

	Item Name	Calories	Carbs (g)	Protein (g)	Sodium (mg)	Fat (g)	Fiber (g)	Sugar (g)	Saturated Fat (g)
TOASTY SALADS	Caesar Salad	540	25	8	820	47	4	3	7
	Strawberry Fields	510	26	15	530	39	7	18	7
	Buffalo 'Shroom	330	12	9	2030	29	4	5	6
	Impossible Taco Salad	630	39	29	1900	39	11	11	17
TOASTY BOWLS	Keto Power	740	18	31	2270	62	7	6	15
	Harvest Time	580	43	11	1930	43	8	16	8
	Black Bean & 'Cado	450	29	17	1450	31	10	3	8
	Halloumi Bowl	500	29	24	1540	34	9	6	14
TOASTY SUBBIES	Buffalo Chicken 'Shroom	310	11	9	1790	26	4	6	6
	Black Bean Steak & 'Cado Smash	810	74	46	1430	36	8	6	12
	Chipotle Chicken & 'Cado Smash	800	69	46	1150	38	7	5	11
	Salmon BLT & 'Cado	650	66	44	1120	22	6	5	5
	Chicken Bacon Ranch	910	72	58	2040	42	5	11	15
	Honey Bourbon Steak	1020	85	54	1650	51	5	21	17
	Impossible Meatball Sub	890	104	55	3010	29	10	13	18
	Joe's 'Cado Toast	440	33	16	480	26	8	1	6
	Steak & Halloumi Toast	450	26	11	560	32	4	0	9
	Impossibly Sloppy	1040	145	39	2220	34	12	16	15
JOE'S SIGNATURE FAVES	Joe's Handcrafted Avocado Smash	450	44	10	960	27	10	2	5
	Joe's House Black Beans	440	56	20	890	16	7	3	4
	Citrus Mint Brown Rice Pilaf	260	28	3	3020	15	6	3	2
	Oven Crisped Broccoli	180	9	4	1210	16	4	2	2
	Oven Roasted Sweet Potatoes	610	25	2	1540	56	4	5	8
	Buffalo 'Shrooms	340	46	10	1010	14	5	8	2
	Joe's Signature Parmesan Cauliflower	110	10	7	490	6	3	5	3
	Impossible Meatballs (2)	300	21	22	1260	14	3	5	8