



NUTRITIONAL

**LAUGHING
PLANET**

INFORMATION

ZAPPATIZERS

Item	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Chips & Salsa (S)	320	20	2.5	0	530	32	3	2	3
Chips & Salsa (L)	650	41	5	0	1060	64	6	3	6

SALADS

Salad	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Zappatista	690	48	14	50	1490	45	11	3	23
Garden w/Quinoa	600	43	4	0	530	54	10	24	8
Hwy to Kale (S)	360	30	4.5	10	360	20	3	11	9
Hwy to Kale (L)	470	34	6	20	490	37	5	21	13
Simple Green (S)	190	19	1.5	0	250	5	2	2	1
Simple Green (L)	370	38	2.5	0	500	9	3	4	2
Falafel Salad	820	51	10	40	2500	72	19	17	27

SALAD DRESSINGS

Salad	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Lemon Parsley	170	19	1.5	0	230	1	0	0	0
Avocado Lime	90	10	1	0	190	2	1	0	0
Garlic Tahini	120	10	1.5	0	320	7	2	0	4
Red Pepper Sumac	/	/	/	/	/	/	/	/	/

SOUPS (CUP)

Soup	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Veggie Chili	130	3	0	0	710	22	7	5	6
Spinach Lentil	200	6	0	0	850	27	11	2	10
African Peanut	120	7	1	0	420	12	3	4	4
Tomato Bisque	140	7	1	0	740	15	2	8	4
Potato Leek	200	9	2	0	780	26	3	6	5
Hungarian Mushroom	190	12	3.5	0	870	17	2	6	6
Split Pea	90	3.5	0	0	630	12	4	2	4
Gazpacho	70	4	0.5	0	460	8	2	5	2
Roasted Cauliflower & Chickpea	210	6	0.5	0	730	32	2	2	9
Roasted Butternut Squash & Corn	140	7	2.5	0	580	21	5	6	2
White Bean Kale & Tomato	220	4	0.5	0	870	33	8	3	13
Tortilla	70	3	0	0	690	6	1	3	1
Coconut Corn Chowder	290	17	8	0	370	28	2	2	5
Creamy Chipotle Tomato Corn	150	11	4	20	450	10	1	1	1
Grass-Fed Beef Chili	160	6	2	20	880	15	5	3	11

SOUPS (BOWL)

Soup	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Veggie Chili	230	5	0	0	1240	39	12	9	11
Spinach Lentil	350	11	1	0	1480	48	20	4	17
African Peanut	210	12	1.5	0	730	21	4	7	6
Tomato Bisque	250	13	2	0	1300	27	4	13	7
Potato Leek	360	16	16	0	1370	45	5	10	8
Hungarian Mushroom	330	21	6	0	1530	29	4	10	11
Split Pea	160	6	0	0	1100	20	7	4	6
Gazpacho	130	7	1	0	800	15	3	9	3

SOUPS (BOWL) CONTINUED...

Soup	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Roasted Cauliflower & Chickpea	370	10	1	0	1280	57	3	2	15
Roasted Butternut Squash & Corn	250	12	4.5	0	1020	36	9	10	4
White Bean Kale & Tomato	380	7	1	0	1510	58	15	5	22
Tortilla	120	5	0.5	0	1210	15	2	5	3
Coconut Corn Chowder	500	30	14	0	650	50	4	3	9
Creamy Chipotle Tomato Corn	250	19	7	35	850	1017	2	2	2
Grass-Fed Beef Chili	250	10	3	30	1400	24	8	4	17

QUESADILLAS

Quesadilla	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Cheese & Pico	600	27	14	65	1290	63	1	10	28
Chicken	700	29	14	115	1520	63	1	10	46
Amaizin' Grace	790	40	15	65	1430	77	2	12	32
BBQ Chicken	740	29	14	115	2150	72	2	17	47
Grilled Veggies (Killer Green)	640	28	12	55	1890	68	3	12	27

BOWLS

Bowl	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Veggie Bowl	480	20	2.5	0	1120	66	12	3	18
DIY Taco Bowl	650	21	6	50	2160	89	15	6	29

BOWLS CONTINUED...

Bowl	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Thai	570	30	5	0	1780	59	11	10	22
Harvest	610	34	4.5	0	2010	62	14	15	22
Paleo (Beef)	460	36	6	30	1480	23	7	7	14
Paleo (Chicken)	450	32	4	55	1410	21	7	6	22
Bollywood	440	17	2	55	1430	50	8	9	25
Korean BBQ (Beef)	550	17	3.5	30	2580	69	10	16	22
Korean BBQ (Tofu)	460	36	6	30	1480	23	7	7	14
Spanky's	620	36	18	65	900	52	10	8	27
Pot Roast (Beef)	590	34	10	65	3030	51	12	16	20
Pot Roast (Tempeh)	620	37	8	40	3250	59	12	21	19

BURRITOS

Burrito	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Bean & Cheese	750	24	11	50	2000	100	2	11	35
Spinach & B. Bean	730	25	11	50	2230	94	11	11	35
Cuban	620	7	0	0	2230	124	11	29	20
SW Green Chile	790	25	11	50	2410	106	11	11	36
Grilled Chicken	820	26	12	105	2100	94	10	11	51
Holy Mole	830	17	3.5	30	2580	69	10	16	22
Bubba	830	26	11	105	2470	100	7	17	50
Tempeh Royale	770	26	2.5	0	2360	111	13	18	27

ADD-INS

Item	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Beef	70	2.5	0.5	25	30	3	1	0	9
Chicken	100	2	0	55	230	0	0	0	18
Pork	80	3	1	30	1100	2	0	1	10
Tempeh	140	9	1	0	510	9	0	5	7
Tofu	110	8	1	0	690	4	1	2	7

ADD-INS CONTINUED...

Item	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Deluxe	100	9	3.5	20	70	4	2	1	1
Deluxe Vegan	90	9	2.5	0	170	3	2	0	1
Sour Cream	60	6	3	20	20	2	0	1	1
Vegan Sour Cream	50	5	2	0	120	1	0	0	1
Guacamole	40	3.5	0.5	0	55	2	2	0	0
Tillamook Cheese	220	18	12	50	340	0	0	0	14
Vegan Cheese	180	12	4	0	510	14	2	0	2
Cotija Cheese	170	14	7	40	430	2	0	1	10
Spinach	10	0	0	0	35	2	1	0	1
Broccoli	15	0	0	0	15	3	2	0	2
Sautéed Kale	20	1.5	0	0	85	2	1	0	1
Grilled Veggies	30	1.5	0	0	190	4	1	1	1
Sweet Corn	110	1.5	3	15	0	13	1	0	3
Garlic Green Beans	30	2	0	0	105	3	1	1	1
Mashed Potatoes	120	6	1.5	0	220	15	2	1	2
Yams	40	0	0	0	15	9	1	3	1
Butternut Squash	110	4.5	0	0	350	20	3	8	1
Sliced Avocado	80	7	1	0	0	4	3	0	1

SIDE DISHES

Item	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Rice & Beans	250	2.5	0	0	1070	50	9	1	10
Pinto Beans	120	1	0	0	530	21	0	7	0
Black Beans	120	1.5	0	0	800	19	7	0	7
Brown Rice	140	1	0	0	270	31	2	0	3
Jasmine Rice	140	0	0	0	310	31	0	0	3
Quinoa	130	3.5	0	0	330	21	2	0	5
Flour Tortilla	320	5	0	0	850	59	0	8	10
Whole Wheat Tortilla	340	8	0	10	0	56	3	0	8
Corn Tortillas (3)	/	/	/	/	/	/	/	/	/
Sautéed Kale	60	4	0	0	250	5	2	1	2
Sweet Corn	130	1.5	0	0	0	26	1	0	4
Garlic Green Beans	80	5	0	0	280	8	3	3	1

SIDE DISHES CONTINUED...

Item	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Sweet Potoates	100	0	0	0	40	23	4	7	2
Mashed Potatoes	240	12	2.5	0	440	30	5	2	4
Spinach	10	0	0	0	35	2	2	0	1
Butternut Squash	110	4.5	0	0	350	20	3	8	1
Kimchi	45	0.5	0	0	600	8	1	5	1
Broccoli	40	0	0	0	45	8	4	2	3

KIDS MENU

Item	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Lil' Spanky's Bowl	330	20	10	40	490	25	4	17	15
Kids Trifecta	/	/	/	/	/	/	/	/	/
Kids Meal	/	/	/	/	/	/	/	/	/
Mini Burrito	430	17	9	40	1040	49	4	5	21
Mini Quesadilla	370	17	9	40	780	39	0	5	17
Rice-N-Beans	130	1	0	0	400	26	5	0	5
Beans, Cheese & Chips	360	21	7	25	690	30	6	0	13
Kid's Bowl	250	7	2.5	15	570	42	2	4	5
Tween Burrito	600	18	9	40	1420	83	11	7	29

SMOOTHIES

Smoothie	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Berry Berry Good	230	0.5	0	0	15	59	6	42	1
Mango Peach Lemon	240	0.5	0	0	15	61	4	48	2
Marionberry Ginger	280	1	0	0	15	67	8	47	3
PB & J	430	15	3	0	140	72	6	49	9
Mango Lassi	310	1.5	0.5	0	35	73	6	56	3
Peach Berry Chia	290	3.5	0	0	15	61	8	42	3
Green Dream	300	8	1.5	0	35	59	7	37	3