

SPYCE

NUTRITION BINDER

- NUTRITION INFORMATION
- INGREDIENT LIST
- SUB-INGREDIENT LIST
- ALLERGEN INFORMATION
- DIETARY PREFERENCE INFORMATION



CORE MENU ITEMS - NUTRITION SUMMARY

*Calories include medium dressing

| SALADS + BOWLS | Serving Size (g) | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|-----------------------|------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------|-------------|
| The All Mi | 429 | 453 | 251 | 29 | 4 | 0 | 0 | 1254 | 41 | 6 | 20 | 14 |
| The Hullabaloo | 324 | 342 | 172 | 24 | 3 | 0 | 13 | 995 | 34 | 8 | 17 | 10 |
| The Sierra | 389 | 593 | 422 | 48 | 10 | 0 | 23 | 1170 | 36 | 10 | 11 | 18 |
| The Odyssey | 355 | 574 | 422 | 48 | 11 | 0 | 28 | 847 | 22 | 9 | 10 | 20 |
| The Golden Greek | 403 | 401 | 260 | 29 | 10 | 0 | 43 | 1087 | 21 | 5 | 10 | 13 |
| The Presto | 483 | 495 | 234 | 25 | 9 | 0 | 43 | 2149 | 47 | 5 | 8 | 23 |
| The Big Biang | 438 | 353 | 107 | 12 | 1 | 0 | 0 | 2357 | 52 | 7 | 8 | 13 |
| The Mesa | 495 | 600 | 291 | 34 | 8 | 0 | 23 | 1652 | 63 | 14 | 8 | 25 |
| The Bungalow | 467 | 643 | 311 | 35 | 10 | 0 | 0 | 1685 | 76 | 10 | 16 | 13 |
| The Umami Q | 391 | 416 | 113 | 13 | 1 | 0 | 0 | 1820 | 71 | 6 | 16 | 13 |

| SNACKS + GOODIES | Serving Size (g) | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|---------------------------|------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------|-------------|
| Toasted Almond Dukkah | 43 | 172 | 129 | 14 | 4 | 0 | 0 | 172 | 6 | 3 | 0 | 6 |
| Sesame Chili Spice Blend | 14 | 56 | 42 | 4 | 0 | 0 | 0 | 42 | 3 | 3 | 0 | 3 |
| Silk Chili Spiced Pepitas | 28 | 151 | 132 | 15 | 3 | 0 | 0 | 454 | 4 | 2 | 0 | 8 |
| Chili Lime Cashews | 43 | 155 | 103 | 12 | 2 | 0 | 0 | 69 | 9 | 2 | 2 | 5 |
| Sweet & Savory Almonds | 42 | 105 | 84 | 9 | 3 | 0 | 0 | 116 | 6 | 2 | 2 | 2 |

CORE MENU ITEMS - DETAILED NUTRITION INFORMA-

| The All Mi | Serving Size (g) | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|--------------------------|------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------|-------------|
| | 429 | 453 | 251 | 29 | 4 | 0 | 0 | 1254 | 41 | 6 | 20 | 14 |
| Arugula Romaine Napa | 150 | 25 | 0 | 0 | 0 | 0 | 0 | 19 | 4 | 3 | 1 | 3 |
| Cilantro Mint Dressing | 40 | 150 | 140 | 17 | 3 | 0 | 0 | 170 | 3 | 0 | 1 | 0 |
| Sesame-Roasted Mushrooms | 39 | 24 | 15 | 1 | 0 | 0 | 0 | 273 | 1 | 0 | 1 | 2 |
| Mango | 36 | 22 | 1 | 0 | 0 | 0 | 0 | 0 | 5 | 1 | 5 | 0 |
| Cucumber | 39 | 6 | 0 | 0 | 0 | 0 | 0 | 1 | 2 | 0 | 1 | 0 |
| Chilled Rice Noodles | 44 | 53 | 22 | 2 | 0 | 0 | 0 | 35 | 6 | 0 | 0 | 1 |
| Edamame | 28 | 34 | 13 | 1 | 0 | 0 | 0 | 2 | 3 | 1 | 1 | 3 |
| Hoisin Ginger Glaze | 28 | 49 | 0 | 0 | 0 | 0 | 0 | 714 | 13 | 0 | 10 | 1 |
| Chili Lime Cashews | 25 | 90 | 60 | 7 | 1 | 0 | 0 | 40 | 5 | 1 | 1 | 3 |

| The Hullabaloo | Serving Size (g) | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|--------------------------|------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------|-------------|
| | 324 | 342 | 172 | 24 | 3 | 0 | 13 | 995 | 34 | 8 | 17 | 10 |
| Kale + Spinach | 69 | 42 | 5 | 1 | 0 | 0 | 0 | 53 | 7 | 3 | 2 | 4 |
| Spicy Marinated Eggplant | 65 | 33 | 20 | 3 | 0 | 0 | 0 | 221 | 4 | 1 | 3 | 0 |
| Marinated Carrots | 50 | 80 | 30 | 4 | 0 | 0 | 0 | 320 | 12 | 2 | 9 | 1 |
| Cucumber | 39 | 6 | 0 | 0 | 0 | 0 | 0 | 1 | 2 | 0 | 1 | 0 |
| Radish | 26 | 4 | 0 | 0 | 0 | 0 | 0 | 10 | 1 | 1 | 1 | 0 |
| Tandoori Ranch Dressing | 50 | 88 | 56 | 10 | 2 | 0 | 13 | 350 | 4 | 0 | 1 | 1 |
| Chili Lime Cashews | 25 | 90 | 60 | 7 | 1 | 0 | 0 | 40 | 5 | 1 | 1 | 3 |

| The Sierra | Serving Size (g) | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|--------------------------|------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------|-------------|
| | 389 | 593 | 422 | 48 | 10 | 0 | 23 | 1170 | 36 | 10 | 11 | 18 |
| Kale + Spinach | 69 | 42 | 5 | 1 | 0 | 0 | 0 | 53 | 7 | 3 | 2 | 4 |
| Lime-Dressed Red Cabbage | 53 | 32 | 16 | 2 | 0 | 0 | 0 | 85 | 4 | 1 | 2 | 1 |
| Corn Poblano Salsa | 47 | 56 | 14 | 2 | 0 | 0 | 0 | 66 | 10 | 3 | 1 | 2 |
| Cucumber | 39 | 6 | 0 | 0 | 0 | 0 | 0 | 1 | 2 | 0 | 1 | 0 |
| Basil-Marinated Tomatoes | 55 | 28 | 11 | 1 | 0 | 0 | 0 | 39 | 3 | 1 | 3 | 1 |
| Radish | 26 | 4 | 0 | 0 | 0 | 0 | 0 | 10 | 1 | 1 | 1 | 0 |
| Chipotle Lime Dressing | 60 | 255 | 240 | 27 | 4 | 0 | 0 | 255 | 5 | 0 | 2 | 0 |
| Cotija Cheese | 25 | 90 | 65 | 7 | 5 | 0 | 23 | 422 | 2 | 0 | 0 | 6 |
| Silk Chili Pepitas | 15 | 80 | 70 | 8 | 2 | 0 | 0 | 240 | 2 | 1 | 0 | 4 |

CORE MENU (CONTINUED)

| The Odyssey | Serving Size (g) | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|--------------------------|------------------|------------|-------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------|-------------|
| | 355 | 574 | 422 | 48 | 11 | 0 | 28 | 847 | 22 | 9 | 10 | 20 |
| Kale + Spinach | 69 | 42 | 5 | 1 | 0 | 0 | 0 | 53 | 7 | 3 | 2 | 4 |
| Spicy Marinated Eggplant | 65 | 33 | 20 | 3 | 0 | 0 | 0 | 221 | 4 | 1 | 3 | 0 |
| Seared Halloumi Cheese | 36 | 114 | 78 | 9 | 5 | 0 | 28 | 226 | 1 | 0 | 0 | 8 |
| Cucumber | 39 | 6 | 0 | 0 | 0 | 0 | 0 | 1 | 2 | 0 | 1 | 0 |
| Radish | 26 | 4 | 0 | 0 | 0 | 0 | 0 | 10 | 1 | 1 | 1 | 0 |
| Basil-Marinated Tomatoes | 55 | 28 | 11 | 1 | 0 | 0 | 0 | 39 | 3 | 1 | 3 | 1 |
| Lemon Tahini Dressing | 50 | 288 | 263 | 30 | 4 | 0 | 0 | 238 | 3 | 1 | 0 | 4 |
| Toasted Almond Dukkah | 15 | 60 | 45 | 5 | 2 | 0 | 0 | 60 | 2 | 1 | 0 | 2 |

| The Golden Greek | Serving Size (g) | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|---------------------------|------------------|------------|-------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------|-------------|
| | 403 | 401 | 260 | 29 | 10 | 0 | 43 | 1087 | 21 | 5 | 10 | 13 |
| Arugula Romaine Napa | 150 | 25 | 0 | 0 | 0 | 0 | 0 | 19 | 4 | 3 | 1 | 3 |
| Cucumber | 39 | 6 | 0 | 0 | 0 | 0 | 0 | 1 | 2 | 0 | 1 | 0 |
| Basil-Marinated Tomatoes | 55 | 28 | 11 | 1 | 0 | 0 | 0 | 39 | 3 | 1 | 3 | 1 |
| Dill-Dressed Golden Beets | 46 | 18 | 0 | 0 | 0 | 0 | 0 | 69 | 5 | 1 | 3 | 1 |
| Crumbled Feta Cheese | 48 | 129 | 93 | 11 | 7 | 0 | 43 | 448 | 2 | 0 | 2 | 7 |
| Lemon Fennel Breadcrumbs | 15 | 20 | 5 | 0 | 0 | 0 | 0 | 25 | 3 | 0 | 0 | 1 |
| Lemon Dill Dressing | 50 | 175 | 150 | 18 | 3 | 0 | 0 | 488 | 3 | 0 | 0 | 0 |

| The Presto | Serving Size (g) | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|--------------------------|------------------|------------|-------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------|-------------|
| | 483 | 495 | 234 | 25 | 9 | 0 | 43 | 2149 | 47 | 5 | 8 | 23 |
| Cavatappi Pasta | 194 | 144 | 6 | 1 | 0 | 0 | 0 | 1,164 | 29 | 1 | 1 | 6 |
| Roasted Broccolini | 64 | 53 | 37 | 4 | 1 | 0 | 0 | 80 | 4 | 1 | 1 | 2 |
| Basil-Marinated Tomatoes | 55 | 28 | 11 | 1 | 0 | 0 | 0 | 39 | 3 | 1 | 3 | 1 |
| Black Pepper Ricotta | 40 | 60 | 40 | 4 | 3 | 0 | 20 | 160 | 2 | 0 | 2 | 4 |
| Lemon Fennel Breadcrumbs | 15 | 20 | 5 | 0 | 0 | 0 | 0 | 25 | 3 | 0 | 0 | 1 |
| Cotija Cheese | 25 | 90 | 65 | 7 | 5 | 0 | 23 | 422 | 2 | 0 | 0 | 6 |
| Basil Almond Pesto | 90 | 100 | 70 | 8 | 1 | 0 | 0 | 260 | 4 | 2 | 1 | 4 |

| The Big Biang | Serving Size (g) | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|--------------------------|------------------|------------|-------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------|-------------|
| | 438 | 353 | 107 | 12 | 1 | 0 | 0 | 2357 | 52 | 7 | 8 | 13 |
| Ramen Noodles | 180 | 156 | 6 | 1 | 0 | 0 | 0 | 1,632 | 32 | 1 | 0 | 5 |
| Chili Garlic Sauce | 110 | 59 | 22 | 2 | 0 | 0 | 0 | 367 | 8 | 1 | 4 | 1 |
| Shaved Brussels Sprouts | 62 | 55 | 36 | 4 | 1 | 0 | 0 | 258 | 4 | 1 | 1 | 1 |
| Edamame | 28 | 34 | 13 | 1 | 0 | 0 | 0 | 2 | 3 | 1 | 1 | 3 |
| Lime-Dressed Red Cabbage | 53 | 32 | 16 | 2 | 0 | 0 | 0 | 85 | 4 | 1 | 2 | 1 |
| Sesame Chili Spice Blend | 5 | 18 | 14 | 1 | 0 | 0 | 0 | 14 | 1 | 1 | 0 | 1 |

| The Mesa | Serving Size (g) | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|--------------------------|------------------|------------|-------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------|-------------|
| | 495 | 600 | 291 | 34 | 8 | 0 | 23 | 1652 | 63 | 14 | 8 | 25 |
| Quinoa | 166 | 228 | 62 | 7 | 1 | 0 | 0 | 457 | 33 | 4 | 2 | 7 |
| Lime-Dressed Red Cabbage | 53 | 32 | 16 | 2 | 0 | 0 | 0 | 85 | 4 | 1 | 2 | 1 |
| Black Beans | 45 | 18 | 0 | 0 | 0 | 0 | 0 | 90 | 5 | 4 | 0 | 2 |
| Roasted Broccolini | 64 | 53 | 37 | 4 | 1 | 0 | 0 | 80 | 4 | 1 | 1 | 2 |
| Corn Poblano Salsa | 47 | 56 | 14 | 2 | 0 | 0 | 0 | 66 | 10 | 3 | 1 | 2 |
| Cotija Cheese | 25 | 90 | 65 | 7 | 5 | 0 | 23 | 422 | 2 | 0 | 0 | 6 |
| Silk Chili Pepitas | 15 | 80 | 70 | 8 | 2 | 0 | 0 | 240 | 2 | 1 | 0 | 4 |
| Pumpkin Mole | 80 | 43 | 27 | 3 | 0 | 0 | 0 | 213 | 2 | 0 | 2 | 1 |

| The Bungalow | Serving Size (g) | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|----------------------------|------------------|------------|-------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------|-------------|
| | 467 | 643 | 311 | 35 | 10 | 0 | 0 | 1685 | 76 | 10 | 16 | 13 |
| Brown Basmati Rice | 168 | 242 | 42 | 5 | 0 | 0 | 0 | 557 | 47 | 3 | 1 | 5 |
| Roasted Cauliflower | 74 | 59 | 49 | 5 | 1 | 0 | 0 | 217 | 3 | 1 | 1 | 1 |
| Shaved Brussels Sprouts | 62 | 55 | 36 | 4 | 1 | 0 | 0 | 258 | 4 | 1 | 1 | 1 |
| Marinated Carrots | 50 | 80 | 30 | 4 | 0 | 0 | 0 | 320 | 12 | 2 | 9 | 1 |
| Chili Lime Cashews | 25 | 90 | 60 | 7 | 1 | 0 | 0 | 40 | 5 | 1 | 1 | 3 |
| Madras Coconut Curry Sauce | 88 | 117 | 94 | 11 | 7 | 0 | 0 | 293 | 5 | 1 | 2 | 1 |

| The Umami Q | Serving Size (g) | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|--------------------------|------------------|------------|-------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------|-------------|
| | 391 | 416 | 113 | 13 | 1 | 0 | 0 | 1820 | 71 | 6 | 16 | 13 |
| Brown Basmati Rice | 168 | 242 | 42 | 5 | 0 | 0 | 0 | 557 | 47 | 3 | 1 | 5 |
| Hoisin Ginger Glaze | 28 | 49 | 0 | 0 | 0 | 0 | 0 | 714 | 13 | 0 | 10 | 1 |
| Sesame-Roasted Mushrooms | 39 | 24 | 15 | 1 | 0 | 0 | 0 | 273 | 1 | 0 | 1 | 2 |
| Roasted Broccolini | 64 | 53 | 37 | 4 | 1 | 0 | 0 | 80 | 4 | 1 | 1 | 2 |
| Green Apple Kimchi | 48 | 24 | 5 | 1 | 0 | 0 | 0 | 182 | 4 | 1 | 2 | 1 |
| Cucumber | 39 | 6 | 0 | 0 | 0 | 0 | 0 | 1 | 2 | 0 | 1 | 0 |
| Sesame Chili Spice Blend | 5 | 18 | 14 | 1 | 0 | 0 | 0 | 14 | 1 | 1 | 0 | 1 |

PREP RECIPES - NUTRITION INFORMATION

| BASES | Serving Size (g) | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|-------------------------|------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------|-------------|
| Kale + Spinach | 69 | 42 | 5 | 1 | 0 | 0 | 0 | 53 | 7 | 3 | 2 | 4 |
| Arugula Romaine Napa | 150 | 25 | 0 | 0 | 0 | 0 | 0 | 19 | 4 | 3 | 1 | 3 |
| Steamed Greens | 48 | 34 | 0 | 0 | 0 | 0 | 0 | 24 | 7 | 3 | 2 | 2 |
| Brown Basmati Rice | 168 | 242 | 42 | 5 | 0 | 0 | 0 | 557 | 47 | 3 | 1 | 5 |
| Quinoa | 166 | 228 | 62 | 7 | 1 | 0 | 0 | 457 | 33 | 4 | 2 | 7 |
| Cavatappi Pasta | 194 | 144 | 6 | 1 | 0 | 0 | 0 | 1164 | 29 | 1 | 1 | 6 |
| Ramen Noodles | 180 | 156 | 6 | 1 | 0 | 0 | 0 | 1632 | 32 | 1 | 0 | 5 |
| Rice + Steamed Greens | 108 | 138 | 21 | 2 | 0 | 0 | 0 | 290 | 27 | 3 | 1 | 4 |
| Quinoa + Steamed Greens | 107 | 131 | 31 | 4 | 1 | 0 | 0 | 240 | 20 | 4 | 2 | 5 |
| Pasta + Steamed Greens | 121 | 89 | 3 | 0 | 0 | 0 | 0 | 594 | 18 | 2 | 2 | 4 |
| Ramen + Steamed Greens | 114 | 95 | 3 | 0 | 0 | 0 | 0 | 828 | 20 | 2 | 1 | 3 |

| DRESSINGS + SAUCES + FINISHERS | Serving Size (g) | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|---------------------------------------|------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------|-------------|
| Cilantro Mint Dressing | 40 | 150 | 140 | 17 | 3 | 0 | 0 | 170 | 3 | 0 | 1 | 0 |
| Chipotle Lime Dressing | 60 | 255 | 240 | 27 | 4 | 0 | 0 | 255 | 5 | 0 | 2 | 0 |
| Lemon Tahini Dressing | 50 | 288 | 263 | 30 | 4 | 0 | 0 | 238 | 3 | 1 | 0 | 4 |
| Lemon Dill Dressing | 50 | 175 | 150 | 18 | 3 | 0 | 0 | 488 | 3 | 0 | 0 | 0 |
| Tandoori Ranch Dressing | 50 | 88 | 56 | 10 | 2 | 0 | 13 | 350 | 4 | 0 | 1 | 1 |
| Basil Almond Pesto | 90 | 100 | 70 | 8 | 1 | 0 | 0 | 260 | 4 | 2 | 1 | 4 |
| Chili Garlic Sauce | 110 | 59 | 22 | 2 | 0 | 0 | 0 | 367 | 8 | 1 | 4 | 1 |
| Pumpkin Mole | 80 | 43 | 27 | 3 | 0 | 0 | 0 | 213 | 2 | 0 | 2 | 1 |
| Madras Coconut Curry Sauce | 88 | 117 | 94 | 11 | 7 | 0 | 0 | 293 | 5 | 1 | 2 | 1 |
| Hoisin Ginger Glaze | 28 | 49 | 0 | 0 | 0 | 0 | 0 | 714 | 13 | 0 | 10 | 1 |
| Black Pepper Ricotta | 40 | 60 | 40 | 4 | 3 | 0 | 20 | 160 | 2 | 0 | 2 | 4 |

| PLANCHA SEARED INGREDIENTS | Serving Size (g) | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|-----------------------------------|------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------|-------------|
| Roasted Chicken Breast | 97 | 155 | 57 | 7 | 1 | 0 | 91 | 344 | 0 | 0 | 0 | 24 |
| Za'atar Chicken Thigh | 92 | 147 | 74 | 7 | 2 | 0 | 98 | 356 | 0 | 0 | 0 | 18 |
| Roasted Organic Tofu | 92 | 123 | 43 | 5 | 0 | 0 | 0 | 662 | 11 | 1 | 5 | 9 |
| Placha Seared Portobello | 90 | 97 | 75 | 9 | 1 | 0 | 0 | 189 | 5 | 2 | 2 | 3 |
| Seared Halloumi Cheese | 36 | 114 | 78 | 9 | 5 | 0 | 28 | 226 | 1 | 0 | 0 | 8 |
| Roasted Broccolini | 64 | 53 | 37 | 4 | 1 | 0 | 0 | 80 | 4 | 1 | 1 | 2 |
| Roasted Cauliflower | 74 | 59 | 49 | 5 | 1 | 0 | 0 | 217 | 3 | 1 | 1 | 1 |
| Shaved Brussels Sprouts | 62 | 55 | 36 | 4 | 1 | 0 | 0 | 258 | 4 | 1 | 1 | 1 |

PREP RECIPES (CONTINUED)

| SIGNATURE INGREDIENTS | Serving Size (g) | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|-----------------------------------|-------------------------|-----------------|--------------------------|----------------------|--------------------------|----------------------|-------------------------|--------------------|------------------------|--------------------------|-------------------|--------------------|
| Cucumber | 39 | 6 | 0 | 0 | 0 | 0 | 0 | 1 | 2 | 0 | 1 | 0 |
| Mango | 36 | 22 | 1 | 0 | 0 | 0 | 0 | 0 | 5 | 1 | 5 | 0 |
| Radish | 26 | 4 | 0 | 0 | 0 | 0 | 0 | 10 | 1 | 1 | 1 | 0 |
| Black Beans | 45 | 18 | 0 | 0 | 0 | 0 | 0 | 90 | 5 | 4 | 0 | 2 |
| Edamame | 28 | 34 | 13 | 1 | 0 | 0 | 0 | 2 | 3 | 1 | 1 | 3 |
| Chilled Rice Noodles | 44 | 53 | 22 | 2 | 0 | 0 | 0 | 35 | 6 | 0 | 0 | 1 |
| Green Apple Kimchi | 48 | 24 | 5 | 1 | 0 | 0 | 0 | 182 | 4 | 1 | 2 | 1 |
| Sesame-Roasted Mushrooms | 39 | 24 | 15 | 1 | 0 | 0 | 0 | 273 | 1 | 0 | 1 | 2 |
| Basil-Marinated Tomatoes | 55 | 28 | 11 | 1 | 0 | 0 | 0 | 39 | 3 | 1 | 3 | 1 |
| Lime-Dressed Red Cabbage | 53 | 32 | 16 | 2 | 0 | 0 | 0 | 85 | 4 | 1 | 2 | 1 |
| Spicy Marinated Eggplant | 65 | 33 | 20 | 3 | 0 | 0 | 0 | 221 | 4 | 1 | 3 | 0 |
| Marinated Carrots | 50 | 80 | 30 | 4 | 0 | 0 | 0 | 320 | 12 | 2 | 9 | 1 |
| Corn Poblano Salsa | 47 | 56 | 14 | 2 | 0 | 0 | 0 | 66 | 10 | 3 | 1 | 2 |
| Dill-Dressed Golden Beets | 46 | 18 | 0 | 0 | 0 | 0 | 0 | 69 | 5 | 1 | 3 | 1 |
| Crumbled Feta Cheese | 48 | 129 | 93 | 11 | 7 | 0 | 43 | 448 | 2 | 0 | 2 | 7 |
| Cotija Cheese | 25 | 90 | 65 | 7 | 5 | 0 | 23 | 422 | 2 | 0 | 0 | 6 |
| Brown Basmati Rice - Half Portion | 84 | 121 | 21 | 2 | 0 | 0 | 0 | 278 | 24 | 2 | 1 | 3 |
| Quinoa - Half Portion | 83 | 114 | 31 | 4 | 1 | 0 | 0 | 228 | 17 | 2 | 1 | 4 |

| DRY GARNISH + SPRINKLES | Serving Size (g) | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|--------------------------------|-------------------------|-----------------|--------------------------|----------------------|--------------------------|----------------------|-------------------------|--------------------|------------------------|--------------------------|-------------------|--------------------|
| Chili Lime Cashews | 25 | 90 | 60 | 7 | 1 | 0 | 0 | 40 | 5 | 1 | 1 | 3 |
| Toasted Almond Dukkah | 15 | 60 | 45 | 5 | 2 | 0 | 0 | 60 | 2 | 1 | 0 | 2 |
| Silk Chili Pepitas | 15 | 80 | 70 | 8 | 2 | 0 | 0 | 240 | 2 | 1 | 0 | 4 |
| Sesame Chili Spice Blend | 5 | 18 | 14 | 1 | 0 | 0 | 0 | 14 | 1 | 1 | 0 | 1 |
| Lemon Fennel Breadcrumbs | 15 | 20 | 5 | 0 | 0 | 0 | 0 | 25 | 3 | 0 | 0 | 1 |
| Vegan Cashew Cheese | 10 | 50 | 30 | 3 | 1 | 0 | 0 | 200 | 3 | 1 | 0 | 2 |

PREP RECIPES - INGREDIENT LISTS

DRESSINGS + SAUCES

CILANTRO MINT MANGO DRESSING

SAMBAL OELEK
GOCHUJANG PASTE
CILANTRO
MINT
MANGO PUREE
RICE WINE VINEGAR
LIME JUICE
SALT
SUNFLOWER OLIVE OIL BLEND

CHIPOTLE LIME DRESSING

DIJON MUSTARD
CHIPOTLE IN ADOBO
CILANTRO
LIME JUICE
CUMIN
SUGAR
SALT
SUNFLOWER OLIVE OIL BLEND

LEMON TAHINI DRESSING

MISO PASTE
TAHINI
PARSLEY
LEMON JUICE
SALT
SUNFLOWER OLIVE OIL BLEND

LEMON DILL DRESSING

LEMON JUICE
RICE WINE VINEGAR
DIJON MUSTARD
SALT
BLACK PEPPER
DILL
EXTRA VIRGIN OLIVE OIL
XANTHAM GUM

TANDOORI RANCH DRESSING

MAYONNAISE PAPRIKA
SOUR CREAM CUMIN
DILL SALT
APPLE CIDER VINEGAR
GINGER
GARLIC POWDER
SILK CHILI
TURMERIC POWDER
BLACK PEPPER

BASIL ALMOND PESTO

BASIL ALMOND MILK
ARUGULA BLACK PEPPER
GARLIC
ALMONDS
LEMON JUICE
EXTRA VIRGIN OLIVE OIL
NUTRITIONAL YEAST
SALT
BLACK PEPPER

CHILI GARLIC SAUCE

EXTRA VIRGIN SAMBAL OELEK
OLIVE OIL KOMBU BROTH
SESAME OIL CILANTRO
ONIONS XANTHAM GUM
GARLIC
GINGER
MISO PASTE
HOISIN SAUCE

PUMPKIN MOLE

EXTRA VIRGIN SAMBAL OELEK
OLIVE OIL CHIPOTLE IN
ONIONS ADOBO
GARLIC MANGO PUREE
PEPITAS PUMPKIN
CUMIN TOMATOES
CINNAMON SALT
SILK CHILI WATER
SUGAR

MADRAS COCONUT CURRY SAUCE

EXTRA VIRGIN TOMATOES
OLIVE OIL SALT
ONIONS WATER
JALAPENO
MADRAS PASTE
BLACK PEPPER
COCONUT MILK

HOISIN GLAZE

GINGER
LIME JUICE
SAMBAL OELEK
SOY SAUCE
HOISIN SAUCE

BLACK PEPPER RICOTTA

RICOTTA CHEESE
WHOLE MILK
LEMON ZEST
SALT
BLACK PEPPER
BLACK PEPPERCORNS

TURMERIC HOT SAUCE

APPLE CIDER JALAPENO
VINEGAR PEPPER
WATER ONIONS
SALT GARLIC
SUGAR BLACK PEPPERCORNS
CILANTRO TURMERIC POWDER
CORIANDER HABANERO PEPPER
OREGANO

PROTEINS + PLANCHA

SALT + PEPPER CHICKEN BREAST

CHICKEN BREAST WATER
 APPLE CIDER GARLIC
 ROSEMARY SALT
 THYME
 BLACK PEPPER
 EXTRA VIRGIN OLIVE OIL
 LEMON DILL DRESSING

ZAATAR SPICED CHICKEN THIGH

CHICKEN BREAST WATER
 APPLE CIDER GARLIC
 LEMON ZEST SALT
 ZAATAR
 BLACK PEPPER
 EXTRA VIRGIN OLIVE OIL
 LEMON DILL DRESSING

ROASTED ORGANIC TOFU

TOFU SESAME OIL
 SALT LIME JUICE
 SILK CHILI HOISIN SAUCE
 ICELANDIC KELP EXTRA VIRGIN
 BLACK URFA CHILI OLIVE OIL
 GROUND GINGER
 SAMBAL OELEK
 GOCHUJANG PASTE
 MISO PASTE

IMPOSSIBLE CHORIZO

IMPOSSIBLE CUMIN
 MUSHROOMS PAPRIKA
 ONIONS OREGANO
 GARLIC
 ANCHO POWDER
 BLACK PEPPER
 SALT
 APPLE CIDER VINEGAR
 EXTRA VIRGIN OLIVE OIL

ZAATAR SPICED CHICKEN THIGH

CHICKEN BREAST WATER
 APPLE CIDER GARLIC
 LEMON ZEST SALT
 ZAATAR
 BLACK PEPPER
 EXTRA VIRGIN OLIVE OIL
 LEMON DILL DRESSING

**THE FOLLOWING ARE PREPARED USING
 ONLY EXTRA VIRGIN OLIVE OIL +
 SALT + BLACK PEPPER:**

ROASTED BROCCOLINI
 ROASTED CAULIFLOWER
 SHAVED BRUSSELS SPROUTS
 SEARED HALLOUMI

SIGNATURE TOPPINGS

BLACK BEANS

BLACK BEANS
 CORIANDER
 CUMIN
 SILK CHILI
 SALT
 WATER
 BLACK PEPPER
 EXTRA VIRGIN OLIVE OIL

VERMICELLI NOODLES

VERMICELLI NOODLES
 EXTRA VIRGIN OLIVE OIL
 SESAME OIL
 SILK CHILI
 SALT

GREEN APPLE KIMCHI

GINGER APPLES
 GARLIC SALT
 SESAME OIL LIME JUICE
 SAMBAL OELEK
 GOCHUJANG PASTE
 SESAME SEEDS
 NAPA CABBAGE

SESAME ROASTED MUSHROOMS

MUSHROOMS
 GARLIC
 EXTRA VIRGIN OLIVE OIL
 SESAME OIL
 SOY SAUCE
 SALT
 SESAME SEEDS

LIME MARINATED RED CABBAGE

RED CABBAGE
 JALAPENO PEPPER
 LIME JUICE
 EXTRA VIRGIN OLIVE OIL
 SALT

CHILLED MARINATED EGGPLANT

ROASTED EGGPLANT
 PARSLEY
 HUNGARIAN PEPPERS
 SALT

MARINATED CARROTS + RAISINS

CARROTS
 GOLDEN RAISINS
 CUMIN
 SALT
 BLACK PEPPER
 EXTRA VIRGIN OLIVE OIL
 LIME JUICE

CORN POBLANO SALSA

CORN
 REDD ONIONS
 POBLANO PEPPER
 SALT
 BLACK PEPPER
 CILANTRO
 EXTRA VIRGIN OLIVE OIL
 LIME JUICE

DILL MARINATED BEETS

GOLDEN BEETS
 MAPLE SYRUP
 LEMON JUICE
 CAYENNE PEPPER
 SALT
 DILL

CHILI LIME CASHEWS

CASHEWS
SALT
BLACK URFA CHILI
BLACK LIME
SILK CHILI
CHIA SEEDS
WATER

TOASTED ALMOND DUKKAH

ALMONDS
CORIANDER
CUMIN
SESAME SEEDS
COCONUT
SALT
BLACK PEPPER

SILK CHILI SPICED PEPITAS

PEPITAS
EXTRA VIRGIN OLIVE OIL
SALT
SILK CHILI
CORIANDER
CINNAMON
BLACK LIME

SESAME CHILI SPICE BLEND

SESAME SEEDS
ICELANDIC KELP BLEND
SILK CHILI
BLACK URFA CHILI

LEMON FENNEL BREAD CRUMBS

BREAD CRUMBS
GARLIC
LEMON ZEST
EXTRA VIRGIN OLIVE OIL
SALT
BLACK PEPPER
FENNEL SEEDS

VEGAN CASHEW CHEESE

CASHEWS
NUTRITIONAL YEAST
GARLIC POWDER
SALT

SWEET SNACKS

SWEET + SAVORY ALMONDS

ALMONDS
SUGAR
WATER
CORIANDER
CUMIN
SESAME SEEDS
COCONUT
SALT
BLACK PEPPER

INGREDIENT DETAIL

APPLE CIDER

COLD PRESSED APPLES
WATER

BREAD CRUMBS

BLEACHED WHEAT FLOUR
DEXTROSE
YEAST
SALT

COTIJA CHEESE

CULTURED PASTEURIZED GRADE A
MILK AND SKIM MILK
SEA SALT
CELLULOSE POWDER AND ENZYMES

FETA CHEESE

CULTURED PASTEURIZED MILK
WATER
ENZYMES

HALLOUMI CHEESE

PASTEURIZED COW MILK
GOATS AND SHEEP MILK
CHYMOSIN (NATURAL ENZYME)
DRIED MINT

RICOTTA CHEESE

WHOLE MILK
VINEGAR
SEA SALT

COCONUT MILK

ORGANIC COCONUT MILK
WATER

CHIPOTLE IN ADOBO

CHIPOTLE PEPPERS SUGAR
TOMATO PUREE SALT
ONIONS PAPRIKA
VINEGAR GARLIC
CANOLA OIL

DIJON MUSTARD

MUSTARD SEEDS
ALCOHOL VINEGAR
WATER
SALT

GOCHUJANG PASTE

RED PEPPER
SOY BEANS
RICE
SALT
WATER

GOLDEN RAISINS

SEEDLESS GOLDEN RAISINS
SUNFLOWER OIL

HOISIN SAUCE

SUGAR CHILI PEPPER
WATER WHEAT FLOUR
SOYBEANS SPICES
SALT CARAMEL COLOR
STARCH ACETIC ACID
WHEAT FLOUR FD & RED COLOR NO 40
SESAME SEEDS
SWEET POTATO
MODIFIED CORN

HUNGARIAN PEPPERS

PEPPERS
EXPELLER PRESSED-
NON-GMO CANOLA OIL
EXTRA VIRGIN OLIVE OIL
VINEGAR
SALT
GARLIC
SPICES
LEMON JUICE

MAYONNAISE

WATER
SOYBEAN OIL
SUGAR
DISTILLED VINEGAR
EGGS
SALT
VITAMIN E

LEMON JUICE CONCENTRATE
SORBIC ACID AND CALCIUM DISODIUM EDTA
NATURAL FLAVOR
PAPRIKA EXTRACT
MODIFIED FOOD STARCH

MAPLE SYRUP

MAPLE SYRUP
SYRUPS

MISO PASTE

WATER
SOYBEANS
RICE
SALT
ALCOHOL

RAMEN NOODLES

WHEAT FLOUR BLEND ENRICHED WHEAT FLOUR
NIACIN THIAMINE MONOITRATE
REDUCED IRON KANSUI (POTASSIUM CARBONATE)
RIBOFLAVIN SODIUM CARBONATE
FOLIC ACID CORNSTARCH
WATER WHEAT GLUTEN
SALT

VERMICELLI NOODLES

RICE
WATER

NUTRITIONAL YEAST

DRIED YEAST
NIACIN
PYRIDOXINE HYDROCHLORIDE
RIBOFLAVIN
FOLIC ACID
CYANOCOBALAMIN (B12)

SUNFLOWER OLIVE OIL BLEND

SUNFLOWER OIL
EXTRA VIRGIN OLIVE OIL

PASTA

DURUM WHEAT SEMOLINA
NIACIN
THIAMINE MONOITRATE
RIBOFLAVIN
FOLIC ACID
IRON (FERROUS LACTATE)

SAMBAL OELEK

CHILI
SALT
DISTILLED WATER
POTASSIUM SORBATE
SODIUM BISULFITE
XANTHAN GUM

KOMBU

SEAWEED

SOUR CREAM

CULTURED MILK WHEY PROTEIN CONCENTRATE
CREAM FOOD STARCH-MODIFIED
NONFAT MILK SODIUM PHOSPHATE
CARRAGEENAN GUAR GUM
CALCIUM SULFATE LOCUST BEAN GUM
MALTODEXTRIN CULTURED DEXTROSE
GELLAN GUM POTASSIUM SORBATE
VITAMIN A PALMITATE

SOY SAUCE

WATER
WHEAT
SOYBEANS
SALT
SODIUM BENZOATE¹

TAHINI

ORGANIC HULLED SESAME SEEDS

TOFU

WATER
ORGANIC SOYBEANS
MAGNESIUM CHLORIDE
CALCIUM SULFATE

CRUSHED TOMATOES

TOMATOES
WATER

ROASTED TOMATOES

TOMATOES
CANOLA OIL
EXTRA VIRGIN OLIVE OIL
SALT
GARLIC
BALSAMIC VINEGAR
LEMON JUICE CONCENTRATE
HERBS

RICE WINE VINEGAR

RICE VINEGAR
WATER

ALLERGEN INFORMATION

While we do not have a separate prep kitchen to handle allergens, we take extra precautions in labeling, storage and sanitization of surfaces whenever an allergen is present. Spyce does not guarantee that cross-contact with allergens will not occur in this part of the kitchen. Our Infinite Kitchen, which prepares and plates your meal, is specifically designed to keep every ingredient separate during meal service, ensuring that cross contact does not happen when preparing your cooked to order meal. When ordering on our kiosk or app, you can identify your allergies, ensuring the menu shown is safe for you.

X = CONTAINS ALLERGEN

| SALADS + WARM BOWLS | DAIRY | EGGS | NUTS | FISH + SHELFISH | GLUTEN + WHEAT | SOY | SESAME |
|---------------------|-------|------|------|-----------------|----------------|-----|--------|
| The All Mi | | | X | | X | X | X |
| The Hullabaloo | | X | X | | | | |
| The Sierra | | | | | | | |
| The Odyssey | X | | X | | | X | X |
| The Golden Greek | X | | | | X | | |
| The Presto | X | | X | | X | | |
| The Big Biang | | | | | X | X | X |
| The Mesa | X | | | | | | |
| The Bungalow | | | X | | | | |
| The Umami Q | | | | | X | X | X |

This chart reflects the composition of our pre-set salads and bowls. All of the above can be personalized to accommodate your allergies.

| BASES | DAIRY | EGGS | NUTS | FISH + SHELFISH | GLUTEN + WHEAT | SOY | SESAME |
|-------------------------|-------|------|------|-----------------|----------------|-----|--------|
| Kale + Spinach | | | | | | | |
| Arugula Romaine Napa | | | | | | | |
| Steamed Greens | | | | | | | |
| Brown Basmati Rice | | | | | | | |
| Quinoa | | | | | | | |
| Cavatappi Pasta | | | | | | | |
| Ramen Noodles | | | | | | | |
| Rice + Steamed Greens | | | | | | | |
| Quinoa + Steamed Greens | | | | | | | |
| Pasta + Steamed Greens | | | | | X | | |
| Ramen + Steamed Greens | | | | | X | | |

| DRESSINGS + SAUCES + FINISHERS | DAIRY | EGGS | NUTS | FISH + SHELFISH | GLUTEN + WHEAT | SOY | SESAME |
|--------------------------------|-------|------|------|-----------------|----------------|-----|--------|
| Cilantro Mint Dressing | | | | | | X | |
| Chipotle Lime Dressing | | | | | | | |
| Lemon Tahini Dressing | | | | | | X | X |
| Lemon Dill Dressing | | | | | | | |
| Tandoori Ranch Dressing | X | X | | | | | |
| Basil Almond Pesto | | | X | | | | |
| Chili Garlic Sauce | | | | | X | X | X |
| Pumpkin Mole | | | | | | | |
| Madras Coconut Curry Sauce | | | | | | | |
| Hoisin Ginger Glaze | | | | | X | X | X |
| Black Pepper Ricotta | X | | | | | | |

X = CONTAINS ALLERGEN

| PLANCHA SEARED INGREDIENTS | DAIRY | EGGS | NUTS | FISH + SHELFISH | GLUTEN + WHEAT | SOY | SESAME |
|----------------------------|-------|------|------|-----------------|----------------|-----|--------|
| Roasted Chicken Breast | | | | | | | |
| Za'atar Chicken Thigh | | | | | | | X |
| Roasted Organic Tofu | | | | | X | X | X |
| Placha Seared Portobello | | | | | | | |
| Seared Halloumi Cheese | X | | | | | | |
| Roasted Broccolini | | | | | | | |
| Roasted Cauliflower | | | | | | | |
| Shaved Brussels Sprouts | | | | | | | |

| SIGNATURE INGREDIENTS | DAIRY | EGGS | NUTS | FISH + SHELFISH | GLUTEN + WHEAT | SOY | SESAME |
|-----------------------------------|-------|------|------|-----------------|----------------|-----|--------|
| Cucumber | | | | | | | |
| Mango | | | | | | | |
| Radish | | | | | | | |
| Black Beans | | | | | | | |
| Edamame | | | | | | X | |
| Chilled Rice Noodles | | | | | | | X |
| Green Apple Kimchi | | | | | | X | X |
| Sesame-Roasted Mushrooms | | | | | X | X | X |
| Basil-Marinated Tomatoes | | | | | | | |
| Lime-Dressed Red Cabbage | | | | | | | |
| Spicy Marinated Eggplant | | | | | | | |
| Marinated Carrots | | | | | | | |
| Corn Poblano Salsa | | | | | | | |
| Dill-Dressed Golden Beets | | | | | | | |
| Crumbled Feta Cheese | X | | | | | | |
| Cotija Cheese | X | | | | | | |
| Brown Basmati Rice - Half Portion | | | | | | | |
| Quinoa - Half Portion | | | | | | | |

| DRY GARNISH + SPRINKLES | DAIRY | EGGS | NUTS | FISH + SHELFISH | GLUTEN + WHEAT | SOY | SESAME |
|--------------------------|-------|------|------|-----------------|----------------|-----|--------|
| Chili Lime Cashews | | | X | | | | |
| Toasted Almond Dukkah | | | X | | | | X |
| Silk Chili Pepitas | | | | | | | |
| Sesame Chili Spice Blend | | | | | | | X |
| Lemon Fennel Breadcrumbs | | | | | X | | |
| Vegan Cashew Cheese | | | X | | | | |

DIETARY PREFERENCE INFORMATION

X = the corresponding salad or bowl can be made to satisfy the corresponding diet

| SALADS + WARM BOWLS | VEGETARIAN | VEGAN | PESCATARIAN | LOW CARB | KETO | PALEO | WHOLE30 | LOW FODMAP |
|---------------------|------------|-------|-------------|----------|------|-------|---------|------------|
| The All Mi | X | X | X | X | X | X | X | X |
| The Hullabaloo | X | X | X | X | X | X | X | X |
| The Sierra | X | X | X | X | X | X | X | X |
| The Odyssey | X | X | X | X | X | X | X | X |
| The Golden Greek | X | X | X | X | X | X | X | X |
| The Presto | X | X | X | X | X | X | X | |
| The Big Biang | X | X | X | X | | | | |
| The Mesa | X | X | X | X | X | | | |
| The Bungalow | X | X | X | X | X | X | X | |
| The Umami Q | X | X | X | X | X | | | X |

Dietary Preferences explained by Spyce

| DIET | AT-A-GLANCE | COMMON REASONS TO PRACTICE | INCLUDES | EXCLUDES |
|--------------------|--|--|--|--|
| VEGETARIAN | everything but animal protein | respect for living organisms; positive health benefits from excluding animal products; moral and religious reasons | fruits, vegetables, grains, nuts, legumes, dairy, eggs | meat, poultry, fish, shellfish |
| VEGAN | everything but animal proteins and animal by-products | | fruits, vegetables, grains, nuts, legumes | all animal proteins and animal by-products (meat, poultry, fish, shellfish, dairy, eggs, honey, etc.) |
| PESCATARIAN | everything but animal meat and poultry "pesce" means fish in Italian | | vegetarian diet + fish and shellfish | meat and poultry |
| LOW CARB | limits the body's intake of carbohydrates carbs -> sugar -> fat | primarily to lose weight and reduce risk factors for disease and chronic conditions | high-fat and high-protein foods | limits carbohydrates found in grains, starchy vegetables, fruits, legumes, nuts, seeds, dairy |
| KETO | low-carb, high-fat intake which forces the body into "ketosis" which burns fat instead of carbs and fuel | | high-fat and high-protein foods | all high-carb foods, grains, starchy vegetables, sugar, etc. |
| PALEO | includes unprocessed foods which come directly from the Earth <i>anything a caveman would eat</i> | | lean meats, fish, nuts and seeds, fruits, vegetables | dairy, legumes, grains, artificial sugars, processed foods |
| WHOLE30 | 30-day elimination diet | primarily to cleanse the body and to identify food sensitivities | meat and poultry, seafood, eggs, fruit, vegetables, natural fats | grains, dairy, sugar, baked goods, alcohol, carrageenan, MSG, sulfites |
| LOW FODMAP | elimination diet where you remove certain foods and slowly reintroduce them over time | primarily to identify gastrointestinal issues and other food sensitivities | specific lists of fruits, vegetables, proteins, grains and dairy | limits FODMAP foods: Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols in other words, carbs and sugars found in certain fruits, vegetables, proteins, grains and dairy |