink |
| | Kids Chicken Sandwich | Antibiotic-free chicken breas, brioche bun*, romaine lettuce, tomato, Grass fed and finished, local beef, brioche bun*, romaine lettuce, tomato, served with choice of side and drink |
| | Kids Chicken Tenders | Chicken tenders*, BBQ Sauce* or honey mustard*, served with choice of side and drink |
| | Kids Grilled Cheese | Country bread*, Cheddar Cheese (fresh pasteurized milk, cheese cultures, salt, enzymes), choice of fries, applesauce, choice of apple juice or milk |
| | Acai Base | Acai, cashew milk (cashew milk [filtered water, cashews], almonds, vitamin and mineral blend [calcium carbonate, vitamin e, acetate, vitamin a palmitate, vitamin d2], salt locust bean gum, sunflower lecithin, natural flavor, gellan gum, ascorbic acid), strawberries, agave, banana, lemon juice |
| | Applesauce | Apples, water, ascorbic acid (vitamin C) |
| | Avocado Puree | Avocado, lime juice, salt |
| | B.GOOD Sauce | Mayonnaise*, spice blend (smoked paprika, shitake mushroom powder, garlic, onion, turbinado sugar, black pepper, thyme, natural lemon, sea salt, cayenne pepper, chipotle, cumin) |
| | Balsamic Vinaigrette | Water, distilled vinegar, balsamic vinegar, olive oil, vegetable oil (soybean/canola), sugar, salt, contains less than 2% garlic, spice, rice starch, xanthan gum, mustard flour, red bell pepper, onion |
| | BBQ Sauce | Sugar, Distilled Vinegar, Water, Tomato Paste, Molasses, Modified Potato Starch, Salt, Contains Less Than 2% Of Natural Smoke Flavor, Mustard Flour, Spice, Paprika, Onion,* Garlic,* Caramel Color, Maltodextrin, Chili Powder (Chili Pepper, Spice, Salt, Garlic), Autolyzed Yeast Extract, Natural Flavor. *Dried |
| | Black Bean & Corn Salsa | Black beans, tomato salsa*, corn, lime juice, salt |
| | Blue Cheese Dressing | Soybean oil, cultured buttermilk, blue cheese (cultured pasteurized milk, salt, enzymes, penicillium roquefort), natamycin (natural mold inhibitor), distilled vinegar, egg yolk, sugar, salt, mustard flour, dried garlic, xanthan gum, spice, yeast extract, natural flavor |
| | Buffalo Sauce | distilled vinegar, aged cayenne, red peppers, salt water, modified corn starch, canola oil, paprika, xanthan gum, carrot fiber, garlic powder, natural flavors |
| | Buffalo Ranch Dressing | Buffalo sauce*, ranch dressing* |
| | Caramelized Onions | Spanish onions, sunflower oil, kosher salt |
| | Caesar Dressing | Soybean oil, water, romano cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes), parmesan cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes), egg yolk, lemon juice concentrate, contains less than 2% of salt, anchovies, garlic, natural flavor, xanthan gum, spice, distilled vinegar, onion, lactic acid, molasses, mustard seed |
| | Chipotle Aioli | Chipotle puree*, mayonnaise* |

**SAUCES, SLAWS, MARINADES,
DRESSINGS & TOPPINGS***

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| Chipotle Puree | Chipotle peppers (chipotle peppers, water, distilled vinegar, sugar, salt, tomato paste, artificial smoke flavor, xanthan gum, onion and garlic powder), ketchup*, agave, apple cider vinegar, sunflower oil |
| Crispy Shallots | Onions, enriched flour (wheat flour, niacin, reduce iron, thiamin mononitrate, riboflavin, folic acid), sunflower, safflower and/or canola oil, salt |
| Croutons | Multi grain bread (Unbleached white, whole wheat, oat flours, organic soy flour and rye flour, yeast, sea salt, millet, poppy and sesame seeds), certified non-GMO canola oil, fresh garlic, thyme, pepper and rosemary |
| Fry Spice | Salt, garlic, sugar, paprika, spices, contains 2% or less of cellulose |
| Honey Ginger Dressing | Soybean oil, honey, liquid sugar (sugar, water), water, organic gluten free tamari sauce (water, organic soybeans, salt, organic vinegar), cider vinegar, spices, ginger puree (ginger, water, citric acid), vinegar, egg yolk, salt, zanthan gum, potassium sorbate, calcium disodium edta |
| Honey Granola | Whole grain oats, sugar, canola oil, rice flour, honey, salt, brown sugar syrup, baking soda, soy lecithin, natural flavor |
| Jalapeno Ranch | Ranch dressing*, pickled jalapenos (sliced jalapenos, water, vinegar, salt), lime juice, fry spice* |
| Ketchup | Tomatoes, tomatoes paste, organic sugar, onions, organic distilled vinegar, salt, lime juice concentrate, green bell peppers, allspice, citric acid |
| Lemon Herb Vinaigrette | Balsamic vinaigrette*, lemon juice, agave, dried parsley |
| Maple Dijon Vinaigrette | Balsamic vinaigrette*, mustard*, maple syrup |
| Marinara Sauce | Vine ripened fresh tomatoes, extra virgin olive oil, sunflower oil, salt, onions, sugar, black pepper, basil, oregano, parsley, naturally derived citric acid |
| Mayonnaise | Organic sunflower oil, organic egg yolks, water, organic distilled vinegar, organic lemon juice, organic sugar, salt, organic ground mustard, organic black pepper |
| Mustard | Distilled vinegar, mustard seed, water, salt, spices, turmeric, natural flavors |
| Pecans | Pecans, sugar, salt, sunflower oil |
| Pesto | Basil, canola oil, water, parmesan cheese (pasteurized part-skim cows' milk, cheese culture, salt, enzymes), garlic, salt |
| Pickles | Cucumbers, water, white vinegar, white wine vinegar, salt, garlic, chili flakes and tumeric |
| Protein Powder | Orgain organic protein blend (organic pea protein, organic brown rice protein, organic chia seed), orgain organic creamer base (organiz acacia, organic high oleic sunflower oil, organic rice dextrin, organic sunflower lecithin, organic rosemary extract), organic erythritol, organic natural flavors, organic acacia, sea salt, organic red a (stevia extract), organic guar gum, xanthan gum, natural flavor |
| Ranch Dressing | Soybean oil, cultured buttermilk, water, maltodextrin, distilled vinegar, egg yolk, contains less than 2% of salt, sugar, garlic, buttermilk solids, lactic acid, spice, xanthan gum, onion, corn starch, mustard seed, guar gum, autolyzed yeast extract, natural flavor |
| Ranch Slaw | Broccoli slaw, kohrabi, colored carrots, brussels sprouts, green kale, radicchio, fry spice*, celery, ranch dressing* |
| Red Pepper Vinaigrette | Red pepper (diced red pepper, water, salt, citric acid, calcium chloride), soybean oi, water, red wine vinegar, dijon mustard (water, vinegard, mustard seed, salt, white wine, citric acid, tartaric acid, fruit pectin, sugar, spice), spices salt, xanthan gum, garlic, vinegar, shallots |
| Toasted Corn | Whole corn, soybean oil, sunflower oil, sea salt |
| Tomato Salsa | Fire roasted tomatoes, tomato puree, diced jalapeno peppers, diced anaheim peppers, sea salt, dehydrated onions, citric acid, calcium chloride, spices, acetic acid, dehydrated garlic |
| Vegan "Honey" Mustard | Mustard*, agave, salt |

Protein Options*

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| Bacon | Smoke flavoring added cured with water, salt, sugar, smoke flavoring, sodium erythorbate, sodium phosphates, sodium nitrite |
| Beef (Walden Local) | Ground beef |
| Chicken Tenders | Chicken breast meat tenders. marinated in water and sea salt. breaded in unbleached wheat flour, water, cane sugar, dried yeast, sea salt, black pepper, paprika. Flash fried in organic expeller pressed soybean oil to set breading |
| Grilled Chicken | Antibiotic-free chicken breast, sunflower oil, salt, sugar, lemon black pepper, smoked paprika, garlic powder, black pepper, dried thyme |
| Turkey Burger | Ground turkey |
| Veggie Burger | Cooked rice and bean mix (water, black bean, long grain parboiled rice enriched with iron [ferric phosphate], niacin, thiamine, mononitrate & folic acid, wild rice, olive oil, onion, vegetable base [carrot, celery, onion, tomato paste, corn oil, yeast extract, potato flour, salt, onion powder, garlic powder, natural flavor], spice), pablano peppers, crimini mushrooms, textured soy flour, corn, onion, red pepper, oats 2% or less of garlic, scallion, chickpea flour, cilantro, jalapeno, water, sea salt, tamari sauce (water, soybeans, salt, sugar), red wine (wine, salt, sulfates), food starch-modified, organiz balsamic vinegar (wine vinegar, concentrated grape must), brown sugar, spices |
| Bed of Greens (No Bun) | GOOD greens (romaine lettuce, kale, red cabbage, brussels sprouts) |

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| Breads & Buns* | Brioche Bun | Enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, sugar, coconut oil, soy powder, wheat gluten, yeast, mold inhibitor (cultured wheat flour, vinegar), salt, whole wheat flour, sunflower lecithin, dough conditioner (wheat flour, salt, enzymes), malted barley flour, dough conditioner (wheat flour, enzymes), turmeric, ascorbic acid (oxidation), shine agent (water, vegetable proteins, vegetable oil, dextrose, maltodextrins, starch) |
| | Country Bread | Enriched unbleached unbromated flour (wheat, flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), dark rye flour, filtered water, sea salt, yeast |
| | Gluten Free Bun | Water, tapioca starch, brown rice flour, canola oil, resistant corn starch, egg whites, cane sugar syrup, tapioca maltodextrin, potato flour, cane sugar, tapioca syrup, yeast, sugarcane fiber, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids and citric acid (mold inhibitor), xanthan gum, enzymes |
| Desserts | Sweet Street Honduran Chocolate Brownies | Sugar, Chocolate [unsweetened chocolate (processed with alkali), sugar, cocoa butter, milk fat, milk, soy lecithin, sunflower lecithin, vanilla, vanilla extract], Cage Free Eggs, Butter, Cocoa [processed with alkali], Brown Rice Flour [rice flour, rice bran], Safflower Oil, Gluten Free Tapioca Flour, Rice Syrup, Arrowroot Flour, Buckwheat Flour, Water, Whole Milk Powder, Cream, Salt, Non GMO Baking Powder [sodium acid pyrophosphate, bicarbonate soda, corn starch, monocalcium phosphate], Guar Gum, Natural Madagascar Vanilla Flavor, Stabilizer Blend [xanthan gum, sodium alginate, guar gum], Non GMO Glucose. |
| | Sweet Street Chocolate Chunk Cookie | Chocolate [sugar, unsweetened chocolate (processed with alkali), cocoa butter, milk fat, whole milk, soy lecithin, salt, vanilla, vanilla extract], Enriched Wheat Flour [wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], Butter, Brown Sugar, Sugar, Cage Free Eggs, Pretzel Balls [enriched wheat flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), canola oil, salt, malt, sodium bicarbonate, yeast], Caramel [milk, cane sugar, sodium bicarbonate, natural vanilla], Baking Soda, Salt, Corn Starch, Rice Syrup, Caramelized Sugar Flavor [glycerin, caramel, water, molasses, natural flavor], Whole Milk Powder, Natural Madagascar Vanilla. |
| | Sweet Street Marshmallow Bar | Marshmallow [glucose syrup, sugar, modified corn starch, gelatin, water, tetrasodium pyrophosphate, natural vanilla flavor], gluten free crisped rice [rice, brown sugar, salt, distilled monoglycerides], corn syrup, butter, sugar, brown butter, sea salt, maltodextrin, vanilla |
| House-Made Beverages (Tractor) | Lemonade | Organic dried cane syrup, water, organic lemon juice concentrate, citric acid, natural flavors, organic turmeric extract |
| | Peach | Water, organic cane sugar, organic apricot puree, organic jerusalem artichoke inulin, organic peach puree, organic peach juice concentrate, organic lemon juice concentrate, organic blackstrap molasses, malic acid, citric acid, organic cinnamon, natural flavors, organic natural flavors, organic nutmeg oil |
| | Farmers Punch | Organic cane sugar, water, organic dark sweet cherry juice concentrate, organic pomegranate juice concentrate, organic apple cider vinegar, organic concord grape juice concentrate, citric acid, organic jerusalem artichoke inulin, organic fruit and vegetable juice for color, malic acid, organic strawberry juice concentrate, organic blueberry juice concentrate, organic cranberry juice concentrate, organic natural flavors, natural flavor |
| | Unsweetened Iced Tea | Water, organic black tea, natural flavor |
| Acai Bowls | GOOD Vibes | Acai base*, honey granola*, agave, strawberries, blueberries, banana |
| | The Aloha | Acai base*, honey granola*, agave, pineapple, coconut flakes, kiwi, strawberries |
| | PB & B (peanut butter & banana) | Acai base*, honey granola*, agave, banana, peanut butter (dry roasted peanuts, sugar, hydrogenated rapeseed oil, salt), chia seeds, chocolate shavings |

B.GOOD FOOD
WITH
ROOTS

Allergens

| Category | Menu Item | Allergens | | | | | | | | | |
|------------------------------------|----------------------------------|-----------|-------|--------|-----|----------|------|-----|------|-----------|--------|
| | | GF, V, V+ | Wheat | Peanut | Egg | Tree Nut | Milk | Soy | Fish | Shellfish | Sesame |
| Winter Warmers Menu | Comfort Bowl | GF, V+ | | | | X | | X | | | |
| | Maple Bacon (Beef) | | X | | X | | X | X | | | |
| | Maple Bacon (Turkey) | | X | | X | | X | X | | | |
| | Maple Bacon (Veggie Burger) | | X | | X | | X | X | | | |
| | Maple Bacon (Grilled Chicken) | | X | | X | | X | X | | | |
| | Maple Bacon (Chicken Tenders) | | X | | X | | X | X | | | |
| | 3-Bean Chili | GF, V+ | | | | | | | | | |
| Roasted Butternut & Apple Soup | GF, V | | | | | | X | | | | |
| Craft Burgers | The Classic (Beef) | | X | | X | | | X | | | |
| | The Classic (Turkey) | | X | | X | | | X | | | |
| | The Classic (Veggie Burger) | V | X | | X | | | X | | | |
| | The Classic (Grilled Chicken) | | X | | X | | | X | | | |
| | The Classic (Chicken Tenders) | | X | | X | | | X | | | |
| | The Farmhouse (Beef) | | X | | X | | X | X | | | |
| | The Farmhouse (Turkey) | | X | | X | | X | X | | | |
| | The Farmhouse (Veggie Burger) | | X | | X | | X | X | | | |
| | The Farmhouse (Grilled Chicken) | | X | | X | | X | X | | | |
| | The Farmhouse (Chicken Tenders) | | X | | X | | X | X | | | |
| | The Cali (Beef) | | X | | | | | X | | | |
| | The Cali (Turkey) | | X | | | | | X | | | |
| | The Cali (Veggie Burger) | V+ | X | | | | | X | | | |
| | The Cali (Grilled Chicken) | | X | | | | | X | | | |
| | The Cali (Chicken Tenders) | | X | | | | | X | | | |
| | Jalapeno Ranch (Beef) | | X | | X | | X | X | | | |
| | Jalapeno Ranch (Turkey) | | X | | X | | X | X | | | |
| | Jalapeno Ranch (Veggie Burger) | | X | | X | | X | X | | | |
| | Jalapeno Ranch (Grilled Chicken) | | X | | X | | X | X | | | |
| | Jalapeno Ranch (Chicken Tender) | | X | | X | | X | X | | | |
| | Mushroom & Swiss (Beef) | | X | | | | X | X | | | |
| | Mushroom & Swiss (Turkey) | | X | | | | X | X | | | |
| | Mushroom & Swiss (Veggie Burger) | V | X | | | | X | X | | | |
| Mushroom & Swiss (Grilled Chicken) | | X | | | | X | X | | | | |
| Mushroom & Swiss (Chicken Tender) | | X | | | | X | X | | | | |
| Buffalo Ranch (Beef) | | X | | X | | X | X | | | | |
| Buffalo Ranch (Turkey) | | X | | X | | X | X | | | | |
| Buffalo Ranch (Veggie Burger) | V | X | | X | | X | X | | | | |
| Buffalo Ranch (Grilled Chicken) | | X | | X | | X | X | | | | |
| Buffalo Ranch (Chicken Tender) | | X | | X | | X | X | | | | |
| Signature Sandwiches | Grilled Chicken Pesto Sandwich | | X | | | | X | | | | |
| | Chipotle Bacon Chicken Sandwich | | X | | X | | X | X | | | |
| Harvest Bowls | Almond Ginger Bowl | GF, V | | | | | | X | | | |
| | Spicy Avocado & Lime Bowl | GF, V | | | | | X | X | | | |
| | The Tuscan Bowl | V | X | | | | X | X | | | |
| Gathered Greens | Harvest Kale Salad | GF, V | | | | | X | X | | | |
| | Kale Chicken Caesar Salad | | X | | | | X | | X | | X |
| | Southwest Chicken Salad | GF | | | | | | X | | | |
| | Classic Cobb Salad | GF | | | X | | X | X | | | |
| Market Sides | Regular Fries | GF, V+ | | | | | | | | | |
| | Sweet Potato Fries | GF, V+ | | | | | | | | | |
| | Crisp Veggie (no cheese) | V+ | X | | | | | X | | | |
| | Crisp Veggie (with parmesan) | V | X | | | | X | X | | | |
| | Chicken Tenders | | X | | | | | | | | |
| | Buffalo Chicken Tenders | | X | | | | | | | | |
| | Eggplant Meatballs (5pc.) | V | X | | | | X | X | | | |
| Smoothies & Shakes | Kale Crush Smoothie | GF, V+ | | | | | | | | | |
| | Berry Smoothie | GF, V+ | | | | | | | | | |
| | Power Up! (or The Husky!) | GF, V+ | | X | | X | | | | | |
| | Nutty Strawberry Banana Smoothie | V+, GF | | X | | X | | | | | |
| | Vanilla Shake | GF, V | | | | | X | | | | |
| | Chocolate Shake | GF, V | | | | | X | | | | |
| | Strawberry Shake | GF, V | | | | | X | | | | |
| Kid's Meals | Kids Beef Burger | | X | | | | | X | | | |
| | Kids Chicken Sandwich | | X | | | | X | X | | | |
| | Kids Chicken Tenders | | X | | | | | X | | | |
| | Kids Grilled Cheese | V | X | | | | X | | | | |
| | Acai Base | GF, V | | | | X | | | | | |
| | Applesauce | GF, V+ | | | | | | | | | |
| | Avocado Puree | GF, V+ | | | | | | | | | |
| | BBQ Sauce | GF, V+ | | | | | | | | | |
| | B.GOOD Sauce | GF, V | | | X | | | | | | |

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| SAUCES, SLAWS, MARINADES, DRESSINGS & TOPPINGS* | Balsamic Vinaigrette | GF, V+ | | | | | | X | | | |
| | Black Bean & Corn Salsa | GF, V+ | | | | | | | | | |
| | Blue Cheese Dressing | GF, V | | | X | | X | X | | | |
| | Buffalo Sauce | GF, V+ | | | | | | | | | |
| | Buffalo Ranch Dressing | V | X | | X | | X | X | | | |
| | Caramelized Onions | GF, V+ | | | | | | | | | |
| | Caesar Dressing | GF | | | X | | X | X | X | | |
| | Chicken Marinade | GF | | | | | | | | | |
| | Chipotle Aioli | GF, V | | | X | | | | | | |
| | Chipotle Puree | GF, V+ | | | | | | | | | |
| | Crispy Shallots | V+ | X | | | | | | | | |
| | Croutons | V+ | X | | | | | | | | X |
| | Fry Spice | GF, V+ | | | | | | | | | |
| | Honey Ginger Dressing | GF, V | | | X | | | X | | | |
| | Honey Granola | GF, V | | | | | | X | | | |
| | Jalapeno Ranch | V | X | | X | | X | X | | | |
| | Ketchup | GF, V+ | | | | | | | | | |
| | Lemon Herb Vinaigrette | GF, V+ | | | | | | X | | | |
| | Maple Dijon Vinaigrette | GF, V+ | | | | | | X | | | |
| | Marinara Sauce | GF, V+ | | | | | | | | | |
| | Mayonnaise | GF, V | | | X | | | | | | |
| | Mustard | GF, V+ | | | | | | | | | |
| | Pecans | GF, V+ | | | | X | | | | | |
| | Pickles | GF, V+ | | | | | | | | | |
| | Pesto | GF, V | | | | | X | | | | |
| | Protein Powder | GF, V+ | | | | | | | | | |
| | Red Pepper Vinaigrette | GF, V+ | | | | | | X | | | |
| | Ranch Dressing | V | X | | X | | X | X | | | |
| | Ranch Slaw | V | X | | X | | X | X | | | |
| | Toasted Corn | GF, V+ | | | | | | X | | | |
| | Tomato Salsa | GF, V+ | | | | | | | | | |
| Vegan "Honey" Mustard | GF, V+ | | | | | | | | | | |
| Protein | Bacon | GF | | | | | | | | | |
| | Beef (Walden Local) | GF | | | | | | | | | |
| | Chicken Tenders | | X | | | | | X | | | |
| | Grilled Chicken | GF | | | | | | | | | |
| | Turkey Burger | GF | | | | | | | | | |
| Breads & Buns | Veggie Burger | GF, V+ | | | | | | X | | | |
| | Brioche Bun | V+ | X | | | | | X | | | |
| | Country Bread | V+ | X | | | | | | | | |
| Acai Bowls | Gluten Free Bun | GF, V | | | X | | | X | | | |
| | GOOD Vibes | V, GF | | | | X | | X | | | |
| | The Aloha | V, GF | | | | X | | X | | | |
| | PB & B (peanut butter & banana) | V, GF | | X | | X | X | X | | | |

B.GOOD FOOD
WITH
ROOTS

Nutritional Info

| Category | Menu Item | Nutrition Information | | | | | | | | | |
|-------------------------------------|------------------------------------|-----------------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-----------|------------|-------------|
| | | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrate (g) | Fiber (g) | Sugars (g) | Protein (g) |
| Winter Warmers Menu | Comfort Bowl | 406 | 9.9 | 2.8 | 0.3 | 0 | 568 | 73 | 12 | 23 | 8 |
| | Maple Bacon (Beef) | 627 | 36.5 | 15.5 | 0.3 | 88 | 1120 | 58 | 2 | 33 | 21 |
| | Maple Bacon (Turkey) | 853 | 50.7 | 21 | 0 | 178 | 1203 | 59 | 2 | 33 | 43 |
| | Maple Bacon (Beyond) | 847 | 52 | 19.5 | 0 | 71 | 1482 | 64 | 4 | 33 | 36 |
| | Maple Bacon (Veggie Burger) | 612 | 33.9 | 13.6 | 0 | 71 | 1213 | 64 | 2 | 34 | 18 |
| | Maple Bacon (Grilled Chicken) | 743 | 35.7 | 14.4 | 0 | 133 | 1460 | 59 | 2 | 33 | 50 |
| | Maple Bacon (Chicken Tenders) | 792 | 39.9 | 14.8 | 0 | 125 | 1703 | 77 | 2 | 35 | 34 |
| | 3-Bean Chili | 167 | 2.7 | 0.4 | 0 | 4 | 1441 | 28 | 8 | 3 | 8 |
| Roasted Butternut & Apple Soup | 266 | 14.9 | 7.4 | 0 | 35 | 427 | 30 | 4 | 13 | 3 | |
| Craft Burgers (with brioche bun) | Jalapeno Ranch (Beef) | 507 | 32 | 10 | 0.3 | 63 | 1170 | 35 | 4 | 5 | 22 |
| | Jalapeno Ranch (Turkey) | 734 | 46.2 | 15.5 | 0 | 153 | 1253 | 36 | 4 | 5 | 44 |
| | Jalapeno Ranch (Veggie Burger) | 492 | 29.4 | 8.1 | 0 | 46 | 1263 | 41 | 4 | 5 | 19 |
| | Jalapeno Ranch (Grilled Chicken) | 623 | 31.2 | 8.9 | 0 | 108 | 1510 | 36 | 4 | 5 | 51 |
| | Jalapeno Ranch (Chicken Tenders) | 632 | 34 | 9.1 | 0 | 90 | 1644 | 50 | 4 | 6 | 32 |
| | The Classic (Beef) | 612 | 44.7 | 11.1 | 1 | 112 | 1362 | 30 | 1 | 7 | 23 |
| | The Classic (Turkey) | 683 | 47.1 | 11.5 | 0 | 160 | 1367 | 31 | 1 | 7 | 32 |
| | The Classic (Veggie Burger) | 441 | 30.4 | 4.2 | 0 | 54 | 1377 | 36 | 1 | 7 | 7 |
| | The Classic (Grilled Chicken) | 572 | 32.2 | 5 | 0 | 115 | 1624 | 31 | 1 | 7 | 39 |
| | The Classic (Chicken Tenders) | 581 | 35 | 5.1 | 0 | 97 | 1759 | 45 | 1 | 8 | 20 |
| | The Farmhouse (Beef) | 730 | 52.2 | 15.5 | 1 | 120 | 965 | 34 | 2 | 4 | 33 |
| | The Farmhouse (Turkey) | 801 | 54.6 | 16 | 0 | 168 | 970 | 35 | 2 | 4 | 43 |
| | The Farmhouse (Veggie Burger) | 559 | 37.9 | 8.6 | 0 | 62 | 980 | 40 | 2 | 5 | 17 |
| | The Farmhouse (Grilled Chicken) | 690 | 39.7 | 9.4 | 0 | 124 | 1227 | 35 | 2 | 4 | 50 |
| | The Farmhouse (Chicken Tenders) | 699 | 42.5 | 9.5 | 0 | 106 | 1361 | 50 | 2 | 5 | 31 |
| | The Cali (Beef) | 627 | 41.4 | 9.4 | 1 | 58 | 1130 | 44 | 8 | 6 | 25 |
| | The Cali (Turkey) | 697 | 43.5 | 9.9 | 0 | 106 | 1135 | 45 | 8 | 6 | 35 |
| | The Cali (Veggie Burger) | 455 | 26.7 | 2.5 | 0 | 0 | 1145 | 50 | 8 | 7 | 9 |
| | The Cali (Grilled Chicken) | 586 | 28.6 | 3.3 | 0 | 62 | 1392 | 45 | 8 | 6 | 42 |
| | The Cali (Chicken Tenders) | 596 | 31.4 | 3.5 | 0 | 44 | 1526 | 59 | 8 | 7 | 23 |
| | Mushroom & Swiss (Beef) | 501 | 27.3 | 11.5 | 1 | 96 | 600 | 40 | 1 | 16 | 26 |
| | Mushroom & Swiss (Turkey) | 571 | 29.7 | 12 | 0 | 144 | 605 | 41 | 1 | 16 | 36 |
| | Mushroom & Swiss (Veggie Burger) | 422 | 13.4 | 4.7 | 0 | 38 | 818 | 62 | 4 | 17 | 13 |
| | Mushroom & Swiss (Grilled Chicken) | 461 | 14.8 | 5.4 | 0 | 100 | 862 | 40 | 1 | 16 | 43 |
| | Mushroom & Swiss (Chicken Tenders) | 470 | 17.5 | 5.6 | 0 | 82 | 997 | 55 | 1 | 17 | 24 |
| | Buffalo Ranch (Beef) | 382 | 23.8 | 6.3 | 0.3 | 53 | 2608 | 31 | 1 | 6 | 11 |
| | Buffalo Ranch (Turkey) | 539 | 31.3 | 7.3 | 0.2 | 120 | 2774 | 33 | 2 | 6 | 31 |
| | Buffalo Ranch (Veggie Burger) | 367 | 21.2 | 4.4 | 0 | 36 | 2701 | 37 | 1 | 7 | 8 |
| Buffalo Ranch (Grilled Chicken) | 498 | 23.1 | 5.2 | 0 | 98 | 2948 | 32 | 2 | 6 | 40 | |
| Buffalo Ranch (Chicken Tenders) | 547 | 27.3 | 5.6 | 0 | 90 | 3191 | 49 | 1 | 7 | 24 | |
| Signature Sandwiches | Grilled Chicken Pesto Sandwich | 592 | 18.4 | 2.7 | 0 | 67 | 990 | 47 | 5 | 9 | 51 |
| | Chipotle Bacon Chicken Sandwich | 610 | 28.9 | 7.7 | 0 | 103 | 1070 | 36 | 3 | 6 | 48 |
| Harvest Bowls* | Almond Ginger Bowl | 378 | 12.7 | 2.6 | 0 | 0 | 697 | 53 | 107 | 12 | 15 |
| | Spicy Avocado & Lime Bowl | 481 | 26.4 | 7.2 | 0.1 | 12 | 755 | 51 | 39 | 6 | 16 |
| | The Tuscan Bowl | 645 | 33 | 9.2 | 0.2 | 42 | 1966 | 58 | 37 | 9 | 32 |
| Gathered Greens* | Harvest Kale Salad | 387 | 13.6 | 5.7 | 0.3 | 10 | 896 | 54 | 12 | 11 | 16 |
| | Kale Chicken Caesar Salad | 506 | 28 | 7.1 | 0 | 72 | 839 | 24 | 13 | 2 | 46 |
| | Southwest Chicken Salad | 659 | 37.6 | 4.7 | 1.1 | 62 | 731 | 44 | 17 | 13 | 44 |

| | | | | | | | | | | | |
|------------------------------|------------------------------------|-----|------|------|-----|-----|------|-----|----|----|----|
| | Classic Cobb Salad | 373 | 26.2 | 5.6 | 0 | 198 | 355 | 22 | 13 | 7 | 17 |
| Market Sides | Regular Fries | 380 | 6.8 | 0.6 | 0 | 0 | 877 | 72 | 9 | 0 | 8 |
| | Sweet Potato Fries | 330 | 7.5 | 0.6 | 0 | 0 | 328 | 62 | 12 | 18 | 4 |
| | Crisp Veggie (no cheese) | 157 | 4.4 | 0.5 | 0 | 0 | 252 | 21 | 99 | 10 | 7 |
| | Crisp Veggie (with parmesan) | 197 | 7.9 | 2.5 | 0 | 10 | 422 | 22 | 99 | 10 | 12 |
| | Chicken Tenders (3-piece)* | 275 | 9.9 | 1.6 | 0 | 66 | 756 | 23 | 0 | 2 | 23 |
| | Buffalo Chicken Tenders (3-piece)* | 275 | 9.9 | 1.6 | 0 | 66 | 3004 | 23 | 0 | 2 | 23 |
| | Eggplant Meatballs (5pc.) | 359 | 20 | 5.8 | 0.2 | 37 | 1305 | 25 | 7 | 6 | 24 |
| Smoothies & Shakes | Kale Crush Smoothie | 260 | 0.8 | 0.2 | 0 | 0 | 18 | 63 | 7 | 47 | 4 |
| | Berry Smoothie | 340 | 0.4 | 0.9 | 0 | 0 | 10 | 75 | 6 | 59 | 4 |
| | Power Up! (or The Husky!) | 478 | 20.9 | 4.3 | 0 | 0 | 233 | 59 | 8 | 30 | 23 |
| | Nutty Strawberry Banana Smoothie | 473 | 16.6 | 3.1 | 0 | 0 | 104 | 77 | 14 | 36 | 12 |
| | Vanilla Shake | 570 | 25.4 | 17 | 0 | 116 | 412 | 73 | 0 | 71 | 12 |
| | Chocolate Shake | 600 | 27.4 | 18.1 | 0 | 116 | 414 | 74 | 0 | 71 | 13 |
| | Strawberry Shake | 580 | 25.4 | 17 | 0 | 116 | 412 | 79 | 1 | 75 | 12 |
| Kid's Meals | Kids Beef Burger | 205 | 4.9 | 1 | 0.1 | 8 | 288 | 32 | 3 | 4 | 8 |
| | Kids Chicken Sandwich | 344 | 6.4 | 0.9 | 0 | 62 | 642 | 32 | 3 | 4 | 40 |
| | Kids Chicken Tenders | 275 | 8.5 | 1.4 | 0 | 56 | 649 | 20 | 0 | 1 | 20 |
| | Kids Grilled Cheese | 335 | 15.2 | 9.3 | 0 | 41 | 882 | 42 | 3 | 5 | 17 |
| Sauces (2 oz. portion) | BBQ Sauce (2 oz.) | 60 | 0 | 0 | 0 | 0 | 380 | 15 | 0 | 13 | 0 |
| | B.GOOD Sauce (2 oz.) | 517 | 56.6 | 5.4 | 0 | 76 | 501 | 0 | 0 | 0 | 0 |
| | Buffalo Ranch Dressing (2 oz.) | 204 | 21.8 | 4.1 | 0 | 20 | 1062 | 1 | 0 | 0 | 1 |
| | Buffalo Sauce (2 oz.) | 0 | 0 | 0 | 0 | 0 | 2248 | 0 | 0 | 0 | 0 |
| | Chipotle Aioli (2 oz.) | 370 | 39.8 | 3.3 | 0 | 35 | 337 | 3 | 1 | 2 | 0 |
| | Jalapeno Ranch (2 oz.) | 252 | 26.1 | 4.9 | 0 | 24 | 561 | 3 | 1 | 0 | 2 |
| | Vegan "Honey" Mustard (2 oz.) | 134 | 0.1 | 0 | 0 | 0 | 1036 | 19 | 4 | 11 | 0 |
| Dressings (3 oz. portion) | Balsamic Vinaigrette (3 oz.) | 207 | 17.7 | 3 | 0 | 0 | 798 | 9 | 0 | 6 | 0 |
| | Blue Cheese Dressing (3 oz.) | 502 | 53.2 | 10.4 | 0 | 44 | 562 | 3 | 0 | 3 | 3 |
| | Caesar Dressing (3 oz.) | 459 | 48.9 | 9.2 | 0 | 46 | 704 | 3 | 0 | 0 | 3 |
| | Honey Ginger Dressing (3 oz.) | 420 | 45 | 6 | 0 | 30 | 510 | 15 | 0 | 18 | 0 |
| | Lemon Herb Vinaigrette (3 oz.) | 148 | 14.3 | 2.4 | 0 | 0 | 646 | 15 | 3 | 6 | 0 |
| | Maple Dijon Vinaigrette (3 oz.) | 255 | 8.9 | 6.7 | 0 | 0 | 422 | 44 | 0 | 43 | 0 |
| | Red Pepper Vinaigrette (3 oz.) | 240 | 24 | 3 | 0 | 0 | 210 | 3 | 0 | 0 | 0 |
| Acai Bowls | GOOD Vibes | 591 | 10.8 | 2.9 | 0 | 0 | 61 | 114 | 24 | 49 | 11 |
| | The Aloha | 524 | 12 | 4.3 | 0 | 0 | 60 | 92 | 22 | 37 | 9 |
| | PB & B (peanut butter & banana) | 832 | 30 | 7.1 | 0 | 0 | 114 | 122 | 29 | 49 | 20 |