



B.GOOD

NUTRITION INFORMATION

01/07/19

We keep our food natural and clean to bring you the freshest ingredients with the least environmental impact.
We serve balanced dishes with a healthy mix of leafy greens, ancient whole grains, nuts and seeds and proteins of all kinds.

We operate based on the belief that engaging with our community makes our business better
Through community food partner involvement and celebration, we cultivate a sense of shared success
Food that's good for you can also taste good

Nutritional Information

BREAKFAST

Menu Item	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Cholesterol (mg)
Breakfast Bowls												
Wake Up (yogurt)		1	274	5.5	1	0	55	50	9	26	14	5
Wake Up (acai)		1	304	7.4	2.8	0	19	61	10	30	6	0
Wake Up (oatmeal)		1	307	6.7	1	0	84	62	11	22	7	0
Power Elvis (yogurt)		1	586	23.6	8.9	0	113	82	9	54	19	5
Power Elvis (acai)		1	616	25.5	10.7	0	77	94	11	58	11	0
Power Elvis (oatmeal)		1	619	24.8	8.9	0	143	94	12	50	13	0
Egg Bowls												
The Ranchers		1	524	25.9	6.9	0.1	1079	59	10	5	19	177
The Tuscan		1	378	12.8	3.7	0	709	49	6	5	19	176
The Classic		1	671	53.5	16.2	3	1720	25	5	3	25	225
Egg Sandwiches												
The Local		1	546	26.9	13.2	0	1439	41	4	10	38	249
West Side		1	411	17	3.7	0	1008	52	7	7	13	170

SANDWICHES

Menu Item	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	cholesterol (mg)
Beef Burgers												
Cousin Oliver		1	428	23	0.5	0	995	35	7	7	27	63
West Side		1	464	42	2	0	2727	45	12	10	28	63
El Guapo		1	517	49	7	1.5	1433	37	8	8	30	88
Adopted Luke		1	660	34	6	0.2	1656	54	7	25	35	95
Power Play		1	695	56	26.7	1.6	1188	35	10	4	50	304
Maple Bacon		1	656	60	24.7	1.6	1706	42	12	7	44	134
Chicken												
Cousin Oliver		1	327	6	8	1.2	1356	34	1	8	40	107
West Side		1	367	27	3	0	3064	45	9	11	37	83
El Guapo		1	421	34	7	1.5	1769	37	4.5	9	39	108
Adopted Luke		1	563	19	6	0.2	1992	54	4	26	44	115
Power Play		1	723	43.2	13.3	0	1501	34	6	5	51	301
Maple Bacon		1	632	34.3	10.7	0	1694	40	7	7	41	118
Turkey												
Cousin Oliver		1	445	34	15	1	742	34	4	7	34	136
West Side		1	486	40	10	0	3064	45	9	10	37	112
El Guapo		1	539	47	14	1.5	1491	37	5	8	39	137
Adopted Luke		1	682	32	13	0.2	1714	54	4	25	44	144
Power Play		1	826	55.3	19.7	0	1217	34	6	4	50	324
Maple Bacon		1	788	50.1	17.7	0	1736	41	7	7	44	154
Veggie												
Cousin Oliver		1	288	4	0.2	0	996	60	4	8	12	0
West Side		1	322	23	2	0	3006	70	9	11	13	0
El Guapo		1	376	30	6	1.5	1711	62	5	9	15	25
Adopted Luke		1	519	14	5	0.2	1934	79	4	26	20	32
Power Play		1	678	38.6	12.4	0	1443	59	6	5	27	218
Maple Bacon		1	639	33.4	10.4	0	1961	65	7	8	22	47

BOWLS

Menu Item	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Cholesterol (mg)
Spicy Avocado & Lime (quinoa)		1	711	29	5.63	0.27	1097	64	10.4	5.1	17.4	14
Spicy Avocado & Lime (super grains)		1	724	28	5	1.7	1057	60	10	4.8	15.4	14
Power Bowl (quinoa)		1	598	29.6	16.2	0	769	108	19	39	42	165
Power Bowl (super grains)		1	611	29.1	15.6	0	729	104	18.6	38.7	40	165
Zucchini Spaghetti & Eggplant Meatball		1	362	18.5	5.6	0.2	1738	32	9	11	26	33
Roasted Root & Mushroom		1	294	8.8	9.7	0.1	1081	42	9	43	7	0
Apple & Bacon*		1	685	59.2	12.7	3.3	1218	63	16	25	16	26
Mediterranean Chicken		1	656	36.8	6.4	0.1	2306	40	8	6	42	96

*without dressing

SALADS

Menu Item	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Cholesterol (mg)
Southwest Chicken*		1	538	26.6	3.7	0.1	893	41	14	6	38	83
Chicken Caesar*		1	346	14	3.2	0	768	22	7	4	38	94
Harvest Kale*		1	363	26.5	7.3	0.1	1265	23	8	6	14	30
Sweet Potato & Bacon*		1	467	29.8	8.6	2.7	824	35	6	19	10	26
Citrus & Avocado*		1	389	29.7	4.2	0	677	28	13	7	8	0

*without dressing

WRAPS & SPECIAL ITEMS

Menu Item	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Cholesterol (mg)
Southwest Chicken Wrap		1	861	41	6.02	0.2	1210	89.6	15.3	8.5	44.4	60.5
Chicken Caesar Wrap		1	702	33	5.44	0.19	1040	64.1	8.81	3.7	44.8	94.9
Eggplant Meatball Sub												

SMOOTHIES

Menu Item	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Cholesterol (mg)
Kale Crush		1	274	1.1	0.2	0	27	66	8	49	5	0
Acai Berry		1	277	4.3	1.1	0	133	53	9	30	6	0
Strawberry Banana		1	414	0.8	0.3	0	44	98	11	65	14	5
Cocoa Crave		1	800	44.2	35.4	0	71	89	9	62	11	0
Mocha Protein		1	488	15.8	3.7	0	149	64	8	37	22	5
Chocolate Shake		1	848	40	26.5	0	568	104	1	99	17	167
Vanilla Shake		1	794	36.9	24.6	0	564	103	0	99	14	167
Kids Smoothie/Shake												
Kids - Kale Crush		1	169	0.5	0.1	0	15	0	4	32	3	0
Kids - Chocolate Shake		1	607	29.2	19.4	0	407	75	0	72	10	124
Kids - Vanilla Shake		1	572	27.6	18.4	0	394	74	0	71	8	124

SIDES & DESSERTS

Menu Item	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Cholesterol (mg)
Fries		1	220	13.7	0	0	905	55	5	3	3	0
Sweet Potato Fries		1	384	16.5	0	0	192	55	5	16	3	0
Avocado Salsa w/ chips		1	644	28.7	4.6	0	780	88	12	6	13	0
Avocado Toast		1	401	29.6	3.9	0	1497	34	9	5	7	0
Eggplant Meatball (3-piece)		1	170	9.4	3.8	0.1	958	11	3	4	13	24
Eggplant Meatball (5-piece)		1	226	11.7	4.9	0.1	1269	16	4	4	18	33
Butternut Soup		1	240	7.5	1.1	0	1203	43	7	25	6	1
4-Bean Chili		1	419	9.2	2.6	0	1623	63	18	6	25	16
Roasted Carrots & Parsnips		1	350	16	11.5	0	437	51	9	29	3	0
Side Salads												
Southwest Chicken*		1	269	13.3	1.85	0.05	446.5	20.5	7	3	19	41.5
Chicken Caesar*		1	172	7	1.6	0	384	11	3.5	2	19	47
Harvest Kale*		1	182	13.25	3.65	0.05	632.5	11.5	4	3	7	15
Sweet Potato & Bacon*		1	234	14.9	4.3	1.35	412	17.5	3	9.5	5	13
Citrus & Avocado*		1	195	14.8	2.1	0	339	14	7	3	4	0
*excludes dressing												
Desserts												
Black Bean Brownie		1	300	16	7	0	90	37	4	29	5	60

KIDS MEALS

Menu Item	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Cholesterol (mg)
Entrée Choices												
Kids Beef Burger		1	202	21	9.7	1.1	232	19	5	3	23	57
Kids Chicken Sandwich		1	282	8	1	0	573	19	2	4	33	83
Kids Turkey Burger		1	385	20.1	7.5	0	289	19	2	3	32	106
Kids Veggie Burger		1	237	3.4	0.2	0	515	44	2	4	10	0
Grilled Cheese		1	355	16.8	9.82	0.587		38.8			22.2	
Hot Dog		1	279	13.4	5	0	638	25	2	4	13	35
Side Choices												
Fries	3.25 oz.	1	110	6.9	0	0	453	27	3	1	1	0
Sweet Potato Fries	3.25 oz.	1	137	4.1	0	0	234	25	3	5	1	0
Applesauce	2 oz.	1	32	0	0	0	0	13	2	11	0	0
Side of Broccoli	1.13 oz.	1	29	0.1	0	0	11	2	1	1	1	0

BEVERAGES

Menu Item	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Cholesterol (mg)
Lemonades & Iced Tea												
Strawberry Lemonade		16 oz.	10	0	0	0	0	3	0	3	0	0
Beet Ginger lemonade		16 oz.	10	0	0	0	0	3	0	3	0	0
Rosemary lemonade		16 oz.	10	0	0	0	0	3	0	3	0	0
lemon Iced Tea (unsweetened)		16 oz.	2	0	0	0	0	0	0	0	0	0
Soft Drinks												
Stubborn - Draft Cola		8 oz.	90	0	0	0	35	23	0	23	0	0
Stubborn - Draft Cola (zero sugar)		8 oz.	0	0	0	0	40	0	0	0	0	0
Stubborn - Lemon Acai Berry		8 oz.	70	0	0	0	50	18	0	17	0	0
Stubborn - Agave Vanilla Cream		8 oz.	70	0	0	0	45	18	0	18	0	0
Stubborn - Black Cherry		8 oz.	60	0	0	0	35	16	0	16	0	0
Stubborn - Pineapple Cream		8 oz.	60	0	0	0	35	16	0	16	0	0
Stubborn - Root Beer		8 oz.	70	0	0	0	45	18	0	17	0	0
Bottled Beverages												
Spindrift - Blackberry	1 can	12 oz.	13	0	0	0	0	3	0	2	0	0
Spindrift - Grapefruit	1 can	12 oz.	17	0	0	0	0	4	0	3	0	0
Spindrift - lemon	1 can	12 oz.	3	0	0	0	0	1	0	0	0	0
Spindrift - Raspberry-Lime	1 can	12 oz.	9	0	0	0	0	2	0	1	0	0
KeVita - Kombucha Ginger	1 bottle	16 oz.	70	0	0	0	40	16	0	16	0	0
KeVita - Lime Mint Coconut	1 bottle	16 oz.	40	0	0	0	100	12	0	8	0	0
ONE Coconut Water	1 bottle	16.9 oz.	100	0	0	0	95	22	0	17	0	0
Pure leaf - Iced Tea - Black Peach	1 bottle	18.5 oz.	150	0	0	0	10	38	0	38	0	0
Pure Leaf - Iced Tea - Green Tea	1 bottle	18.5 oz.	0	0	0	0	5	0	0	0	0	0
Hot Beverages												
Coffee		12 oz.	8	0	0	0	0	0	0	0	0	0
Juices & Milk												
Kids Apple Juice	1 pouch	6.75 oz.	40	0	0	0	5	10	0	9	0	0
Kids Milk	8 oz.	8 oz.	80	0.2	0.1	0	99	12	0	12	8	5

DRESSINGS & SAUCES

Menu Item	Size	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Cholesterol (mg)
Balsamic Vinaigrette		2 oz.	240	26	4	0	300	2	0	2	0	0
Caesar Vinaigrette		2 oz.	300	32	5	0	460	2	0	0	0	0
Sherry Vinaigrette		2 oz.	220	24	3	0	360	2	0	2	0	30
Maple Mustard Vinaigrette		2 oz.	143	0	8.2	0	0	0	1	31	0	0
Chipotle Puree		1 oz.	63	5.3	0.5	0	111	3	0	2	0	0
EVOO & Red Wine Vinegar		2 oz.	330	38.4	5.5	0	0	0	0	0	0	0
Tomato Vinaigrette		2 oz.	140	7.4	12.7	0	0	0	5	25	15	0
Red Pepper Vinaigrette		2 oz.	140	7.4	12.7	0	0	0	5	25	15	0
Basil Vinaigrette		2 oz.	161	17.7	2	0	1122	2	0	0	0	0
Herbed Marinara		2 oz.	32	2.3	0	0	266	3	1	2	1	0
Balsamic Glaze		1 oz.	43	0	0	0	0	9	0	6	0	0
BBQ Sauce		1 oz.	69	0.2	0	0	431	18	0	17	0	0
Jalapeno Ranch		1 oz.	80	9	1.5	0	410	1	1	1	1	15
Honey Ginger Vinaigrette		1 oz.	222	25	3.6	0	450	1.3	0	1.3	0	0