Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

**sandwiches**
- Korean BBQ sandwich $9.10 | 410 Cals
- Smashed bacon grilled cheese $9.10 | 470 Cals
- Za’atar hummus bowl $9.10 | 540 Cals

**bowl**
- Mumbai bowl $9.10 | 590 Cals
- Better caesar salad $5.99 | 540 Cals
- Chick’n tenders & fries $9.10 | 540 Cals

**smoothies**
- Beef chips $3.99 | 270 Cals
- Brussels sprout kimchi $3.99 | 80 Cals
- Root vegetable fries & beet ketchup $3.99 | 290 Cals

**sides & sweets**
- The real beet $5.99 | 360 Cals
- Green goddess $5.99 | 250 Cals
- Golden turmeric $5.99 | 370 Cals

*Note: Symbols indicate whether an item contains gluten or dairy.*