



NUTRITIONAL INFORMATION

BREAKFAST BOWLS.....1	DRESSINGS & SALSA.....8-9
BREAKFAST BURRITOS.....2	PROTEINS.....10
BOWLS.....3	DRINKS.....11
BURRITOS.....4-5	WHOLE FRUIT MIXERS.....12
SALADS.....6-7	ADDITIONAL NOTES.....13



BREAKFAST BOWLS

	GF	GF	GF	GF	GF	GF
	BACON	CHICKEN	CHORIZO	NO MEAT	SAUSAGE	STEAK
Quantity	1	1	1	1	1	1
Measure	<i>Serving</i>	<i>Serving</i>	<i>Serving</i>	<i>Serving</i>	<i>Serving</i>	<i>Serving</i>
Calories (kcal)	453	532	601	406	586	510
Total Fat (g)	30	32	41	26	41	30
Saturated Fat (g)	12	11	16	10	15	11
Trans Fat (g)	0	0	0	0	0	0
Cholesterol (mg)	409	455	452	397	437	454
Sodium (mg)	595	430	984	577	870	1,021
Total Carbohydrates (g)	20	22	22	22	23	20
Dietary Fiber (g)	2	3	3	3	2	2
Total Sugars (g)	2	2	2	3	2	2
Added Sugars (g)	0	0	0	0	0	0
Protein (g)	26	40	35	22	31	41
Vitamin D (mcg)	2	2	2	2	2	2
Calcium (mg)	74	83	94	79	93	82
Iron (mg)	3	3	5	3	23	5
Potassium (mg)	770	1,002	980	806	710	1,041
Allergens	Egg & Milk	Egg & Milk	Egg & Milk	Egg & Milk	Egg & Milk	Egg & Milk



BREAKFAST BURRITOS



	BACON	CHICKEN	CHORIZO	NO MEAT	SAUSAGE	STEAK
Quantity	1	1	1	1	1	1
Measure	<i>Serving</i>	<i>Serving</i>	<i>Serving</i>	<i>Serving</i>	<i>Serving</i>	<i>Serving</i>
Calories (kcal)	743	822	891	687	876	800
Total Fat (g)	39	41	50	35	50	39
Saturated Fat (g)	15	14	19	13	18	14
Trans Fat (g)	0	0	0	0	0	0
Cholesterol (mg)	409	455	452	397	437	454
Sodium (mg)	1,215	1,050	1,604	1,013	1,490	1,641
Total Carbohydrates (g)	66	68	68	66	69	66
Dietary Fiber (g)	4	5	5	4	4	4
Total Sugars (g)	2	2	2	2	2	2
Added Sugars (g)	0	0	0	0	0	0
Protein (g)	33	47	42	29	38	48
Vitamin D (mcg)	2	2	2	2	2	2
Calcium (mg)	144	153	164	143	163	152
Iron (mg)	6	6	8	6	26	8
Potassium (mg)	836	1,068	1,046	776	776	1,1071
Allergens	Egg, Milk & Wheat	Egg, Milk & Wheat	Egg, Milk & Wheat	Egg, Milk & Wheat	Egg, Milk & Wheat	Egg, Milk & Wheat



BOWLS



	GF & DF	GF		GF	GF	GF	GF	
	ASIAN	BUFFALO	CAPRESE	COBB	GREEK	HARVEST	MEXICAN	SPICY HONEY RANCH
Quantity	1	1	1	1	1	1	1	1
Measure	<i>Serving</i>	<i>Serving</i>	<i>Serving</i>	<i>Serving</i>	<i>Serving</i>	<i>Serving</i>	<i>Serving</i>	<i>Serving</i>
Calories (kcal)	744	648	833	871	679	948	787	796
Total Fat (g)	27	26	36	44	29	42	32	28
Saturated Fat (g)	4	8	11	12	7	8	7	14
Trans Fat (g)	0	0	0	0	0	0	0	0
Cholesterol (mg)	0	19	41	228	20	20	18	29
Sodium (mg)	1,473	1,204	1,276	1,439	1,346	1,779	1,150	1,038
Total Carbohydrates (g)	117	91	106	92	93	132	112	101
Dietary Fiber (g)	11	6	6	7	7	11	11	6
Total Sugars (g)	10	6	6	5	6	26	6	6
Added Sugars (g)	1	1	3	1	1	15	1	1
Protein (g)	13	16	24	30	14	16	19	18
Vitamin D (mcg)	0	0	0	1	0	0	0	0
Calcium (mg)	98	174	263	197	176	183	210	35
Iron (mg)	3	2	3	3	3	3	3	2
Potassium (mg)	1,014	658	560	883	609	824	890	636
Allergens		Milk	Egg, Milk & Wheat	Egg & Milk	Milk	Milk & Pecans	Milk	Milk & Wheat



BURRITOS



	ASIAN	BUFFALO	CAESAR	CAPRESE	COBB
Quantity	1	1	1	1	1
Measure	<i>Serving</i>	<i>Serving</i>	<i>Serving</i>	<i>Serving</i>	<i>Serving</i>
Calories (kcal)	714	618	466	802	840
Total Fat (g)	25	24	18	34	42
Saturated Fat (g)	5	9	5	13	14
Trans Fat (g)	0	0	0	0	0
Cholesterol (mg)	0	19	13	41	228
Sodium (mg)	1,675	1,407	1,140	1,479	1,642
Total Carbohydrates (g)	112	86	65	101	87
Dietary Fiber (g)	10	5	6	5	7
Total Sugars (g)	8	5	4	5	4
Added Sugars (g)	0	0	2	2	0
Protein (g)	15	17	14	25	32
Vitamin D (mcg)	0	0	0	0	1
Calcium (mg)	156	231	198	320	254
Iron (mg)	5	4	5	5	5
Potassium (mg)	890	534	343	436	759
Allergens	Wheat	Milk & Wheat	Egg, Milk & Wheat	Egg, Milk & Wheat	Egg, Milk & Wheat



BURRITOS



	GREEK	HARVEST	MEXICAN	SPICY HONEY RANCH	
Quantity	1	1	1	1	
Measure	<i>Serving</i>	<i>Serving</i>	<i>Serving</i>	<i>Serving</i>	
Calories (kcal)	649	918	757	476	
Total Fat (g)	27	40	30	16	
Saturated Fat (g)	8	9	8	12	
Trans Fat (g)	0	0	0	0	
Cholesterol (mg)	20	20	18	29	
Sodium (mg)	1,549	1,981	1,352	621	
Total Carbohydrates (g)	89	127	107	51	
Dietary Fiber (g)	6	11	11	3	
Total Sugars (g)	4	25	5	5	
Added Sugars (g)	0	15	0	0	
Protein (g)	15	17	20	12	
Vitamin D (mcg)	0	0	0	0	
Calcium (mg)	234	240	268	23	
Iron (mg)	5	5	5	1	
Potassium (mg)	485	700	766	446	
Allergens	Milk & Wheat	Milk, Wheat & Pecans	Milk & Wheat	Milk & Wheat	



SALADS



	GF & DF	GF			GF
	ASIAN	BUFFALO	CAESAR	CAPRESE	COBB
Quantity	1	1	1	1	1
Measure	<i>Serving</i>	<i>Serving</i>	<i>Serving</i>	<i>Serving</i>	<i>Serving</i>
Calories (kcal)	243	147	230	331	369
Total Fat (g)	9	8	9	18	26
Saturated Fat (g)	1	5	3	9	10
Trans Fat (g)	0	0	0	0	0
Cholesterol (mg)	0	19	8	41	228
Sodium (mg)	796	527	625	599	762
Total Carbohydrates (g)	38	13	29	28	14
Dietary Fiber (g)	10	5	6	5	7
Total Sugars (g)	10	6	4	7	5
Added Sugars (g)	0	0	0	2	0
Protein (g)	6	9	9	17	23
Vitamin D (mcg)	0	0	0	0	1
Calcium (mg)	134	209	180	298	232
Iron (mg)	3	2	3	3	3
Potassium (mg)	1,119	764	494	665	988
Allergens		Milk	Milk & Wheat	Wheat, Egg & Milk	Egg & Milk



SALADS



	GF	GF	GF		
	GREEK	HARVEST	MEXICAN	SPICY HONEY RANCH	
Quantity	1	1	1	1	
Measure	<i>Serving</i>	<i>Serving</i>	<i>Serving</i>	<i>Serving</i>	
Calories (kcal)	178	447	286	295	
Total Fat (g)	12	24	14	10	
Saturated Fat (g)	4	5	4	11	
Trans Fat (g)	0	0	0	0	
Cholesterol (mg)	20	20	18	29	
Sodium (mg)	669	1,101	472	361	
Total Carbohydrates (g)	15	54	33	23	
Dietary Fiber (g)	6	11	11	5	
Total Sugars (g)	6	27	7	6	
Added Sugars (g)	0	14	0	0	
Protein (g)	7	9	11	11	
Vitamin D (mcg)	0	0	0	0	
Calcium (mg)	212	218	246	71	
Iron (mg)	3	3	3	2	
Potassium (mg)	714	930	996	742	
Allergens	Milk	Milk & Pecans	Milk	Milk & Wheat	



DRESSINGS & SALSA



	GF & DF	DF & VG	GF	GF & DF	GF	GF
	ASIAN	BALSAMIC VINAIGRETTE	BLUE CHEESE	BUFFALO	CAESAR	CREAMY CILANTRO
Quantity	1	1	1	1	1	1
Measure	oz	oz	oz	oz	oz	oz
Calories (kcal)	60	123	130	8	104	116
Total Fat (g)	1	13	13	0	10	12
Saturated Fat (g)	0	1	4	0	2	3
Trans Fat (g)	0	0	0	0	0	0
Cholesterol (mg)	0	0	12	0	55	11
Sodium (mg)	697	191	232	1,012	351	167
Total Carbohydrates (g)	12	2	2	2	1	2
Dietary Fiber (g)	0	0	0	0	0	0
Total Sugars (g)	10	2	0	1	0	1
Added Sugars (g)	10	0	0	1	0	0
Protein (g)	1	0	1	0	3	0
Vitamin D (mcg)	0	0	0	0	0	0
Calcium (mg)	4	4	35	3	79	13
Iron (mg)	0	0	0	0	1	0
Potassium (mg)	76	20	29	14	32	31
Allergens	Soy & Sesame		Egg & Milk	Soy, Sesame & Fish	Eggs, Milk, Mustard, Soy & Fish	Egg & Milk



DRESSINGS & SALSA



	GF & DF	GF	GF	GF, DF & VG	GF & DF
	GREEK VINAIGRETTE	PESTO	RANCH	SALSA	SAUCE SPICY HONEY
Quantity	1	1	1	1	1
Measure	oz	oz	oz	oz	oz
Calories (kcal)	127	92	90	6	75
Total Fat (g)	14	10	9	0	1
Saturated Fat (g)	2	2	2	0	0
Trans Fat (g)	0	0	0	0	0
Cholesterol (mg)	0	2	9	0	0
Sodium (mg)	100	122	120	123	73
Total Carbohydrates (g)	2	1	2	1	19
Dietary Fiber (g)	0	0	0	0	1
Total Sugars (g)	1	0	1	1	18
Added Sugars (g)	1	0	0	0	18
Protein (g)	0	1	1	0	0
Vitamin D (mcg)	0	0	0	0	0
Calcium (mg)	4	37	25	4	2
Iron (mg)	0	0	0	0	0
Potassium (mg)	14	26	38	64	25
Allergens		Milk & Pine Nuts	Egg & Milk		



PROTEINS



	BEEF, PRIME STEAK COOKED GF	CHICKEN, BREAST COOKED GF	SHRIMP PRIME COOKED GF	FALAFEL FRITTER GF
Quantity	1	1	1	1
Measure	<i>Serving</i>	<i>Serving</i>	<i>Serving</i>	<i>Serving</i>
Calories (kcal)	151	180	126	258
Total Fat (g)	6	8	4	4
Saturated Fat (g)	2	1	1	0
Trans Fat (g)	0	0	0	0
Cholesterol (mg)	76	77	173	0
Sodium (mg)	838	49	602	707
Total Carbohydrates (g)	0	2	1	44
Dietary Fiber (g)	0	1	0	9
Total Sugars (g)	0	0	0	7
Added Sugars (g)	0	0	0	0
Protein (g)	25	24	22	14
Vitamin D (mcg)	0	0	0	0
Calcium (mg)	13	14	73	72
Iron (mg)	3	1	1	3
Potassium (mg)	441	389	304	583
Allergens			Shrimp	



DRINKS



	GF, DF & VG ANGIE'S ENERGY DRINK, 12oz	GF ANGIE'S ENERGIZED BERRIES & CREAM, 12oz	GF, DF & VG ANGIE'S LEMONADE, 12oz	GF, DF & VG COLD BREW, 12oz
Quantity	1	1	1	1
Measure	<i>Serving</i>	<i>Serving</i>	<i>Serving</i>	<i>Serving</i>
Calories (kcal)	193	289	115	0
Total Fat (g)	0	5	0	0
Saturated Fat (g)	0	3	0	0
Trans Fat (g)	0	0	0	0
Cholesterol (mg)	0	13	0	0
Sodium (mg)	10	32	10	11
Total Carbohydrates (g)	50	63	30	0
Dietary Fiber (g)	0	0	0	0
Total Sugars (g)	48	61	29	0
Added Sugars (g)	47	59	28	0
Protein (g)	0	1	0	0
Vitamin D (mcg)	0	0	0	0
Calcium (mg)	12	51	11	11
Iron (mg)	0	0	0	0
Potassium (mg)	53	93	35	8
Allergens		Milk		



WHOLE FRUIT MIXERS



	GF, DF & VG	GF, DF & VG	GF, DF & VG
	BLUEBERRY LAVENDER, 1.5oz	PEACH PASSION FRUIT, 1.5oz	PINEAPPLE, 1.5oz
Quantity	1	1	1
Measure	<i>Serving</i>	<i>Serving</i>	<i>Serving</i>
Calories (kcal)	32	46	40
Total Fat (g)	0	0	0
Saturated Fat (g)	0	0	0
Trans Fat (g)	0	0	0
Cholesterol (mg)	0	0	0
Sodium (mg)	0	2	1
Total Carbohydrates (g)	8	12	10
Dietary Fiber (g)	1	1	0
Total Sugars (g)	6	11	10
Added Sugars (g)	3	2	2
Protein (g)	0	0	0
Vitamin D (mcg)	0	0	0
Calcium (mg)	3	1	4
Iron (mg)	0	0	0
Potassium (mg)	21	51	42
Allergens			



PLEASE NOTE

GF = Gluten-Free

DF = Dairy-Free

VG = Vegan

Based on the Food and Drug Administration’s list of 9 common food allergens: dairy, eggs, fish, peanuts, shellfish, soy, tree nuts, wheat, sesame. We do not make representations about other allergens. While we make efforts to minimize the risk of cross contact, we cannot guarantee that our foods are free of any allergens. Individual foods may come into contact with one another during preparation, which is not reflected on this chart. We use eggs, milk, tree nuts, wheat, soy, sesame, and fish as ingredients in our food. Angie’s Prime cannot guarantee the absence of these allergens in our ingredients. Please reach out to info@angiesfoodconcepts.com if you have additional questions on allergens or ingredients.

GLUTEN-FRIENDLY

While our menu includes ingredients that are made without gluten, our restaurants are not gluten free. We take steps to minimize the risk of cross-contact with gluten, but cannot guarantee that these menu items are gluten free.

DAIRY-FRIENDLY

While our menu includes foods that are made without dairy, our restaurants are not dairy free. We take steps to minimize the risk of cross-contact and cannot guarantee that that these menu items are free of milk allergens.

TREE NUT ALLERGENS

Tree Nuts are used in Angie’s Prime recipes and may come in contact with your food or drink. While our restaurants take allergen requests seriously, cross contact may occur during food preparation and we cannot guarantee the absence of these allergens.

GLUTEN INTOLERANCE & CELIAC DISEASE

We serve foods that contain gluten. Please refer to our nutrition and allergen chart to see a specific list. If you are highly sensitive to gluten and would like us to change our gloves before serving you, please let us know at the start of your order. While we are happy to change our gloves, we cannot guarantee that any foods are gluten-free due to the risk of cross-contact.

DRESSING

Our dressing contains a total of 2.5 oz, our nutritional facts reflect 1 oz of dressing.
Our salsa contains a total of 1.5 oz, our nutritional facts reflect 1 oz of salsa.

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Nutrition information is based on our standard recipes and portion sizes. While care is taken to provide consistent portioning, because every item is made by hand, variations may occur.