



Our Nutritional Overview



Greenlane Co. Nutritional Overview

SMOOTHIES, JUICES AND ACAI BOWLS

Smoothies	Serving size (oz)	Calories	Total fat	Saturated fat	Trans fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Protein
Super Charger	12 oz	200 kcal	1.5 g	0 g	0 g	0 mg	70 mg	48 g	5 g	32 g	3 g
Nutty Berry	12 oz	290 kcal	12 g	3.5 g	0 g	0 mg	65 mg	42 g	7 g	25 g	7 g
Choco Milk	12 oz	310 kcal	13 g	2 g	0 g	0 mg	180 mg	49 g	10 g	35 g	10 g
Piña Colada	12 oz	330 kcal	17 g	6 g	0 g	0 mg	80 mg	47 g	3 g	31 g	3 g
Tropical Twist	12 oz	150 kcal	0 g	0 g	0 g	0 mg	50 mg	38 g	3 g	31 g	1 g
Cherry #2	12 oz	210 kcal	0.5 g	0 g	0 g	0 mg	130 mg	54 g	7 g	32 g	3 g
PinkFluff	12 oz	340 kcal	19 g	4 g	0 g	0 mg	70 mg	39 g	4 g	23 g	7 g
Coconut Lime	12 oz	200 kcal	6 g	4 g	0 g	0 mg	25 mg	40 g	3 g	28 g	1 g
Green Smoothie	12 oz	240 kcal	11 g	1 g	0 g	0 mg	180 mg	35 g	8 g	18 g	7 g
Orange Dream	12 oz	110 kcal	1 g	0 g	0 g	0 mg	30 mg	26 g	2 g	18 g	1 g

Juices	Serving size (oz)	Calories	Total fat	Saturated fat	Trans fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Protein
AM Boost	12 oz	140 kcal	1 g	0 g	0 g	0 mg	95 mg	33 g	5 g	19 g	4 g
The Eli	12oz	90 kcal	1 g	0 g	0 g	0 mg	100 mg	21 g	4 g	12 g	3 g
Hangover	12 oz	140 kcal	0.5 g	0 g	0 g	0 mg	105 mg	35 g	4 g	21 g	3 g
Good Morning Houston	12 oz	120 kcal	1 g	0 g	0 g	0 mg	100 mg	26 g	7 g	14 g	5 g
C-Please	12 oz	140 kcal	0.5 g	0 g	0 g	0 mg	25 mg	31 g	1 g	14 g	3 g
Beet Man	12 oz	150 kcal	1 g	0 g	0 g	0 mg	75 mg	35 g	3 g	24 g	3 g

*These values do not include any topping or extra additions.

Acai Bowls	Serving size (floz)	Calories	Total fat	Saturated fat	Trans fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Protein
Energy	10 floz	420 kcal	18 g	1 g	0 g	0 mg	15 mg	66 g	8 g	38 g	4 g
Hydration	10 floz	150 kcal	3 g	0.5 g	0 g	0 mg	55 mg	33 g	4 g	27 g	1g
Brain	10 floz	260 kcal	18 g	1.5 g	0 g	0 mg	90 mg	26 g	9 g	16 g	8 g
Strenght	10 floz	270 kcal	8 g	4.5 g	0 g	0 mg	50 mg	55 g	8 g	40 g	3 g

GREENS AND GRAINS BOWLS

*These values are using withe rice as a base, and they do not include any sides or extra additions.

Greens Bowls	Serving size (oz)	Calories	Total fat	Saturated fat	Trans fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Protein
My Nicoise	15 oz	370 kcal	14 g	3 g	0 g	315 mg	610 mg	48 g	13 g	6 g	16 g
Farmers Market	15 oz	210 kcal	11 g	3 g	0 g	15 mg	170 mg	24 g	10 g	10 g	10 g
Signature House	13 oz	320 kcal	16 g	8 g	0 g	20 mg	440 mg	36 g	8 g	26 g	15 g
Southwest	15 oz	210 kcal	5 g	2.5 g	0 g	15 mg	320 mg	36 g	11 g	9 g	11 g
Thai Salad	15 oz	170 kcal	3.5 g	0 g	0 g	0 mg	100 mg	31 g	10 g	17 g	11 g
Duo Salad	15 oz	420 kcal	31 g	5 g	0 g	65 mg	470 mg	16 g	5 g	8 g	23 g

Grains Bowls	Serving size (oz)	Calories	Total fat	Saturated fat	Trans fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Protein
Loaded Mediterranean	16 oz	600 kcal	27 g	12 g	0 g	15 mg	950 mg	73 g	8 g	7 g	16 g
Thai Bowl	15 oz	560 kcal	26 g	8 g	0 g	0 mg	1910 mg	70 g	9 g	10 g	15 g
Fiesta Bowl	13 oz	340 kcal	10 g	6 g	0 g	0 mg	1090 mg	56 g	3 g	5 g	6 g
Power House	13 oz	480 kcal	20 g	8 g	0 g	0 mg	550 mg	65 g	6 g	7 g	12 g
Ahí Tuna Poke Bowl	16 oz	620 kcal	22 g	2.5 g	0 g	40 mg	750 mg	75 g	11 g	7 g	37 g

SIGNATURE PLATES AND SIDES

*These values are using with the rice as a base, and they do not include any sides or extra additions.

Signature Plates	Serving size (oz)	Calories	Total fat	Saturated fat	Trans fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Protein
Grilled Chicken Fiesta	16 oz	580 kcal	24 g	7 g	0 g	130 mg	1560 mg	51 g	4 g	6 g	44 g
Grilled Chicken Alambre	16 oz	610 kcal	28 g	7 g	0 g	130 mg	1290 mg	49 g	4 g	5 g	44 g
Grilled Chicken with Piquillo Sauce	15 oz	620 kcal	27 g	8 g	0 g	110 mg	1220 mg	52 g	3 g	3 g	40 g
Peppered Turkey Breast	12 oz	530 kcal	11 g	7 g	0 g	135 mg	630 mg	50 g	3 g	0 g	55 g
Pork Loin w/ Habanero Mustard	15 oz	730 kcal	20 g	11 g	0 g	110 mg	2180 mg	60 g	1 g	14 g	49 g
Chuck Pot Roast Chimichurri Style	15 oz	740 kcal	41 g	11 g	0 g	100 mg	1730 mg	50 g	2 g	2 g	39 g
Pescado a La Veracruzana	16 oz	480 kcal	12 g	6 g	0 g	85 mg	850 mg	50 g	3 g	4 g	40 g
Balsamic Glazed Fish	15 oz	860 kcal	31 g	9 g	0 g	65 mg	4540 mg	107 g	1 g	54 g	37 g
Savory Pan Seared Tuna Steak	13 oz	570 kcal	19 g	7 g	0 g	70 mg	1280 mg	53 g	2 g	3 g	47 g
Grilled Salmon Fillet	13 oz	500 kcal	18 g	8 g	0 g	60 mg	710 mg	50 g	1 g	3 g	35 g

Sides	Serving size (oz)	Calories	Total fat	Saturated fat	Trans fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Protein
Mashed Cauliflower	3.5 oz	40 kcal	2 g	1 g	0 g	5 mg	450 mg	4 g	2 g	2 g	2 g
Mashed Sweet Potatoes	3.5 oz	120 kcal	5 g	3 g	0 g	15 mg	35 mg	17 g	2 g	7 g	2 g
Baked Sweet Potato Fries	3.5 oz	120 kcal	4.5 g	0 g	0 g	0 mg	940 mg	20 g	3 g	6 g	2 g
Garlic Ginger Green Beans	3.5 oz	70 kcal	4.5 g	0 g	0 g	0 mg	580 mg	8 g	3 g	3 g	2 g
Rosemary Potatoes	3.5 oz	90 kcal	2 g	0 g	0 g	0 mg	620 mg	18 g	3 g	1 g	2 g
Collard Greens	3.5 oz	20 kcal	1 g	0 g	0 g	0 mg	250 mg	2 g	2 g	0 g	2 g
Brussel Sprouts	3.5 oz	60 kcal	2 g	0.5 g	0 g	0 mg	790 mg	9 g	4 g	2 g	4 g
Roasted Broccoli	3.5 oz	70 kcal	4 g	0 g	0 g	0 mg	910 mg	8 g	3 g	1 g	2 g
Roasted Zucchini	3.5 oz	110 kcal	10 g	1 g	0 g	0 mg	1730 mg	4 g	2 g	2 g	1 g

Soups	Serving size (oz)	Calories	Total fat	Saturated fat	Trans fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Protein
Vegetable Soup	8 oz	20 kcal	1 g	0 g	0 g	0 mg	880 mg	2 g	0 g	1 g	0 g
Mediterranean	8 oz	70 kcal	1 g	0 g	0 g	0 mg	860 mg	15 g	1 g	1 g	1 g
Lentil Soup	8 oz	170 kcal	1 g	0 g	0 g	0 mg	240 mg	28 g	11 g	3 g	12 g