



Nutritional Information

| | CALORIES | TOTAL FAT (g) | SATURATED FAT (g) | TRANS FAT (g) | CHOLESTEROL (mg) | SODIUM (mg) | TOTAL CARBOHYDRATE (g) | DIETARY FIBER (g) | TOTAL SUGARS (g) | ADDED SUGARS (g) | PROTEIN (g) | VITAMIN D (mg) | CALCIUM (mg) | IRON (mg) | POTASSIUM (mg) |
|---------------------------|----------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------------|------------------|-------------|----------------|--------------|-----------|----------------|
| SMOOTHIES | | | | | | | | | | | | | | | |
| BERRY BONANZA | 329 | 1 | 0 | 0 | 0 | 24 | 81 | 6 | 63 | 14 | 2 | 0 | 92 | 2 | 623 |
| BLUE POWER SMOOTHIE | 402 | 6 | 1 | 0 | 0 | 195 | 73 | 14 | 49 | 22 | 21 | 3 | 332 | 2 | 703 |
| CHUNKY MONKEY | 725 | 29 | 5 | 0 | 0 | 381 | 106 | 16 | 50 | 21 | 32 | 2 | 489 | 3 | 1,046 |
| COOL STRAWBERRY | 364 | 1 | 0 | 0 | 0 | 12 | 92 | 5 | 75 | 14 | 2 | 0 | 43 | 2 | 746 |
| GREEN MACHINE | 459 | 12 | 3 | 0 | 0 | 229 | 77 | 16 | 55 | 29 | 19 | 0 | 180 | 3 | 1,388 |
| HIPPY SMOOTHIE | 630 | 25 | 4 | 0 | 0 | 242 | 80 | 19 | 51 | 14 | 29 | 0 | 155 | 5 | 1,294 |
| KALECIOUS SMOOTHIE | 344 | 1 | 0 | 0 | 0 | 33 | 85 | 6 | 68 | 14 | 3 | 0 | 111 | 2 | 876 |
| OATS, NUTS AND BERRIES | 772 | 34 | 3 | 0 | 0 | 340 | 100 | 19 | 54 | 24 | 30 | 2 | 631 | 4 | 1,003 |
| PB & KALE | 617 | 27 | 4 | 0 | 0 | 174 | 91 | 12 | 66 | 17 | 15 | 0 | 94 | 3 | 1,034 |
| PEANUT BUTTER BANANA DATE | 625 | 30 | 7 | 0 | 18 | 268 | 135 | 14 | 60 | 14 | 26 | 3 | 366 | 2 | 1,521 |
| PURE DRAGON | 415 | 2 | 0 | 0 | 0 | 10 | 101 | 9 | 78 | 14 | 3 | 0 | 63 | 2 | 788 |
| FRESH JUICE | | | | | | | | | | | | | | | |
| BEET THIS 16OZ. | 205 | 1 | 0 | 0 | 0 | 278 | 62 | 2 | 36 | 0 | 6 | 0 | 119 | 2 | 1,370 |
| BEET THIS 24OZ. | 278 | 2 | 0 | 0 | 0 | 337 | 83 | 3 | 50 | 0 | 7 | 0 | 164 | 3 | 2,017 |
| GARDEN FRENZY 16OZ. | 192 | 1 | 0 | 0 | 0 | 165 | 57 | 2 | 36 | 0 | 6 | 0 | 290 | 4 | 1,907 |
| GARDEN FRENZY 24OZ. | 300 | 2 | 0 | 0 | 0 | 244 | 89 | 3 | 57 | 0 | 10 | 0 | 408 | 5 | 2,618 |
| GO GREEN 16OZ. | 115 | 1 | 0 | 0 | 0 | 95 | 33 | 1 | 15 | 0 | 5 | 0 | 209 | 4 | 1,365 |
| GO GREEN 24OZ. | 153 | 2 | 0 | 0 | 0 | 137 | 43 | 2 | 19 | 0 | 7 | 0 | 278 | 5 | 1,588 |
| SUNRISE 16OZ. | 140 | 1 | 0 | 0 | 0 | 332 | 44 | 2 | 27 | 0 | 8 | 0 | 124 | 2 | 1,063 |
| SUNRISE 24OZ. | 237 | 2 | 0 | 0 | 0 | 557 | 75 | 3 | 44 | 0 | 12 | 0 | 223 | 3 | 1,801 |
| SWEET GREEN 16OZ. | 79 | 1 | 0 | 0 | 0 | 66 | 21 | 1 | 7 | 0 | 5 | 0 | 273 | 4 | 1,042 |
| SWEET GREEN 24OZ. | 99 | 1 | 0 | 0 | 0 | 80 | 30 | 1 | 12 | 0 | 6 | 0 | 220 | 4 | 1,120 |
| THE CARIZMA 16OZ. | 142 | 1 | 0 | 0 | 0 | 131 | 43 | 2 | 26 | 0 | 4 | 0 | 86 | 1 | 1,059 |
| THE CARIZMA 24OZ. | 222 | 1 | 0 | 0 | 0 | 218 | 67 | 2 | 40 | 0 | 6 | 0 | 140 | 2 | 1,690 |
| ACAI BOWLS | | | | | | | | | | | | | | | |
| ABC BOWL | 775 | 43 | 7 | 0 | 0 | 273 | 108 | 23 | 58 | 14 | 24 | 1 | 502 | 6 | 1,231 |
| JAN'S ACAI BOWL | 643 | 15 | 5 | 0 | 0 | 64 | 124 | 14 | 78 | 25 | 8 | 0 | 77 | 3 | 1,023 |
| POWER ACAI BOWL | 800 | 39 | 7 | 0 | 0 | 320 | 118 | 21 | 57 | 8 | 29 | 1 | 329 | 6 | 1,314 |
| BOWLS | | | | | | | | | | | | | | | |
| CALI CHOP BOWL | 695 | 27 | 4 | 0 | 2 | 796 | 96 | 28 | 12 | 0 | 32 | 0 | 279 | 8 | 1,778 |
| FIESTA BOWL | 718 | 32 | 13 | 1 | 56 | 902 | 84 | 17 | 2 | 0 | 27 | 0 | 480 | 4 | 968 |
| PROTEIN BOWL | 285 | 15 | 3 | 0 | 41 | 469 | 20 | 3 | 12 | 6 | 19 | 1 | 54 | 2 | 688 |
| TSUNAMI BOWL | 515 | 19 | 3 | 0 | 0 | 833 | 73 | 10 | 15 | 9 | 19 | 0 | 118 | 4 | 802 |

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|-------------------------------------|----------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------------|------------------|-------------|----------------|--------------|-----------|----------------|
| SALADS | | | | | | | | | | | | | | | |
| ATHENA SALAD | 688 | 20 | 14 | 1 | 163 | 1,100 | 28 | 10 | 12 | 0 | 57 | 0 | 569 | 8 | 1,542 |
| CAESAR SALAD | 421 | 26 | 5 | 0 | 11 | 911 | 35 | 10 | 7 | 0 | 17 | 0 | 249 | 5 | 703 |
| EARTH SALAD | 312 | 19 | 9 | 0 | 50 | 485 | 19 | 8 | 8 | 0 | 20 | 0 | 448 | 3 | 1,134 |
| JAN'S CLASSIC SALAD | 327 | 27 | 12 | 0 | 87 | 898 | 32 | 9 | 15 | 5 | 35 | 2 | 495 | 5 | 1,503 |
| KALE SALAD | 394 | 27 | 5 | 0 | 0 | 975 | 19 | 11 | 4 | 0 | 10 | 0 | 259 | 4 | 867 |
| SANTA FE COBB | 700 | 38 | 14 | 0 | 423 | 995 | 55 | 21 | 11 | 0 | 40 | 2 | 559 | 7 | 1,764 |
| SUMMER SALAD | 541 | 35 | 9 | 0 | 23 | 490 | 42 | 16 | 20 | 3 | 17 | 0 | 306 | 4 | 1,413 |
| SANDWICHES | | | | | | | | | | | | | | | |
| JANS CLASSIC SANDWICH | | | | | | | | | | | | | | | |
| - W/ AVOCADO | 462 | 26 | 4 | 0 | 6 | 662 | 48 | 9 | 7 | 4 | 12 | 0 | 119 | 4 | 590 |
| - W/ CHICKEN BREAST | 469 | 17 | 2 | 0 | 70 | 1,435 | 52 | 9 | 9 | 4 | 30 | 0 | 118 | 4 | 587 |
| - W/ CHICKEN SALAD | 576 | 32 | 5 | 0 | 43 | 961 | 50 | 9 | 8 | 4 | 24 | 0 | 121 | 4 | 605 |
| - W/ JANS TUNA SALAD | 517 | 25 | 4 | 0 | 26 | 837 | 54 | 9 | 11 | 8 | 22 | 1 | 127 | 4 | 710 |
| - W/ JANS VEGETARIAN TURKEY | 653 | 34 | 5 | 0 | 0 | 1,503 | 58 | 9 | 9 | 6 | 33 | 0 | 588 | 6 | 693 |
| - W/ TURKEY BREAST | 493 | 16 | 2 | 0 | 50 | 1,455 | 52 | 9 | 11 | 4 | 37 | 0 | 128 | 5 | 832 |
| WRAPS | | | | | | | | | | | | | | | |
| ATHENA WRAP | 572 | 27 | 9 | 0 | 89 | 1,100 | 54 | 4 | 7 | 0 | 35 | 0 | 268 | 63 | 521 |
| KRUNCHY KALE WRAP | 604 | 32 | 8 | 0 | 56 | 975 | 55 | 8 | 4 | 2 | 30 | 0 | 308 | 68 | 778 |
| FRESCO WRAP | 767 | 24 | 13 | 0 | 100 | 2,149 | 85 | 10 | 6 | 0 | 54 | 0 | 554 | 69 | 723 |
| FRESH START | | | | | | | | | | | | | | | |
| AVOCADO TOAST | 369 | 17 | 2 | 0 | 0 | 412 | 47 | 8 | 5 | 5 | 11 | 0 | 116 | 4 | 466 |
| BERRY CRUNCH | 459 | 17 | 3 | 0 | 0 | 293 | 70 | 8 | 32 | 17 | 13 | 0 | 84 | 3 | 638 |
| BREAKFAST SANDWICH | 595 | 38 | 10 | 0 | 393 | 945 | 51 | 10 | 4 | 0 | 28 | 2 | 280 | 6 | 697 |
| CALIFORNIA BAGEL | 495 | 29 | 11 | 0 | 44 | 354 | 49 | 7 | 6 | 0 | 13 | 0 | 137 | 4 | 519 |
| SAUCES + DRESSINGS | | | | | | | | | | | | | | | |
| CASHEW CAESAR DRESSING | 210 | 19 | 3 | 0 | 0 | 547 | 8 | 1 | 2 | 0 | 4 | 0 | 13 | 2 | 172 |
| CASHEW CAESAR DRESSING 2 OZ. | 313 | 28 | 4 | 0 | 0 | 815 | 12 | 1 | 3 | 0 | 6 | 0 | 20 | 3 | 257 |
| HERB VINAIGRETTE | 132 | 13 | 2 | 0 | 0 | 567 | 2 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 0 |
| JANS AVOCADO GREEK DRESSING | 80 | 7 | 1 | 0 | 2 | 242 | 2 | 1 | 1 | 0 | 3 | 0 | 36 | 0 | 91 |
| PEANUT SAUCE | 142 | 7 | 1 | 0 | 0 | 694 | 17 | 2 | 10 | 9 | 5 | 0 | 18 | 1 | 162 |
| RANCH | 220 | 29 | 5 | 0 | 22 | 569 | 2 | 0 | 2 | 2 | 1 | 0 | 38 | 0 | 9 |
| RASPBERRY VINAIGRETTE | 175 | 16 | 1 | 0 | 0 | 113 | 8 | 0 | 8 | 8 | 0 | 0 | 2 | 0 | 15 |
| TAHINI DRESSING | 192 | 18 | 3 | 0 | 0 | 974 | 5 | 2 | 1 | 0 | 4 | 0 | 70 | 2 | 122 |
| SIDES | | | | | | | | | | | | | | | |
| FRUIT SALAD | 66 | 0 | 0 | 0 | 0 | 5 | 17 | 3 | 10 | 0 | 1 | 0 | 18 | 0 | 283 |
| AVOCADO | 114 | 11 | 1 | 0 | 0 | 5 | 6 | 5 | 0 | 0 | 1 | 0 | 9 | 0 | 345 |
| HAVE'A CORN CHIPS | 140 | 7 | 1 | 0 | 0 | 120 | 18 | 2 | 0 | 0 | 2 | 0 | 41 | 1 | 70 |
| JANS CHICKEN BREAST | 128 | 2 | 1 | 0 | 67 | 1,346 | 4 | 0 | 1 | 0 | 23 | 0 | 14 | 1 | 470 |
| JANS CHICKEN SALAD | 274 | 23 | 4 | 0 | 56 | 509 | 3 | 0 | 1 | 0 | 16 | 0 | 3 | 0 | 18 |
| JANS TUNA SALAD | 239 | 15 | 3 | 0 | 41 | 421 | 9 | 0 | 6 | 6 | 17 | 0 | 13 | 1 | 190 |
| JANS TURKEY BREAST | 142 | 2 | 1 | 0 | 56 | 1,398 | 2 | 1 | 0 | 0 | 28 | 0 | 8 | 0 | 501 |
| PASTA SALAD | 162 | 6 | 1 | 0 | 4 | 308 | 23 | 2 | 2 | 0 | 6 | 0 | 5 | 7 | 3 |
| VEGETARIAN TURKEY | 285 | 19 | 3 | 0 | 0 | 928 | 10 | 0 | 2 | 2 | 21 | 0 | 470 | 2 | 106 |