

HUNGRYROOT NUTRITION INFORMATION																		
(per serving)	Servings per dish	Calories	Calories From Fat	Protein (g)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugar (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Vitamin A (%)	Vitamin C (%)	Vitamin D (%)	Calcium (%)	Iron (%)	Potassium (%)
Breakfast																		
Banana Bread Overnight Oats	1	290	60	9	48	8	10	<1	7	1	0	140	0	2	0	5	11	0
Cherry Chia Maple Oatmeal	1	230	35	9	48	6	14	<1	4	0	0	140	12	6	0	6	14	0
Crispy Coconut Breakfast Hash	2	200	50	5	36	6	8	<1	5	1	0	330	113	9	0	3	12	10
Crunchy Walnut Date Muesli	1	290	80	10	46	7	11	<1	9	0	0	5	0	0	0	3	12	0
Fluffy Maple Chickpea Pancakes	2	280	40	13	50	10	10	<1	3.8	0	0	310	0	0	0	10	20	0
Mighty Maca Matcha Milk	1	140	45	10	14	3	10	<1	5	0	0	130	25	6	20	50	6	0
Southwestern Quinoa Tofu Scramble	2	250	70	15	27	9	5	<1	10	0.9	0	640	0	0	0	24	21	4
Lunch																		
Avocado Bean Southwestern Salad	2	260	90	10	33	12	8	<1	10	1	0	1010	29	135	0	16	33	14
Ginger Yuba Quinoa Bowl	2	240	60	16	30	9	3	2	7	1	0	560	0	0	0	7	15	9
Green Goddess Lentil Salad	2	240	110	8	23	11	6	<1	13	1.5	0	700	28	83	0	7	18	11
Italian Chickpea Quinoa Bowl	2	260	90	9	31	8	3	<1	12	1	0	620	20	10	0	9	18	5
Lemon Artichoke Quinoa Bowl	1	250	50	8	36	10	2	0	9	1	0	700	0	0	0	6	15	10
Lemon Kale Caesar Salad	2	240	70	9	34	11	5	<1	9	0.5	0	710	13	79	0	12	19	13
Red Pepper Edamame Succotash	2	250	80	12	29	6	6	<1	11	1	0	470	10	30	0	11	18	4
Red Pepper Lentil Salad	2	260	90	8	31	8	5	<1	13	1	0	810	15	8	0	3	18	4
Roasted Corn Edamame Salad	1	260	120	18	24	6	6	0	12	1	0	340	20	60	0	20	20	0
Sides																		
Braised Lemongrass Tofu Nuggets	1	270	100	23	20	12	5	<1	12	0.8	0	680	0	0	0	45	27	0
Butternut Squash Quinoa Medley	2	190	25	6	33	8	4	<1	4.5	0.5	0	350	75	30	0	9	17	14
Cheesy Butternut Squash Fries	2	130	30	4	21	3	3	<1	2.8	0	0	390	92	36	0	6	15	9
Coconut Curry Cauliflower Rice	1	280	100	14	36	14	14	<1	10	2	0	630	0	233	0	10	8	30
Crispy Kohlrabi Onion Rings	1	90	0	4	18	11	7	<1	0	0	0	55	0	210	0	7	0	21
Crunchy Carrot Lentil Mix	2	140	70	5	14	5	2	<1	8	0.5	0	510	15	8	0	2	10	0
Cucumber Corn Black Bean Salad	1	300	90	12	42	9	9	<1	11	0	0	1620	6	60	0	24	45	0
Curried Butternut Squash Soup	1	300	100	7	46	10	10	<1	10	2	0	500	150	68	0	12	26	18
Ginger Tahini Yuba Noodles	1	230	60	23	23	8	4	4	4.5	1	0	410	0	0	0	7	15	8
Indian Curry Cauliflower Mash	2	140	50	7	18	7	7	<1	5	1	0	310	0	117	0	5	4	15
Italian Herb Chickpea Medley	1	260	120	10	26	6	4	<1	14	1	0	540	40	20	0	12	20	0
Kale Pesto Sautéed Greens	2	140	60	6	17	5	4	<1	7	0	0	230	46	117	0	8	15	11
Kohlrabi Kale Sautéed Greens	2	130	60	5	14	4	4	<1	7	0	0	220	33	87	0	9	12	8
Lemon Artichoke Quinoa Bowl	1	250	50	8	36	10	2	<1	9	1	0	700	0	0	0	6	15	10
Roasted Red Pepper Quinoa Bowl	1	230	45	6	33	6	5	<1	9	1	0	600	0	0	0	2	15	8
Red Pepper Sautéed Sprouts	2	170	25	8	29	8	6	<1	4.5	0.5	0	330	6	120	0	4	17	16
Roasted Corn Edamame Salad	1	260	120	18	24	6	6	<1	12	1	0	340	20	60	0	20	20	0
Roasted Red Pepper Quinoa Bowl	1	230	45	6	33	6	5	<1	9	1	0	600	0	0	0	2	15	8
Simply Seasoned Carrot Chips	1	140	0	4	32	8	16	<1	0	0	0	240	320	24	0	8	0	24
Snap Pea Pesto Soup	2	220	120	7	20	3	4	<1	14	0	0	360	48	99	0	11	21	5
Spiced Coconut Sweet Potato Soup	2	200	50	5	36	6	8	<1	5	1	0	330	113	9	0	3	12	10
Sweet Barbecue Chili Jackfruit	1	120	0	3	27	11	11	<1	0	0	0	670	11	0	0	0	5	16
Sweet Potato Mac'n Cheese	2	250	30	7	50	6	10	<1	2.8	0	0	510	197	14	0	4	18	16
Thai Coconut Curried Peas	1	270	100	9	31	9	12	<1	10	2	0	500	15	158	0	5	33	10
Dinner																		
Avocado Chickpea Noodle Bowl	2	300	100	8	42	9	8	<1	12	1.5	0	490	133	15	0	9	18	14
Baked Peanut General Tso's Tofu	2	390	210	19	25	10	8	2	23	3	0	670	8	75	0	25	29	9
Bangkok Curry Buddha Bowl	2	270	110	15	31	10	9	<1	11	1.5	0	470	36	139	0	14	25	11
Black Garlic Superblend Sauté	2	260	100	11	32	10	6	<1	11	0.5	0	640	46	119	0	14	25	11
Butternut Squash Bean Skillet	2	210	45	8	36	8	8	<1	5	0	0	810	78	60	0	18	32	9
Carrot Edamame Peanut Stirfry	2	410	220	16	35	9	13	2	24	3.1	0	620	170	42	0	14	14	16
Chickpea Butternut Squash Skillet	2	190	60	7	28	6	5	<1	7	0.5	0	270	95	40	0	12	19	9
Chickpea Pita Mezze Platter	3	460	170	17	56	13	11	<1	19	0.3	0	830	50	32	0	19	41	0
Creamy Artichoke Sweet Potato Bowl	2	390	70	10	70	13	11	<1	9	0.5	0	790	180	12	0	11	24	21
Creamy Avocado Lentil Sprouts	2	250	110	10	28	11	5	<1	13	1.5	0	690	21	128	0	5	19	16
Creamy Corn Cauliflower Risotto	2	460	200	22	42	12	12	<1	22	0.5	0	650	70	183	0	31	42	15
Crispy Greens Sweet Potato Hash	2	370	50	20	66	16	16	<1	6	0.4	0	490	186	128	0	30	34	28
Crispy Sprouts Brussels Bake	2	270	70	13	39	9	8	<1	8	0	0	1230	26	156	0	15	37	12
Crunchy Kalebeet Carrot Chips	2	200	50	7	32	10	14	<1	5	1	0	410	173	91	0	9	12	20
Cucumber Corn Sweet Potato Chili	2	240	45	8	43	8	10	<1	5	0	0	870	93	34	0	14	29	8
Deconstructed Carrot Shepherd's Pie	2	300	120	9	38	11	12	<1	13	1.5	0	880	175	24	0	6	14	12
Ginger Brussels Yuba Lo Mein	2	170	30	16	24	9	5	2	2.3	0.5	0	240	6	120	0	7	17	16
Hearty Corn Edamame Stew	2	390	100	15	64	11	13	<1	10	0.5	0	610	190	42	0	18	26	16
Italian Herb Cauliflower Pilaf	2	180	60	10	23	8	7	<1	7	0.5	0	330	20	123	0	11	10	15
Kale Cauliflower Burrito Bowl	2	290	110	13	37	10	10	<1	12	0	0	1050	23	155	0	21	27	15
Kale Pesto Shaved Brussels	2	270	120	12	31	8	5	<1	14	0.5	0	480	46	142	0	13	23	12
Kale Yuba Power Bowl	2	280	90	23	31	11	9	2	8	1	0	410	23	105	0	19	25	12
Kohlrabi Edamame Pesto Pasta	2	260	120	13	27	8	7	<1	13	0.5	0	380	30	147	0	18	14	11
Kohlrabi Peanut Takeout Noodles	2	390	210	19	26	13	8	2	23	3	0	700	0	105	0	26	17	14
Pad Thai Fried Rice	2	390	210	22	27	13	9	2	23	3	0	740	0	113	0	28	17	19
Pulled Barbecue Jackfruit Skillet	2	120	0	3	28	8	8	<1	0	0	0	330	80	30	0	6	12	17
Purple Cabbage Squash Scramble	2	190	50	6	31	9	9	<1	5	1	0	290	88	109	0	11	21	17
Simple Crispy Carrot Stirfry	2	220	45	8	37	9	13	<1	5	0	0	930	163	42	0	16	23	12
Sweet Potato Pad Thai	2	340	160	9	38	7	10	2	18	2.6	0	410	116	43	0	4	17	16
Sweet Potato Red Pepper Alfredo	2	310	60	8	52	9	9	<1	9	0.5	0	700	113	9	0	8	19	14
Warm Lentil Moroccan Carrots	2	300	120	9	38	11	12	<1	13	1.5	0	880	175	24	0	6	14	12
Dessert																		
Almond Chickpea Cookie Dough	9	110	50	3	12	1	7	1	6	1	0	160	0	0	0	4		

HUNGRYROOT ALLERGEN INFORMATION

March 2018

Breakfast

	Peanuts	Coconut	Almonds	Walnuts	Cashews	Soy	Garlic	Onion
Banana Bread Overnight Oats			X					
Cherry Chia Maple Oatmeal								
Crispy Coconut Breakfast Hash		X				X		
Crunchy Walnut Date Muesli			X					
Fluffy Maple Chickpea Pancakes								
Mighty Maca Matcha Milk		X		X				
Southwestern Quinoa Tofu Scramble					X	X		

Lunch

	Peanuts	Coconut	Almonds	Walnuts	Cashews	Soy	Garlic	Onion
Avocado Bean Southwestern Salad						X	X	
Ginger Yuba Quinoa Bowl					X	X		
Green Goddess Lentil Salad						X	X	
Italian Chickpea Quinoa Bowl					X	X		
Lemon Kale Caesar Salad						X		
Red Pepper Edamame Succotash					X	X	X	
Red Pepper Lentil Salad						X	X	

Sides

	Peanuts	Coconut	Almonds	Walnuts	Cashews	Soy	Garlic	Onion
Braised Lemongrass Tofu Nuggets						X	X	
Butternut Squash Quinoa Medley						X	X	
Cheesy Butternut Squash Fries				X		X	X	
Coconut Curry Cauliflower Rice		X				X		
Crispy Kohlrabi Onion Rings								
Crunchy Carrot Lentil Mix							X	X
Cucumber Corn Black Bean Salad							X	X
Curried Butternut Squash Soup		X					X	
Ginger Tahini Yuba Noodles					X	X		
Indian Curry Cauliflower Mash		X				X		
Italian Herb Chickpea Medley					X	X		
Kale Pesto Sautéed Greens							X	X
Kohlrabi Kale Sautéed Greens							X	X
Lemon Artichoke Quinoa Bowl							X	X
Red Pepper Sautéed Sprouts							X	
Roasted Corn Edamame Salad					X		X	X
Roasted Red Pepper Quinoa Bowl							X	
Simply Seasoned Carrot Chips							X	
Snap Pea Pesto Soup							X	X
Spiced Coconut Sweet Potato Soup		X					X	
Sweet Barbecue Chili Jackfruit							X	X
Sweet Potato Mac'n Cheese				X			X	X
Thai Coconut Curried Peas		X					X	

Dinner

	Peanuts	Coconut	Almonds	Walnuts	Cashews	Soy	Garlic	Onion
Avocado Chickpea Noodle Bowl						X	X	
Baked Peanut General Tso's Tofu	X					X	X	X
Bangkok Curry Buddha Bowl		X				X	X	X
Black Garlic Chickpea Sauté						X	X	
Butternut Squash Bean Skillet							X	X
Carrot Edamame Peanut Stirfry	X	X				X	X	X
Chickpea Butternut Squash Skillet						X	X	
Chickpea Pita Mezze Platter							X	X
Creamy Artichoke Sweet Potato Bowl							X	X
Creamy Avocado Lentil Sprouts							X	X
Creamy Corn Cauliflower Risotto						X	X	X
Crispy Greens Sweet Potato Hash						X	X	
Crispy Sprouts Brussels Bake				X			X	X
Crunchy Kalebeet Carrot Chips		X					X	
Cucumber Corn Sweet Potato Chili							X	X
Deconstructed Carrot Shepherd's Pie		X					X	X
Ginger Brussels Yuba Lo Mein						X	X	
Kale Cauliflower Burrito Bowl							X	X
Kale Pesto Shaved Brussels							X	X
Kale Yuba Power Bowl						X	X	X
Kohlrabi Edamame Pesto Pasta						X	X	X
Kohlrabi Peanut Takeout Noodles	X	X				X	X	X
Pad Thai Fried Rice	X	X				X	X	X
Pulled Barbecue Jackfruit Skillet							X	X
Purple Cabbage Squash Scramble		X					X	
Sweet Potato Pad Thai	X					X	X	X
Sweet Potato Red Pepper Alfredo							X	
Warm Lentil Moroccan Carrots		X					X	X

	Peanuts	Coconut	Almonds	Walnuts	Cashews	Soy	Garlic	Onion
Dessert								
Almond Chickpea Cookie Dough		X	X					
Almond Date Cacao Milk			X					
Banana Nut Brownie Bites		X	X	X				
Banana Nut Snickerdoodle Bars		X	X	X				
Black Bean Brownie Batter		X	X					
Coconut Lemon Pie Bites	* (X)	X	X					
Peanut Butter Coconut Cookies	X	X						
Vanilla Bean Snickerdoodle Dough		X	X					

* (X) denotes product *may contain* the marked allergen