



# 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>
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
	ASIAN	BBQ RANCH	CAESAR	CAPRESE	CHICKEN PARM & SPINACH	COBB
Quantity	1	1	<i>Not Available as a Warm Bowl</i>	1	1	1
Measure	<i>Serving</i>	<i>Serving</i>		<i>Serving</i>	<i>Serving</i>	<i>Serving</i>
Calories (kcal)	744	862		833	492	871
Total Fat (g)	27	32		36	20	44
Saturated Fat (g)	4	14		11	4	12
Trans Fat (g)	0	0		0	0	0
Cholesterol (mg)	0	29		41	13	228
Sodium (mg)	1,473	1,187		1,276	942	1,439
Total Carbohydrates (g)	117	106		106	70	92
Dietary Fiber (g)	11	9		6	5	7
Total Sugars (g)	10	4		6	6	5
Added Sugars (g)	1	1		3	3	1
Protein (g)	13	20		24	12	30
Vitamin D (mcg)	0	0		0	0	1
Calcium (mg)	98	39		263	148	197
Iron (mg)	3	3		3	3	3
Potassium (mg)	1,014	682		560	549	883
Allergens		Wheat & Milk		Egg, Milk & Wheat	Egg, Milk & Wheat	Egg & Milk



# BOWLS



	GF	GF	GF		
	<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)	679	948	787	796	
Total Fat (g)	29	42	32	28	
Saturated Fat (g)	7	8	7	14	
Trans Fat (g)	0	0	0	0	
Cholesterol (mg)	20	20	18	29	
Sodium (mg)	1,346	1,779	1,150	1,038	
Total Carbohydrates (g)	93	132	112	101	
Dietary Fiber (g)	7	11	11	6	
Total Sugars (g)	6	26	6	6	
Added Sugars (g)	1	15	1	1	
Protein (g)	14	16	19	18	
Vitamin D (mcg)	0	0	0	0	
Calcium (mg)	176	183	210	35	
Iron (mg)	3	3	3	2	
Potassium (mg)	609	824	890	636	
Allergens	Milk	Milk & Pecans	Milk	Milk & Wheat	



# BURRITOS



	DF						
		<b>ASIAN</b>	<b>BBQ RANCH</b>	<b>CAESAR</b>	<b>CAPRESE</b>	<b>CHICKEN PARM &amp; SPINACH</b>	<b>COBB</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)		714	831	466	802	526	840
Total Fat (g)		25	30	18	34	20	42
Saturated Fat (g)		5	16	5	13	5	14
Trans Fat (g)		0	0	0	0	0	0
Cholesterol (mg)		0	29	13	41	13	228
Sodium (mg)		1,675	1,389	1,140	1,479	1,228	1,642
Total Carbohydrates (g)		112	102	65	101	75	87
Dietary Fiber (g)		10	9	6	5	5	7
Total Sugars (g)		8	3	4	5	5	4
Added Sugars (g)		0	0	2	2	2	0
Protein (g)		15	21	14	25	15	32
Vitamin D (mcg)		0	0	0	0	0	1
Calcium (mg)		156	97	198	320	208	254
Iron (mg)		5	5	5	5	5	5
Potassium (mg)		890	558	343	436	463	759
Allergens		Wheat	Milk & Wheat	Egg, 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>SNACKADILLA</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)	649	918	757	766	248	
Total Fat (g)	27	40	30	25	14	
Saturated Fat (g)	8	9	8	15	9	
Trans Fat (g)	0	0	0	0	0	
Cholesterol (mg)	20	20	18	29	38	
Sodium (mg)	1,549	1,981	1,352	1,241	518	
Total Carbohydrates (g)	89	127	107	97	18	
Dietary Fiber (g)	6	11	11	5	1	
Total Sugars (g)	4	25	5	5	0	
Added Sugars (g)	0	15	0	0	0	
Protein (g)	15	17	20	19	12	
Vitamin D (mcg)	0	0	0	0	0	
Calcium (mg)	234	240	268	93	21	
Iron (mg)	5	5	5	4	1	
Potassium (mg)	485	700	766	512	29	
Allergens	Milk & Wheat	Milk, Wheat & Pecans	Milk & Wheat	Milk & Wheat	Egg, Milk & Wheat	



# SALADS



	GF & DF					GF
	ASIAN	BBQ RANCH	CAESAR	CAPRESE	CHICKEN PARM & SPINACH	COBB
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)	243	360	230	331	197	369
Total Fat (g)	9	14	9	18	9	26
Saturated Fat (g)	1	12	3	9	2	10
Trans Fat (g)	0	0	0	0	0	0
Cholesterol (mg)	0	29	8	41	13	228
Sodium (mg)	796	509	625	599	545	762
Total Carbohydrates (g)	38	28	29	28	24	14
Dietary Fiber (g)	10	9	6	5	4	7
Total Sugars (g)	10	4	4	7	6	5
Added Sugars (g)	0	0	0	2	2	0
Protein (g)	6	13	9	17	8	23
Vitamin D (mcg)	0	0	0	0	0	1
Calcium (mg)	134	75	180	298	164	232
Iron (mg)	3	3	3	3	3	3
Potassium (mg)	1,119	787	494	665	576	988
Allergens		Wheat & Milk	Milk & Wheat	Wheat, Egg & Milk	Wheat, Egg & Milk	Egg & Milk



# SALADS



	GF	GF	GF		
	<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



	GF & DF	DF & VG	GF & DF	GF	GF	GF
	ASIAN	BALSAMIC VINAIGRETTE	BBQ	BLUE CHEESE	CAESAR	CREAMY CILANTRO
Quantity	1	1	1	1	1	1
Measure	oz	oz	oz	oz	oz	oz
Calories (kcal)	60	123	39	130	104	116
Total Fat (g)	1	13	1	13	10	12
Saturated Fat (g)	0	1	0	4	2	3
Trans Fat (g)	0	0	0	0	0	0
Cholesterol (mg)	0	0	1	12	55	11
Sodium (mg)	697	191	171	232	351	167
Total Carbohydrates (g)	12	2	10	2	1	2
Dietary Fiber (g)	0	0	0	0	0	0
Total Sugars (g)	10	2	9	0	0	1
Added Sugars (g)	10	0	6	0	0	0
Protein (g)	1	0	0	1	3	0
Vitamin D (mcg)	0	0	0	0	0	0
Calcium (mg)	4	4	19	35	79	13
Iron (mg)	0	0	1	0	1	0
Potassium (mg)	76	20	157	29	32	31
Allergens	Soy & Sesame		Mustard, Soy & Fish	Egg & Milk	Eggs, Milk, Mustard, Soy & Fish	Egg & Milk



# DRESSINGS & SALSA



		DF & VG	GF	GF	GF, DF & VG	GF & DF
	<b>GRAVY</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	1
Measure	oz	oz	oz	oz	oz	oz
Calories (kcal)	27	127	92	90	6	75
Total Fat (g)	2	14	10	9	0	1
Saturated Fat (g)	1	2	2	2	0	0
Trans Fat (g)	0	0	0	0	0	0
Cholesterol (mg)	0	0	2	9	0	0
Sodium (mg)	179	100	122	120	123	73
Total Carbohydrates (g)	2	2	1	2	1	19
Dietary Fiber (g)	0	0	0	0	0	1
Total Sugars (g)	1	1	0	1	1	18
Added Sugars (g)	1	1	0	0	0	18
Protein (g)	0	0	1	1	0	0
Vitamin D (mcg)	0	0	0	0	0	0
Calcium (mg)	1	4	37	25	4	2
Iron (mg)	0	0	0	0	0	0
Potassium (mg)	5	14	26	38	64	25
Allergens	Soy, Wheat & Milk		Milk & Pine Nuts	Egg & Milk		



# PROTEINS



	GF & DF	GF & DF	GF, DF & VG	GF & DF
	<b>BEEF, PRIME STEAK COOKED</b>	<b>GRILLED CHICKEN, BREAST COOKED</b>	<b>FALAFEL FRITTER</b>	<b>SHRIMP PRIME COOKED</b>
Quantity	1	1	1	1
Measure	<i>Serving</i>	<i>Serving</i>	<i>Serving</i>	<i>Serving</i>
Calories (kcal)	185	213	283	162
Total Fat (g)	10	13	9	9
Saturated Fat (g)	2	2	1	1
Trans Fat (g)	0	0	0	0
Cholesterol (mg)	73	74	0	165
Sodium (mg)	802	47	668	577
Total Carbohydrates (g)	0	2	41	1
Dietary Fiber (g)	0	1	8	0
Total Sugars (g)	0	0	6	0
Added Sugars (g)	0	0	0	0
Protein (g)	24	23	13	21
Vitamin D (mcg)	0	0	0	0
Calcium (mg)	12	13	68	70
Iron (mg)	3	1	3	1
Potassium (mg)	422	372	550	292
Allergens				<b>Shrimp</b>



# PROTEINS



	GF & DF	GF & DF	GF, DF & VG	GF & DF
	<b>BEEF, PRIME STEAK COOKED</b>	<b>GRILLED CHICKEN, BREAST COOKED</b>	<b>FALAFEL FRITTER</b>	<b>SHRIMP PRIME COOKED</b>
Quantity	1	1	1	1
Measure	<i>Serving</i>	<i>Serving</i>	<i>Serving</i>	<i>Serving</i>
Calories (kcal)	298	323	526	239
Total Fat (g)	11	12	10	7
Saturated Fat (g)	3	2	0	1
Trans Fat (g)	0	0	0	0
Cholesterol (mg)	152	156	0	348
Sodium (mg)	1,679	1,274	1,397	1,214
Total Carbohydrates (g)	0	2	86	2
Dietary Fiber (g)	0	1	18	1
Total Sugars (g)	0	0	13	0
Added Sugars (g)	0	0	0	0
Protein (g)	51	49	28	44
Vitamin D (mcg)	0	0	0	0
Calcium (mg)	26	19	143	146
Iron (mg)	5	1	6	1
Potassium (mg)	883	753	1,152	613
Allergens				<b>Shrimp</b>



# PROTEINS



	GF & DF <b>SNACK - BEEF, PRIME STEAK COOKED</b>	GF & DF <b>SNACK - GRILLED CHICKEN, BREAST COOKED</b>	GF & DF <b>BREADED CHICKEN, FRIED TENDER</b>	<b>BEEF, Prime Meatloaf 8oz</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>	93	83	121	357
<b>Total Fat (g)</b>	5	4	4	16
<b>Saturated Fat (g)</b>	1	1	1	6
<b>Trans Fat (g)</b>	0	0	1	0
<b>Cholesterol (mg)</b>	36	36	31	189
<b>Sodium (mg)</b>	401	23	432	1,406
<b>Total Carbohydrates (g)</b>	0	1	10	10
<b>Dietary Fiber (g)</b>	0	0	1	1
<b>Total Sugars (g)</b>	0	0	1	2
<b>Added Sugars (g)</b>	0	0	0	0
<b>Protein (g)</b>	12	11	10	43
<b>Vitamin D (mcg)</b>	0	0	0	0
<b>Calcium (mg)</b>	6	6	11	58
<b>Iron (mg)</b>	1	0	0	4
<b>Potassium (mg)</b>	211	180	164	704
<b>Allergens</b>			Egg, Milk & Wheat	Egg, Wheat, Soy & Fish



	<b>CRUNCH#!@\$ SUPREME</b>	<b>CRUNCH#!@\$ SUPREME CHORIZO</b>	<b>CRUNCH#!@\$ SUPREME BREAKFAST</b>	<b>BURRITO, BIG CALI BREAKFAST</b>
Quantity	1	1	1	1
Measure	<i>Serving</i>	<i>Serving</i>	<i>Serving</i>	<i>Serving</i>
Calories (kcal)	566	780	589	952
Total Fat (g)	31	48	29	45
Saturated Fat (g)	12	18	12	15
Trans Fat (g)	0	1	0	0
Cholesterol (mg)	36	93	398	584
Sodium (mg)	1,128	1,748	1,109	1,227
Total Carbohydrates (g)	58	60	56	102
Dietary Fiber (g)	5	6	3	9
Total Sugars (g)	2	2	2	3
Added Sugars (g)	0	0	0	0
Protein (g)	15	29	27	37
Vitamin D (mcg)	0	0	2	3
Calcium (mg)	112	134	144	185
Iron (mg)	4	6	5	7
Potassium (mg)	258	541	319	1,362
Allergens	Milk & Wheat	Milk & Wheat	Eggs, Milk & Wheat	Eggs, Milk & Wheat



# DRINKS



	GF, DF & VG	GF	GF, DF & VG	GF, DF & VG
	ANGIE'S ENERGY DRINK, 12oz	ANGIE'S ENERGIZED BERRIES & CREAM, 12oz	ANGIE'S LEMONADE, 12oz	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 <b>BLUEBERRY LAVENDER,</b> Purée, 1.5oz	GF, DF & VG <b>PEACH PASSION FRUIT,</b> Purée, 1.5oz	GF, DF & VG <b>PINEAPPLE,</b> Purée, 1.5oz	GF, DF & VG <b>CUCUMBER MINT,</b> Purée, 1.5oz
Quantity	1	1	1	1
Measure	<i>Serving</i>	<i>Serving</i>	<i>Serving</i>	<i>Serving</i>
Calories (kcal)	32	46	40	8
Total Fat (g)	0	0	0	0
Saturated Fat (g)	0	0	0	0
Trans Fat (g)	0	0	0	0
Cholesterol (mg)	0	0	0	0
Sodium (mg)	0	2	1	1
Total Carbohydrates (g)	8	12	10	2
Dietary Fiber (g)	1	1	0	0
Total Sugars (g)	6	11	10	1
Added Sugars (g)	3	2	2	1
Protein (g)	0	0	0	0
Vitamin D (mcg)	0	0	0	0
Calcium (mg)	3	1	4	12
Iron (mg)	0	0	0	1
Potassium (mg)	21	51	42	61
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](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.