

REVEL KITCHEN NUTRITION SHEET

		Serving Size (oz)	Calories	Total Fat (g)	Sodium (mg)	Carbs (g)	Sugar (g)	Protein (g)	Gluten Free	Paleo	Keto	Whole Thirty	Vegan	Vegetarian
Build-a-Bowl														
Small = 1 serving of base,veggie, protein, and 2 oz sauce														
Large = 2 servings of base,veggies,protein, and 2 oz sauce														
Bases	Brown Rice: <i>brown rice, sunflower oil, garlic, salt</i>	4	125	1	20	25	0	2	✓				✓	✓
	Cauliflower Rice: <i>cauliflower, sunflower oil, salt, pepper</i>	4	16	0	20	3	0.5	1	✓	✓	✓	✓	✓	✓
	Organic Quinoa: <i>quinoa, sunflower oil, salt, pepper</i>	4	160	3	20	28	0	6	✓				✓	✓
	White Rice: <i>organic basmati, sunflower oil, garlic, salt</i>	4	130	2	20	24	0	2	✓				✓	✓
	Cuban Black Beans: <i>black beans, lime juice, scallions, garlic, apple cider vinegar, syrup, sorghum, cilantro, kosher salt, lime zest, cumin, black pepper</i>	4	130	0	350	25	2	8	✓				✓	✓
	Scrambled Eggs: <i>eggs, sunflower oil, salt, pepper</i>	1 egg	75	5	161	1	0	6	✓	✓	✓	✓		✓
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Veggies	Sautéed Collard Greens: <i>collard greens, olive oil, salt, pepper</i>	4	15	1	3	1	0	1	✓	✓	✓	✓	✓	✓
	Roasted Zucchini: <i>zucchini, sunflower oil, salt, pepper</i>	4	18	1	25	3	1	1	✓	✓	✓	✓	✓	✓
	Steamed Broccoli: <i>broccoli, olive oil, salt, pepper</i>	4	20	0	15	3	1	1	✓	✓	✓	✓	✓	✓
	Garlic Mushrooms: <i>white mushrooms, garlic, sunflower oil, salt, pepper</i>	4	65	4	50	7	4	3	✓	✓	✓	✓	✓	✓
	Lemon Herb Carrots: <i>carrots, parsley, mint, cilantro, green onion, sunflower oil, lemon juice, black pepper, salt</i>	4	98	3	30	7	2	2	✓	✓		✓	✓	✓
	Harissa Sweet Potatoes: <i>sweet potatoes, sunflower oil, paprika, cumin, coriander, ginger, garlic, allspice, cinnamon</i>	4	120	5	141	18	6	2	✓	✓		✓	✓	✓
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Proteins	MOJO Chicken: <i>chicken thigh, salt, orange, lemon, garlic, onion, oregano, sunflower oil</i>	2.5	140	4	65	0	0	24	✓	✓	✓	✓		
	Pulled Pork: <i>pork shoulder, salt, coffee, garlic, paprika, chilli powder</i>	2.5	210	13	85	0	0	20	✓	✓	✓	✓		
	Tofu: <i>soybeans, sunflower oil, salt, paprika, cumin, coriander, ginger, garlic, allspice, cinnamon</i>	2.5	100	5	5	9	0	10	✓				✓	✓
	Hungry Planet Chorizo: <i>water, soy protein concentrate, natural flavors (includes onion and garlic), vinegar, high oleic sunflower oil, soy protein isolate, modified vegetable gum, beet powder (color), caramel color</i>	2.5	92	2.5	342	6.42	0	12					✓	✓
	Braised Grass Fed Beef: <i>beef chuck, tomato, garlic, lime, cilantro, cumin, pineapple, salt, chipotle pepper</i>	2.5	210	13	170	0	0	22	✓	✓	✓	✓		
	Wild Caught Salmon: <i>salmon, salt, bay leaf, juniper, clove, mustard seed, coriander, allspice</i>	2.5	80	3.5	47	0	0	11	✓	✓	✓	✓		
	Chicken Breast - <i>chicken breast, sunflower oil, salt, pepper</i>	2.5	130	3	52	0	0	25	✓	✓	✓	✓		
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Sauces	Carolina BBQ: <i>yellow mustard, tomato, liquid smoke, celery seed, apple cider vinegar, salt, sugar in raw, coffee, garlic, paprika, chilli powder</i>	2	40	1	410	6	3	1	✓	✓			✓	✓
	Peanut Miso: <i>peanuts, rice wine vinegar, lime, sunflower oil, coconut aminos, sorghum molasses, garlic, ginger, cilantro, miso (soy beans), salt, pepper, red pepper flake</i>	2	190	13	410	16	12	3	✓				✓	✓
	Mesquite Tahini: <i>tahini (sesame seed), lemon juice, coconut aminos, liquid smoke, maple syrup, salt</i>	2	170	13	230	10	3	4	✓	✓			✓	✓

	Creamy Honey Dijon: <i>greek yogurt, whole grain dijon mustard, apple cider vinegar, olive, salt, pepper, honey</i>	2	80	3.5	320	9	9	4	✓						✓
	Aioli: <i>egg, sunflower oil, garlic, salt, pepper, white wine vinegar</i>	2	370	42	140	0	0	1	✓	✓	✓	✓			✓
	Cilantro Lime: <i>sunflower oil, lime, garlic, cilantro, agave, scallions, salt, pepper, chipotle pepper</i>	2	250	22	371	15	13	1	✓	✓			✓		✓
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Extras	Avocado: <i>avocado, salt, pepper, lime, garlic</i>	2	90	8	10	5	0	1	✓	✓	✓	✓	✓		✓
	Soft-Boiled Egg	1 each	75	5	161	1	0	6	✓	✓	✓	✓			✓
	Goat Cheese	1	76	6	104	0	0	5	✓		✓				✓
	Bacon	2.5/ 2 pieces	520	52	880	0	0	7	✓	✓	✓	✓			
	Pickled Onions <i>red onion, lime juice, salt, pepper</i>	2	10	0	113	2	0		✓	✓	✓	✓		✓	✓
	Fresh Herbs <i>parsley, cilantro, green onions, mint</i>	2	3	0	0	0	0	0	✓	✓	✓	✓		✓	✓
	Salad or Wrap	Serving Size	Calories	Total Fat (g)	Sodium (mg)	Carbs (g)	Sugar (g)	Protein (g)	Gluten Free	Paleo	Keto	Whole Thirty	Vegan	Vegetarian	
Salad/Wrap	Whole Wheat Wrap- <i>Whole Wheat Flour, Water, Canola Oil, Contains 2% or less of the following: Mono- and Diglycerides, Calcium Acid Pyrophosphate, Salt, Sugar, Potassium Bicarbonate, Wheat Gluten, Potassium Sorbate and Calcium Propionate (Preservatives), Fumaric Acid, Mono calcium Phosphate, Guar Gum, Rice Flour, Wheat Starch, Soy Fiber, Soy Protein, Soy Lecithin, Xanthan Gum.</i>	1 wrap	310	8	810	51	2	7						✓	✓
	Gluten Free Rice Paper Wrap- <i>tapioca starch, rice starch, salt</i>	1 wrap	56	0	0	12	0	1	✓					✓	✓
	Don't Kale it a Comeback: <i>kale, lemon juice, aioli, romano cheese, red pepper flake, corn meal, chicken breast,</i>	1 salad	584	43	400	12	2	38	✓	✓	✓*	✓*		✓*	✓*
	Righteous Roots: <i>kale, organic greens, beets, sweet potatoes, carrots, goat cheese, sunflower seeds, mesquite tahini sauce</i>	1 salad	584	39	476	33	13	23	✓	✓			✓*	✓*	✓
	West Coast BLT: <i>mixed greens, kale, tomatoes, cucumber, avocado, bacon, salmon, creamy honey dijon dressing</i>	1 salad	396	19	628	23	12	32	✓	✓*	✓*		✓*	✓*	✓*
	Miso Sesame <i>mixed greens, red cabbage, cucumber, edamame, cilantro, scallions, black sesame seeds, carrot, miso peanut sauce, chicken breast</i>	1 salad	520	25	623	26	6	38	✓	✓*			✓*	✓*	✓*
Grain-Go: <i>mixed greens, red cabbage, quinoa, cotija cheese, corn kernels, scallions, cilantro, jalapeno, red onion, cilantro lime sauce</i>	1 salad	637	33	645	52	19	39	✓					✓*	✓*	
*Note: Sub a different protein or ask for no cheese/other sauces to fit your diet ✓															
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	Cauli-tots (S) <i>cauliflower, egg, corn meal, cheddar cheese, yellow mustard, garlic, parsley, salt, onion, pepper</i>	3	130	8.5	300	16	2	10	✓						✓
	Cauli-tots (L)	6	260	17	600	32	4	20	✓						✓
	Brussel Bites (S): <i>brussel sprouts, sunflower oil, coriander seeds, turmeric, chili, cloves, black pepper, garlic, fenugreek seed, cumin seed, salt, nutmeg, mace, ginger, fennel seed, mustard seed, cinnamon</i>	3	60	3	150	7	2	2.5	✓	✓	✓	✓		✓	✓
	Brussel Bites (L)	6	120	6	300	14	4	5	✓	✓	✓	✓		✓	✓
	Moroccan Sweet Potatoes (S)* <i>sweet potatoes, goat cheese, scallions, cilantro, sunflower oil, paprika, cumin, coriander, ginger, garlic, allspice, cinnamon</i>	3	150	8	235	13	7	2.5	✓	✓*			✓*	✓*	✓
	Moroccan Sweet Potatoes (L)*	6	291	16	470	26	14	5	✓	✓*			✓*	✓*	✓

Savory Sides	Avocado Toast (S) <i>avocado, salt, pepper, lime, garlic, Organic whole wheat (organic whole wheat flour, organic cracked whole wheat), water, 21 Whole Grains and Seeds mix (organic whole flax seeds, organic sunflower seeds, organic ground whole flax seeds, organic un-hulled brown sesame seeds, organic triticale, organic pumpkin seeds, organic rolled barley, organic rolled oats, organic rolled rye, organic un-hulled black sesame seeds, organic millet, organic rolled spelt, organic blue cornmeal, organic brown rice flour, organic yellow cornmeal, organic amaranth flour, organic rolled KAMUT® Khorasan wheat, organic quinoa, organic buckwheat flour, organic sorghum flour, organic poppy seeds), organic dried cane syrup (sugar), organic wheat gluten, organic oat fiber, organic molasses, sea salt, organic cultured whole wheat, yeast, organic vinegar.</i>	1 slice	209	14	210	25	5	6					✓	✓
	Avocado Toast (L)	2 slices	418	28	420	50	10	12					✓	✓
	Soft Boiled Eggs	2 eggs	149	11	70	1	0	12	✓	✓	✓	✓		✓ for some
	Buffalo Chicken Salad: <i>chicken, aioli, carrots, hot sauce</i>	5 oz	210	13	590	0	0	23	✓	✓	✓	✓		

*Note: ask for no cheese on Sweet Potatoes to make them Paleo, Whole30, & Vegan friendly ✓

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Sweet Sides	GF Pancakes: <i>sweet white rice flour, whole grain brown rice flour, potato starch, whole grain sweet white sorghum flour, tapioca flour, xanthan gum, sorghum molasses, baking soda, baking powder, salt, egg, milk, cinnamon, vanilla, greek yogurt, vanilla extract, sunflower oil</i>	5	290	11	330	39	9	11	✓					✓
	Acai Bowl (S): <i>Acai organic acai puree, organic cane syrup, organic tapioca syrup, organic locust bean gum, organic guar gum, organic sunflower lecithin, granola (Organic gluten-free rolled oats, organic tapioca syrup, organic extra virgin olive oil, organic pumpkin seeds, organic almonds, organic quinoa, organic date sugar, organic sesame seeds, Askinosie natural cocoa powder, organic puffed brown rice, espresso ground coffee beans, water, sea salt, vanilla extract.) seasonal fresh fruit</i>	4	124	4	30	20	13	2	✓				✓	✓
	Acai Bowl (L)	8	270	9	65	44	29	4	✓				✓	✓
	Paleo Cookie: <i>almond flour, raw cocoa nibs, honey, baking soda, coconut oil, vanilla, salt</i>	1 each	197	14	266	15	10	5	✓	✓				✓
	Black Bean Brownie: <i>black beans, cocoa powder, rolled oats, salt, agave, sugar in raw, coconut oil, vanilla, baking powder, dark chocolate chips</i>	3	321	15	400	40	9	10	✓				✓	✓
	Banana Bread Muffins: <i>banana, egg, vanilla, oat flour, peanuts, greek yogurt, sugar in raw, cinnamon, baking soda</i>	3 (1 muffin)	206	7	110	26	13	7	✓					✓
	PB&J: <i>pitted dates, peanuts sorghum, pea protein, dried strawberries</i>	1 ball	120	4	55	16	15	4	✓				✓	✓

*Note: Ask for no granola to make these Paleo ✓

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Smoothies	Berry Bright : <i>almond milk, banana, greek yogurt, strawberry, blueberry</i>	16	230	3.5	190	42	24	8	✓	✓*		✓*	✓*	✓
	Stranana: <i>almond milk, banana, greek yogurt, strawberry</i>	16	230	3.5	190	41	25	8	✓	✓*		✓*	✓*	✓
	Blue Popeye: <i>almond milk, banana, greek yogurt, blueberry, kale</i>	16	250	3.5	210	49	30	10	✓	✓*		✓*	✓*	✓
	Mango Matcha : <i>almond milk, banana, greek yogurt, mango, matcha powder</i>	16	255	4	270	48	35	10	✓	✓*		✓*	✓*	✓
	Rise & Grind: <i>almond milk, banana, greek yogurt, cold brew coffee, cacao powder,</i>	16	261	4	148	55	28	9	✓	✓*		✓*	✓*	✓
	PB&J: <i>almond milk, banana, greek yogurt, peanuts, blueberry</i>	16	354	18	265	36	22	16	✓				✓*	✓
	Pineapple Express: <i>almond milk, banana, greek yogurt, pineapple</i>	16	247	3.5	221	45	29	8	✓	✓*		✓*	✓*	✓
	Buff Elvis: <i>almond milk, banana, greek yogurt, peanuts, whey protein isolate</i>	16	475	20	300	47	25	32	✓				✓*	✓
	Kale Colada: <i>coconut milk, greek yogurt, banana, pineapple, kale</i>	16	211	5	86	33	23	9	✓	✓*		✓*	✓*	✓

*Note: ask for no yogurt to make smoothies Vegan, Whole30, and Paleo friendly ✓

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Juices	Kale Yeah: <i>kale, cucumber, green apple, parsley, lemon, collard greens,</i>	8	90	0	18	25	14	4	✓	✓		✓	✓	✓
	Hang 10: <i>watermelon, pineapple, lime, ginger</i>	8	120	0	0	32	24	2	✓	✓		✓	✓	✓
	Mango Agave Limeaide: <i>lime, mango, agave, water</i>	8	180	0	0	47	44	0	✓	✓			✓	
	Black Magic: <i>lemon, activated charcoal, himalayan salt, maple, water</i>	8	120	0	580	35	24	1	✓	✓			✓	✓
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	Cold Brew: <i>coffee, water</i>	16	5	0	10	0	0	0	✓	✓	✓	✓	✓	✓
	Iced Tea: <i>seasonal tea & water</i>	16	0	0	15	0	0	0	✓	✓	✓	✓	✓	✓