

URBAN PLATES NUTRITION FACTS FOR MENU ITEMS

Urban Plates provides a nutritional analysis of menu items to assist you in balancing your meal choices. Our goal is to provide you with information to make sensible dining decisions. Consumption of 2,000 calories per day is generally used as the basis for nutritional advice although individual calorie needs may vary significantly. Please note that nutritional content may vary because of changes in growing seasons, different suppliers, slight variations in our recipes or variation in portion sizes. Not all items are served all year or in all locations. We may update this chart from time to time.

8.16.24

| Nutrition Facts | Cooked Serving Portion Protein | Calories | Calories From Fat | Total Fat | Saturated Fat | Trans Fat | Cholesterol | Sodium | Carbs | Dietary Fiber | Sugars | Protein | % Daily Value | | | |
|---|--------------------------------|----------|-------------------|-----------|---------------|-----------|-------------|--------|-------|---------------|--------|---------|---------------|-----------|---------|------|
| | | | | | | | | | | | | | Vitamin A | Vitamin C | Calcium | Iron |
| Plates: Proteins & Bread | | | | | | | | | | | | | | | | |
| Grilled Chicken (without skin) | 5 oz | 230 | 80 | 9g | 3g | 0g | 180mg | 840mg | 0g | 0g | 0g | 35g | 10% | 8% | 8% | 15% |
| Gochujang Chili Grilled Tofu (Tofu only) | 5 oz | 240 | 60 | 6g | 1g | 0g | 0mg | 840mg | 27g | 3g | 21g | 16g | 0% | 0% | 15% | 15% |
| Grilled Steak | 4.5 oz | 250 | 110 | 11g | 5g | 0g | 100mg | 360mg | 0g | 0g | 1g | 37g | 0% | 0% | 2% | 25% |
| Grilled Chicken | 5 oz | 270 | 140 | 16g | 5g | 0g | 190mg | 690mg | 0g | 0g | 2g | 32g | 10% | 8% | 8% | 10% |
| Tamari Seared Wild Ahi Tuna | 6 oz | 380 | 190 | 22g | 2g | 0g | 65mg | 1110mg | 0g | 0g | 0g | 42g | 0% | 0% | 0% | 8% |
| Grilled Salmon | 5.25 oz | 330 | 180 | 20g | 4g | 0g | 110mg | 160mg | 0g | 0g | 0g | 37g | 4% | 50% | 4% | 8% |
| Garlic Shrimp Skewer with Parmesan Butter | 1 skewer | 330 | 240 | 27g | 12g | 0g | 195mg | 1650mg | 2g | 0g | 0g | 21g | 0% | 0% | 10% | 4% |
| Nashville Hot Chicken Tenders 2 Piece | 2 Tenders | 370 | 110 | 13g | 2.5g | 0g | 180mg | 970mg | 19g | 1g | 3g | 45g | 0% | 0% | 6% | 0% |
| Blackened Salmon | 5.25 oz | 490 | 320 | 36g | 6g | 0g | 110mg | 1410mg | 3g | 1g | 0g | 38g | 0% | 0% | 10% | 0% |
| Crispy Chicken Tenders 3 Piece | 3 Tenders | 550 | 170 | 19g | 3.5g | 0g | 270mg | 1450mg | 28g | 2g | 5g | 67g | 0% | 0% | 6% | 0% |
| Nashville Hot Chicken Tenders 3 Piece | 3 Tenders | 740 | 280 | 32g | 6g | 0g | 270mg | 2490mg | 43 | 3g | 16g | 68g | 0% | 0% | 10% | 4% |
| BBQ Pork Ribs | Half Rack | 990 | 630 | 70g | 21g | 0g | 215mg | 2590mg | 42g | 3g | 33g | 44g | 0% | 0% | 8% | 25% |
| Crispy Chicken Tenders 6 Piece | 6 Tenders | 1100 | 340 | 38g | 7g | 0.5g | 540mg | 2900mg | 56g | 3g | 9g | 134g | 0% | 0% | 30% | 0% |
| Nashville Hot Chicken Tenders 6 Piece | 6 Tenders | 1480 | 570 | 63g | 12g | 0.5g | 540mg | 4980g | 86g | 6g | 33g | 136g | 0% | 0% | 20% | 8% |
| Rustic Bread Slice - No Oil | 1 Slice | 130 | 15 | 2g | 0g | 0g | 0mg | 330mg | 24g | < 1g | 0g | 4g | 2% | 0% | 6% | 2% |
| Rustic Bread Slice - With Oil | 1 Slice | 150 | 30 | 4g | 0.5g | 0g | 0mg | 330mg | 24g | < 1g | 0g | 4g | 2% | 0% | 6% | 2% |
| Urban Greens Salads (with 1.75 ounces of Dressing & without bread) | | | | | | | | | | | | | | | | |
| Caribbean Salad | 1 Salad | 360 | 240 | 28g | 4g | 0g | 0mg | 390mg | 27g | 5g | 15g | 6g | 780% | 50% | 4% | 15% |
| Entrée House Salad | 1 Salad | 400 | 220 | 25g | 2g | 0g | 0mg | 870mg | 47g | 6g | 31g | 3g | 330% | 60% | 10% | 8% |
| Local Mixed Beet Salad | 1 Salad | 560 | 370 | 42g | 6g | 0g | 10mg | 1590mg | 47g | 10g | 28g | 11g | 210% | 60% | 20% | 20% |
| Entrée Caesar Salad | 1 Salad | 570 | 400 | 45g | 10g | 0g | 70mg | 1230mg | 28g | 5g | 3g | 17g | 220% | 130% | 40% | 15% |
| Grilled Steak Salad | 1 Salad | 590 | 330 | 38g | 8g | 0g | 90mg | 710mg | 30g | 5g | 20g | 39g | 160% | 90% | 8% | 40% |
| Urban Grilled Chicken Salad | 1 Salad | 620 | 340 | 39g | 6g | 0g | 155mg | 1450mg | 46g | 6g | 32g | 28g | 350% | 70% | 20% | 20% |
| Chicken Cobb Salad | 1 Salad | 690 | 440 | 50g | 11g | 0g | 355mg | 1260mg | 14g | 6g | 5g | 49g | 160% | 45% | 20% | 20% |
| Chicken Caesar | 1 Salad | 740 | 460 | 52g | 13g | 0g | 225mg | 1840mg | 31g | 5g | 5g | 42g | 230% | 130% | 45% | 25% |
| Grilled Wild Ahi Nicoise | 1 Salad | 850 | 570 | 64g | 7g | 0g | 225mg | 2100mg | 18g | 4g | 6g | 51g | 960% | 25% | 6% | 25% |
| Asian Chicken Noodle Salad | 1 Salad | 860 | 380 | 44g | 9g | 0g | 85mg | 1690mg | 86g | 8g | 39g | 37g | 73% | 80% | 15% | 25% |
| Salmon Caesar | 1 Salad | 880 | 550 | 62g | 14g | 0g | 180mg | 1400mg | 28g | 5g | 3g | 54g | 230% | 180% | 45% | 25% |
| Urban Superfood Salad | 1 Salad | 890 | 528 | 58g | 9g | 0g | 15mg | 850mg | 83g | 14g | 52g | 19g | 35% | 30% | 25% | 25% |
| House Made Dressings & Sauces | | | | | | | | | | | | | | | | |
| Gravy | 1 oz | 10 | 0 | 0g | 0g | 0g | 0mg | 90mg | 2g | 0g | 0g | 0g | 0% | 0% | 0% | 0% |
| Creamy Honey Mustard Sauce | 1 oz | 40 | 35 | 4g | 0g | 0g | 5mg | 75mg | < 1g | 0g | < 1g | 0g | 0% | 0% | 0% | 0% |
| Buffalo Hot Sauce | 1 oz | 60 | 60 | 7g | 1.5g | 0g | 0mg | 720mg | 0g | 0g | 0g | 0g | 0% | 0% | 0% | 0% |
| Sweet and Savory BBQ Sauce | 1 oz | 60 | 0g | 0g | 0g | 0g | 0mg | 230mg | 13g | 0g | 12g | 0g | 0% | 0% | 0% | 0% |
| Peanut Dressing (Asian Chicken Salad) | 1 oz | 90 | 45 | 6g | 1g | 0g | 0mg | 270mg | 9g | < 1g | 7g | 3g | 0% | 2% | 2% | 2% |
| Jalapeno Lime Vinaigrette (Caribbean & Steak Salad) | 1 oz | 100 | 90 | 10g | 1g | 0g | 0mg | 85mg | 4g | 0g | 3g | 0g | 0% | 8% | 0% | 2% |
| Traditional Chimichurri | 1 oz | 100 | 90 | 10g | 1g | 0g | 0mg | 220mg | 4g | 0g | 1g | 0g | 15% | 20% | 2% | 2% |
| Dijon Honey (Crispy Chicken and Grilled Salmon) | 1 oz | 110 | 90 | 10g | 1g | 0g | 15mg | 125mg | 4g | 0 | 4g | 0g | 0% | 0% | 0% | 0% |
| Buttermilk Dill (Cobb Salad) | 1 oz | 130 | 130 | 14g | 2g | 0g | 25mg | 70mg | 1g | 0g | < 1g | < 1g | 2% | 2% | 2% | 0% |
| Nashville Hot Sauce | 1 oz | 130 | 80 | 9g | 1.5g | 0g | 0mg | 690mg | 10g | < 1g | 8g | 0g | 0% | 0% | 0% | 2% |
| Champagne Blueberry Vinaigrette | 1 oz | 140 | 135 | 15g | 1.5g | 0g | 0mg | 65mg | 3g | 0g | 2g | 0g | 0% | 0% | 0% | 0% |
| Caesar (Caesar Salad) | 1 oz | 150 | 140 | 16g | 2g | 0g | 25mg | 230mg | 1g | 0g | 0g | 2g | 2% | 2% | 4% | 2% |
| Preserved Lemon Vinaigrette (House Salad) | 1 oz | 160 | 150 | 17g | 1.5g | 0g | 0mg | 40mg | 2g | 0g | 2g | 0g | 0% | 0% | 0% | 0% |
| Mustard Caper Vinaigrette (Nicoise Salad) | 1 oz | 180 | 180 | 21g | 2.5g | 0g | 0mg | 95mg | < 1g | 0g | < 1g | 0g | 0% | 0% | 0% | 2% |
| Hollandaise Sauce | 1 oz | 190 | 180 | 21g | 13g | 0g | 85mg | 100mg | 0g | 0g | 0g | 0g | 70% | 0% | 0% | 0% |
| Truffle Aioli | 1 oz | 210 | 200 | 24g | 2.5g | 0g | 35mg | 125mg | < 1g | 0g | 0g | < 1g | 0% | 0% | 0% | 0% |
| Sandwiches (without Chips) | | | | | | | | | | | | | | | | |
| Grilled Cheeseburger | 1 Sandwich | 570 | 290 | 33g | 11g | 0g | 65mg | 2040mg | 44g | 2g | 7g | 24g | 160% | 8% | 15% | 25% |
| Grilled Cage Free Chicken | 1 Sandwich | 690 | 300 | 34g | 6g | 0g | 180mg | 1310mg | 62g | 2g | 3g | 36g | 15% | 20% | 8% | 30% |
| Grilled Portobello Mushroom | 1 Sandwich | 720 | 380 | 44g | 9g | 0g | 15mg | 1020mg | 66g | 4g | 4g | 20g | 30% | 60% | 10% | 35% |
| Crispy Chicken Tender | 1 Sandwich | 750 | 270 | 31g | 4g | 0g | 200mg | 1470mg | 67g | 3g | 12g | 53g | 0% | 0% | 4% | 6% |
| Grilled Steak | 1 Sandwich | 760 | 330 | 37g | 7g | 0g | 120mg | 1190mg | 65g | 2g | 1g | 43g | 15% | 25% | 6% | 45% |

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|---|--------------------------------|----------|-------------------|-----------|---------------|-----------|-------------|--------|-------|---------------|--------|---------|-------------------|------------|---------|------|
| | | | | | | | | | | | | | Vitamin A | Vitamin C | Calcium | Iron |
| | | | | | | | | | | | | | Ahi Tuna Sandwich | 1 Sandwich | 800 | 420 |
| Grilled Double Cheeseburger | 1 Sandwich | 850 | 490 | 55g | 21g | 0g | 125mg | 2430mg | 47g | 3g | 8g | 41g | 160% | 8% | 25% | 35% |
| Nashville Hot Crispy Chicken Tender | 1 Sandwich | 880 | 320 | 36g | 5g | 0g | 195mg | 2440mg | 86g | 4g | 27g | 53g | 0% | 0% | 0% | 8% |
| Herb Roasted Turkey Avocado Club | 1 Sandwich | 1210 | 730 | 82g | 25g | 0g | 195mg | 2260mg | 67g | 5g | 12g | 50g | 200% | 10% | 35% | 35% |
| Ham and Turkey Club | 1 Sandwich | 1220 | 730 | 82g | 25g | 0g | 205mg | 2360mg | 66g | 5g | 11g | 54g | 210% | 10% | 35% | 30% |
| Grilled Chicken Club | 1 Sandwich | 1220 | 700 | 79g | 23g | 0g | 275mg | 1960mg | 73g | 3g | 14g | 55g | 45% | 25% | 40% | 35% |
| Side - Potato Chips | 1 oz | 150 | 80 | 9g | 1g | 0g | 0mg | 115mg | 16g | 1g | 0g | 2g | 0% | 10% | 0% | 2% |
| Bowls | | | | | | | | | | | | | | | | |
| Beef & Mushroom Braise (with 10 oz mashed potatoes) | 1 Bowl | 550 | 270 | 30g | 17g | 0g | 110mg | 1510mg | 44g | 7g | 8g | 21g | 70% | 80% | 10% | 15% |
| Moroccan Chicken Braise (with 10 oz mashed potatoes) | 1 Bowl | 570 | 260 | 30g | 15g | 0g | 180mg | 1620mg | 46g | 7g | 9g | 32g | 40% | 90% | 15% | 20% |
| Beef & Mushroom Braise (with 10 oz Basmati Rice Pilaf) | 1 Bowl | 670 | 130 | 15g | 4g | 0g | 50mg | 1740mg | 103g | 5g | 5g | 25g | 0% | 0% | 8% | 40% |
| Chili Grilled Tofu with Broccoli and Red & White Quinoa | 1 Plate | 640 | 190 | 21g | 2.5g | 0g | 0mg | 2000mg | 81g | 12g | 30g | 29g | 0% | 0% | 30% | 45% |
| Moroccan Chicken Braise (with 10 oz Basmati Rice Pilaf) | 1 Bowl | 700 | 130 | 14g | 2.5g | 0g | 120mg | 1850mg | 105g | 5g | 6g | 35g | 0% | 0% | 10% | 45% |
| Beets + Avocado Plant Based | 1 Bowl | 720 | 390 | 45g | 4.5g | 0g | 0mg | 1570mg | 70g | 15g | 24g | 19g | 35% | 70% | 10% | 30% |
| Braised Beef Short Ribs(with 10 oz mashed potatoes) | 1 Bowl | 1110 | 580 | 65g | 27g | 2g | 265mg | 2690mg | 63g | 9g | 15g | 62g | 0% | 0% | 15% | 50% |
| Hot Sides | | | | | | | | | | | | | | | | |
| Broccolini Steamed | 5 oz | 40 | 0 | 0g | 0g | 0g | 0mg | 40mg | 4g | 4g | 0g | 4g | 0% | 0% | 10% | 15% |
| Sesame Broccolini | 5 oz | 70 | 15 | 1.5g | 0g | 0g | 0mg | 610mg | 7g | 4g | 2g | 5g | 0% | 0% | 10% | 15% |
| Roasted Mixed Carrots and Beets | 6 oz | 170 | 80 | 9g | 1g | 0g | 0mg | 750mg | 22g | 4g | 15g | 2g | 2230% | 10% | 4% | 4% |
| Chipotle & Herb Roasted Marbled Potatoes | 5.5 oz | 220 | 108 | 12g | 1g | 0g | 0mg | 990mg | 26g | 4g | 1g | 3g | 0% | 0% | 2% | 8% |
| White and Red Quinoa with Tomato Pesto | 6 oz | 230 | 110 | 13g | 1g | 0g | 0mg | 610mg | 25g | 3g | 2g | 5g | 25% | 10% | 4% | 10% |
| Roasted Mushrooms with Garlic Parmesan Butter | 5 oz | 240 | 190 | 22g | 4.5g | 0g | 15mg | 620mg | 10g | 2g | 3g | 5g | 0% | 0% | 4% | 6% |
| Basmati Rice Pilaf | 5 oz | 240 | 25 | 3g | 0g | 0g | 0mg | 680mg | 48g | 2g | 2g | 4g | 0% | 0% | 2% | 15% |
| Balsamic Roasted Brussels Sprouts | 6 oz | 260 | 150 | 17g | 2g | 0g | 0mg | 230mg | 26g | 5g | 14g | 5g | 0% | 0% | 6% | 10% |
| Potato Chips | 2 oz | 300 | 160 | 18g | 2g | 0g | 0mg | 230mg | 32g | 2g | 0g | 4g | 0% | 20% | 0% | 0% |
| Mashed Potatoes | 10 oz | 350 | 190 | 21g | 13g | 0g | 60mg | 1140mg | 37g | 6g | 6g | 5g | 15% | 70% | 8% | 6% |
| Macaroni & Cheese | 6 oz | 370 | 200 | 23g | 12g | 0g | 70mg | 600mg | 26g | 1g | 3g | 14g | 15% | 0% | 30% | 6% |
| Herb Crusted French Fries | 5 oz | 430 | 200 | 22g | 3.5g | 0g | 0mg | 1760mg | 45g | 3g | 0g | 2g | 0% | 0% | 0% | 2% |
| Truffle Parmesan French Fries | 7 oz | 530 | 300 | 28g | 6g | 0g | 5mg | 1400mg | 48g | 2g | 0g | 4g | 15% | 100% | 4% | 0% |
| Cold Sides | | | | | | | | | | | | | | | | |
| Beet Salad (without Goat Cheese) | 5 oz | 100 | 25 | 3g | 0g | 0g | 0mg | 330mg | 17g | 4g | 12g | 3g | 0% | 10% | 2% | 8% |
| Side House Salad | 1 salad | 110 | 80 | 9g | 1g | 0g | 0mg | 45mg | 9g | 1g | 6g | < 1g | 70% | 15% | 2% | 2% |
| Beet Salad (with Goat Cheese) | 5 oz | 130 | 45 | 5g | 2g | 0g | 5mg | 360mg | 17g | 4g | 12g | 5g | 2% | 10% | 4% | 8% |
| Side Caesar Salad | 1 salad | 170 | 120 | 13g | 3g | 0g | 20mg | 590mg | 11g | 2g | 1g | 5g | 110% | 60% | 15% | 6% |
| Soups | | | | | | | | | | | | | | | | |
| Vegan Tomato Basil cup | 7 oz | 110 | 50 | 6g | 3g | 0g | 0mg | 740mg | 12g | 2g | 10g | 3g | 60% | 35% | 6% | 6% |
| Vegan Tomato Basil bowl | 12 oz | 190 | 80 | 10g | 5g | 0g | 0mg | 1290mg | 21g | 4g | 17g | 4g | 100% | 60% | 10% | 10% |
| Italian Minestrone Soup Cup | 7oz | 130 | 30 | 3g | 1g | 0g | 0mg | 770mg | 21g | 5g | 4g | 6g | 0% | 0% | 6% | 8% |
| Italian Minestrone Soup bowl | 12 oz | 200 | 35 | 4g | 1g | 0g | 0mg | 1200mg | 36g | 8g | 7g | 8g | 0% | 0% | 8% | 15% |
| Kids Proteins & Sides | | | | | | | | | | | | | | | | |
| Kids Chicken | 4 oz | 230 | 50 | 6g | 1.5g | 0g | 130mg | 740mg | 1g | 0g | 1g | 39g | 30% | 4% | 4% | 10% |
| Kids Steak | 4 oz | 220 | 90 | 10g | 4.5g | 0g | 90mg | 320mg | 0g | 0g | 1g | 33g | 0% | 0% | 25% | 0% |
| Kids Crispy Chicken Tender | 2 Tenders | 370 | 110 | 13g | 2.5g | 0g | 180mg | 970mg | 19g | 1g | 3g | 45g | 0% | 0% | 6% | 0% |
| Kids Salmon | 5.25 oz | 310 | 150 | 17g | 3.5g | 0g | 110mg | 170mg | 2g | < 1g | 0g | 38g | 4% | 70% | 4% | 8% |
| Kids Mac & Cheese | 8 oz | 490 | 260 | 30g | 17g | 0g | 90mg | 810mg | 35g | 2g | 4g | 18g | 20% | 0% | 40% | 8% |
| Cookies | | | | | | | | | | | | | | | | |
| Gluten Free Chocolate Chip Cookie | 1 each | 350 | 160 | 18g | 7g | 0g | 20mg | 1120mg | 49g | 5g | 29g | 5g | 4% | 0% | 2% | 15% |
| Cowgirl Cookie (No Butter) | 1 each | 450 | 190 | 22g | 9g | 0g | 25mg | 320mg | 60g | 5g | 38g | 6g | 0% | 0% | 4% | 10% |
| Chocolate Chunk Cookie (No Butter) | 1 each | 480 | 210 | 23g | 9g | 0g | 25mg | 520mg | 66g | 3g | 40g | 5g | 0% | 0% | 4% | 15% |
| Other Pastries | | | | | | | | | | | | | | | | |
| Mango Tart Slice | 1 slice | 380 | 170 | 19g | 12g | 0g | 80mg | 115mg | 49g | 3g | 33g | 5g | 45% | 90% | 4% | 6% |
| Banana Cream Pie | 1 each | 670 | 380 | 42g | 25g | 0g | 155mg | 430mg | 69g | 2g | 42g | 6g | 25% | 6% | 10% | 8% |

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| | | | | | | | | | | | | | Vitamin A | Vitamin C | Calcium | Iron |
| Peanut Butter Chocolate Cream Pie | 1 each | 700 | 400 | 45g | 25g | 0g | 150mg | 420mg | 67g | 2g | 37g | 9g | 0% | 0% | 6% | 10% |
| Cakes & Cupcakes | | | | | | | | | | | | | | | | |
| Chocolate Flourless Cake Slice | 1 slice | 700 | 410 | 47g | 28g | 0g | 160mg | 240mg | 74g | 5g | 65g | 7g | 15% | 4% | 6% | 15% |
| Chocolate Vanilla Cake Slice | 1 slice | 880 | 470 | 53g | 30g | 0g | 220mg | 690mg | 98g | 4g | 72g | 10g | 30% | 2% | 10% | 20% |
| Hummingbird Cake Slice | 1 slice | 1100 | 590 | 67g | 19g | 0g | 140mg | 2030mg | 116g | 4g | 80g | 12g | 20% | 15% | 8% | 15% |
| Replenishers | | | | | | | | | | | | | | | | |
| Ginseng Mint Green Tea | 16 fl oz | 80 | 0 | 0g | 0g | 0g | 0mg | 20mg | 19g | 0g | 19g | 0g | 0% | 0% | 2% | 0% |
| Lemonade | 16 fl oz | 170 | 0 | 0g | 0g | 0g | 0mg | 35mg | 44g | 0g | 40g | 0g | 0% | 45% | 2% | 0% |
| Watermelon Pineapple | 16 fl oz | 100 | 0 | 0g | 0g | 0g | 0mg | 65mg | 26g | 2g | 21g | 2g | 25% | 90% | 4% | 4% |
| Strawberry Basil Lemonade | 16 fl oz | 210 | 0 | 0g | 0g | 0g | 0mg | 30mg | 55g | 1g | 50g | < 1g | 4% | 80% | 2% | 2% |
| Pineapple Coconut Lime | 16 fl oz | 360 | 140 | 16g | 12g | 0g | 0mg | 10mg | 51g | 0g | 49g | 2g | 0% | 0% | 0% | 4% |
| Beverages | | | | | | | | | | | | | | | | |
| Soda Stubborn Sugar Free | 12 oz | 0 | 0 | 0g | 0g | 0g | 0mg | 60mg | 0g | 0g | 0g | 0g | 0% | 0% | 0% | 0% |
| Soda Stubborn Regular | 12 oz | 130 | 0 | 0g | 0g | 0g | 0mg | 50mg | 34g | 0g | 34g | 0g | 0% | 0% | 0% | 0% |
| Soda Stubborn Black Cherry | 12 oz | 140 | 0 | 0g | 0g | 0g | 0mg | 55mg | 36g | 0g | 36g | 0g | 0% | 0% | 0% | 0% |
| Soda Stubborn Agave Vanilla Cream | 12 oz | 150 | 0 | 0g | 0g | 0g | 0mg | 65mg | 38g | 0g | 38g | 0g | 0% | 0% | 0% | 0% |
| Soda Stubborn Citrus Hibiscus Orange | 12 oz | 150 | 0 | 0g | 0g | 0g | 0mg | 50mg | 38g | 0g | 38g | 0g | 0% | 0% | 0% | 0% |
| Soda Stubborn Classic Root Beer | 12 oz | 150 | 0 | 0g | 0g | 0g | 0mg | 65mg | 39g | 0g | 39g | 0g | 0% | 0% | 0% | 0% |
| Soda Stubborn Pineapple Cream Soda | 12 oz | 150 | 0 | 0g | 0g | 0g | 0mg | 50mg | 38g | 0g | 38g | 0g | 0% | 0% | 0% | 0% |
| Soda Stubborn Lemon Berry Acai | 12 oz | 160 | 0 | 0g | 0g | 0g | 0mg | 75mg | 40g | 0g | 40g | 0g | 0% | 0% | 0% | 0% |
| Coffee | 12 oz | 0 | 0 | 0g | 0g | 0g | 0mg | 5mg | 0g | 0g | 0g | 0g | 0% | 0% | 0% | 0% |
| Tea | 12 oz | 0 | 0 | 0g | 0g | 0g | 0mg | 10mg | 1g | 0g | 0g | 0g | 0% | 0% | 0% | 0% |
| Red Wine (est.) | 6 oz | 140 | 0 | 0g | 0g | 0g | 0mg | 10mg | 5g | 0g | 0g | 0g | 0% | 0% | 0% | 0% |
| White Wine (est.) | 6 oz | 140 | 0 | 0g | 0g | 0g | 0mg | 10mg | 5g | 0g | 2g | 0g | 0% | 0% | 2% | 2% |