

## Fresh Impressions Nutritional Information

<b>Noodle Bowls</b>	Serving	Calories	Cal from Fat	Total fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	V/Vg	Allergens	
Bing Green	1 bowl	140		4.5	0.5	0	0	510	15	15	4	13	Vg	soy	gf
Spicy Chick	1 bowl	330	30	3.5	0.5	0	75	370	46	1	3	29		wheat, egg, soy	
Faux Pho	1 bowl	290	20	2	0	0	0	610	45	3	5	22	Vg	wheat, soy	
Buddha Noodle	1 bowl	280	40	4	0.5	0	0	590	46	5	5	14	Vg		gf

<b>Broth</b>	Serving	Calories	Cal from Fat	Total fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	V/Vg	Allergens	
Vegetable	6oz	10	0	0	0	0	0	500	2	0	less than 1g	less than 1g	Vg	soy	gf
Vegan Pho	6oz	10	0	0	0	0	0	300	0	2	1	0	Vg		gf
Chicken	6oz	20	10	1	0	0	0	100	less than 1g	0	less than 1g	less than 1g		soy	gf

<b>Noodles</b>	Serving	Calories	Cal from Fat	Total fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	V/Vg	Allergens	
Rice Noodles	5oz cooked	150	0	0	0	0	0	25	34	1	0	3	Vg		gf
Zucchini	4oz raw	20	0	0	0	0	0	0	4	1	2	1	Vg		gf
Ramen Noodles	5oz cooked	130	0	0	0	0	0	230	39	0	0	6	V	wheat, eggs	

<b>Veggies</b>	Serving	Calories	Cal from Fat	Total fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	V/Vg	Allergens	
Edamame	1oz	35	15	1.5	0	0	0	0	3	1	less than 1g	3	Vg		
Snow Peas	1oz	10	0	0	0	0	0	0	2	Less than 1g	1	1	Vg		
Carrots	.5oz	10	0	0	0	0	0	10	1	Less than 1g	1	0	Vg		
Green Bell Pepper	1oz	5	0	0	0	0	0	0	1	Less than 1g	less than 1g	0	Vg		
Red Onion	1oz	50	0	0	0	0	0	0	3	0	1	0	Vg		
Mushrooms	.75oz	10	0	0	0	0	0	0	2	Less than 1g		less than 1g	Vg		
Napa Cabbage	.75oz	10	0	0	0	0	0	0	2	0	less than 1g	less than 1g	Vg		
Bean Sprouts	.5oz	5	0	0	0	0	0	0	less than 1g	0	0	less than 1g	Vg		
Hot peppers	.5tsp	0	0	0	0	0	0	0	0	0	0	0	Vg		

<b>Protein</b>	Serving	Calories	Cal from Fat	Total fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	V/Vg	Allergens	
Seitan	2.5oz	100	15	1.5	0	0	0	270	3	less than 1g	2	18	Vg	wheat, soy	
Chicken	1.5oz	110	20	2	1	0	75	40	0	0	0	22			gf
Tofu	2oz	40	20	2	0	0	0	5	2	less than 1g	0	5	Vg	soy	gf

<b>Condiments</b>	Serving	Calories	Cal from Fat	Total fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	V/Vg	Allergens	
Green Onions	0.5oz	0	0	0	0	0	0	0	1	0	0	0	Vg		
Ginger	0.15oz	0	0	0	0	0	0	0	less than 1g	0	0	0	Vg		
Chili Oil	1tsp	40	40	5	0.5	0	0	0	0	0	0	0	Vg	sesame	
Garlic	1tsp	0	0	0	0	0	0	0	1	0	0	0	Vg		
Lime Slices	2 slices	0	0	0	0	0	0	0	1	0	0	0	Vg		
Pickled Red Onion	1/2oz	10	0	0	0	0	0	0	1	0	0	0	Vg		
Wonton Noodles	2tbsp	35	20	2	0	0	0	30	4	0	0	1	Vg	wheat	
Basil	1 sprig	0	0	0	0	0	0	0	0	0	0	0	Vg		
Cilantro	1tsp	0	0	0	0	0	0	0	0	0	0	0	Vg		

<b>Juice</b>	Serving	Calories	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	V/Vg	Allergens	
Easy Peasy	12oz	120	0	0	0	0	0	10	32	0	30	0	Vg		
Orange you Glad	12oz	170	10	1	0	0	0	0	39	less than 1g	31	3	Vg		
Beet Juice Shot	2oz	10	0	0	0	0	0	35	2	0	2	0	Vg		
Orange Juice Shot	2oz	30	0	0	0	0	0	0	6	0	5	0	Vg		
Hit Me with Your Best S	2oz	10	0	0	0	0	0	0	2	0	less than 1g	0	Vg		
Carrot Juice Shot	2oz	15	0	0	0	0	0	40	4	0	3	0	Vg		
Green Tea	12oz	110	0	0	0	0	0	0	26	0	26	0	Vg		
Tea add-on	6oz	55	0	0	0	0	0	0	13	0	13	0	Vg		