



# NUTRITIONAL INFORMATION

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# BREAKFAST BOWLS

	GF	GF	GF	GF	GF	GF
	<b>BACON</b>	<b>CHICKEN</b>	<b>CHORIZO</b>	<b>NO MEAT</b>	<b>SAUSAGE</b>	<b>STEAK</b>
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



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



# BOWLS



	<b>GF &amp; DF</b>	<b>GF</b>		<b>GF</b>	<b>GF</b>	<b>GF</b>	<b>GF</b>	
	<b>ASIAN</b>	<b>BUFFALO</b>	<b>CAPRESE</b>	<b>COBB</b>	<b>GREEK</b>	<b>HARVEST</b>	<b>MEXICAN</b>	<b>SPICY HONEY RANCH</b>
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)	714	618	833	840	649	918	757	476
Total Fat (g)	25	24	36	42	27	40	30	16
Saturated Fat (g)	5	9	11	14	8	9	8	12
Trans Fat (g)	0	0	0	0	0	0	0	0
Cholesterol (mg)	0	19	41	228	20	20	18	29
Sodium (mg)	1,675	1,407	1,276	1,642	1,549	1,981	1,352	621
Total Carbohydrates (g)	112	86	106	87	89	127	107	51
Dietary Fiber (g)	10	5	6	7	6	11	11	3
Total Sugars (g)	8	5	6	4	4	25	5	5
Added Sugars (g)	0	0	3	0	0	15	0	0
Protein (g)	15	17	24	32	15	17	20	12
Vitamin D (mcg)	0	0	0	1	0	0	0	0
Calcium (mg)	156	231	263	254	234	240	268	23
Iron (mg)	5	4	3	5	5	5	5	1
Potassium (mg)	890	534	560	759	485	700	766	446
Allergens	Wheat	Milk & Wheat	Egg, Milk & Wheat	Egg, Milk & Wheat	Milk & Wheat	Milk, Wheat & Pecans	Milk & Wheat	Milk & Wheat



# BURRITOS



	<b>ASIAN</b>	<b>BUFFALO</b>	<b>CAESAR</b>	<b>CAPRESE</b>	<b>COBB</b>
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



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



# SALADS



	<b>GF &amp; DF</b>	<b>GF</b>			<b>GF</b>
	<b>ASIAN</b>	<b>BUFFALO</b>	<b>CAESAR</b>	<b>CAPRESE</b>	<b>COBB</b>
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



	<b>GF</b>	<b>GF</b>	<b>GF</b>		
	<b>GREEK</b>	<b>HARVEST</b>	<b>MEXICAN</b>	<b>SPICY HONEY RANCH</b>	
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



	<b>GF &amp; DF</b>	<b>DF &amp; VG</b>	<b>GF</b>	<b>GF &amp; DF</b>		<b>GF</b>
	<b>ASIAN</b>	<b>BALSAMIC VINAIGRETTE</b>	<b>BLUE CHEESE</b>	<b>BUFFALO</b>	<b>CAESAR</b>	<b>CREAMY CILANTRO</b>
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



	<b>GF &amp; DF</b>		<b>GF</b>	<b>GF, DF &amp; VG</b>	<b>GF &amp; DF</b>
	<b>GREEK VINAIGRETTE</b>	<b>PESTO</b>	<b>RANCH</b>	<b>SALSA</b>	<b>SAUCE SPICY HONEY</b>
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



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



# DRINKS



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



# WHOLE FRUIT MIXERS



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



# 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](mailto: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.