

# Nutritional Information - Planet Friendly Menu



Menu Item	Serving Size												Additional info													
		Calories	Cals from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vegetarian	Vegan	Gluten Free	Contains Egg	Contains Dairy	Contains Soy	Contains Tree Nuts	Contains Peanuts	Contains Fish	Contains Shellfish	Contains Sesame			
YOGURT PARFAIT	8 OZ	306	46	10	2	0	3	143	88	5	40	11	X												0.6451 Kg Co2e	
MANHATTAN PLAIN BAGEL	1 BAGEL	300	10	1	0	0	0	610	60	2	3	11	X	X											0.1373 Kg Co2e	
MANHATTAN CINNAMON RAISIN BAGEL	1 BAGEL	310	10	1	0	0	0	550	63	0	9	11	X	X											0.1373 Kg Co2e	
MANHATTAN MULTI GRAIN BAGEL	1 BAGEL	302	18	2	0	0	0	613	62	4	11	11	X	X											0.1373 Kg Co2e	
MANHATTAN SESAME BAGEL	1 BAGEL	316	42	4	0	0	0	567	56	2	3	12	X	X									X		0.1373 Kg Co2e	
CUT FRUIT	6 OZ	69	3	0	0	0	0	19	17	2	15	1	X	X	X										0.1996 Kg Co2e	
OVERNIGHT OATS: BLUEBERRY & WALNUT	1 SERVING	275	76	8	1	0	0	58	43	6	13	6	X	X	X				X						0.1949 Kg Co2e	
OVERNIGHT OATS: STRAWBERRY & ALMOND	1 SERVING	260	60	7	1	0	0	58	43	7	13	6	X	X	X				X						0.2016 Kg Co2e	
OVERNIGHT OATS: RAISIN & BROWN SUGAR	1 SERVING	293	35	4	1	0	0	58	77	6	29	5	X	X	X										0.1909 Kg Co2e	
OVERNIGHT OATS: PEANUT BUTTER & CHOCOLATE CHIP	1 SERVING	370	130	15	4	0	0	143	49	7	18	9	X		X			X		X					0.2480 Kg Co2e , X1	
JAMAICAN RICE BOWL	1 BOWL	1092	385	42	11	0	108	1398	132	15	16	47			X		X	X							1.2457 Kg Co2e , X1	
LEBANESE RICE BOWL	1 BOWL	568	352	38	12	0	56	1518	42	9	17	19	X		X		X								1.0598 Kg Co2e	
CALIFORNIA RICE BOWL	1 BOWL	508	350	38	7	0	132	872	31	12	18	13	X		X	X	X								0.8824 Kg Co2e	
TERIYAKI RICE BOWL	1 BOWL	725	285	33	5	0	80	1397	82	8	33	29					X								1.1541 Kg Co2e , X1	
ROASTED MARINATED CAULIFLOWER STEAKS	10 OZ	225	163	19	6	0	0	295	14	6	7	5	X	X	X											0.3335 Kg Co2e
GINGER GLAZED TOFU WITH TRI COLOR PEPPERS & CILANTRO	7 OZ	345	104	16	6	0	0	1247	47	1	42	13	X	X	X			X								0.2775 Kg Co2e , X1
STUFFED PORTABELLA MUSHROOM WITH SPINACH, ROASTED RED PEPPERS AND PROVOLONE	8 OZ	244	164	19	13	0	21	527	18	4	1	14	X		X		X									0.6566 Kg Co2e
PENNE PASTA WITH TOMATOES, ZUCCHINI, YELLOW PEPPERS, OLIVE OIL AND BASIL	7 OZ	273	56	6	1	0	0	266	46	3	5	8	X	X												0.3213 Kg Co2e

X1

Soy is only present as soybean oil. Highly refined soybean oil does not usually cause an allergic reaction.

## DISCLAIMER

Nutritional information is based on standard recipes and uses the latest nutritional data available from the USDA as well as nutritional data provided by food manufacturers about their products. Variations may occur due to product availability and food preparation. If you have a food allergy, please note that many of our menu items may potentially come in contact with other allergens. This site is not a substitute for the services of a trained health professional.