

Plenty Goods' Menu Items & Nutrition

May 2024

Salad	Version	Calories	Calories From Fat	Fat	Saturated Fat	Sodium	Carbohydrates	Fiber	Sugar	Protein
Best Ever Caesar Salad	Chicken	300	90	10	3	467	25	8	4	31
	Chickpeas	299	115	13	3	586	37	12	4	13
	Creamy Porcini	71	45	5	1	314	5	1	1	3
Buffalo Salad	Chicken	384	123	14	4	826	35	7	10	31
	Cauliflower	276	103	11	4	807	39	9	12	7
	Vegan Ranch	116	78	9	2	466	8	1	2	4
Chopped Kale Taco Salad	Chicken	461	162	18	3	386	48	12	10	33
	Black Beans	370	99	11	2	845	61	17	10	14
	Habanero Ranch	119	81	9	2	215	8	1	2	4
Ramp Pesto + Asparagus Salad	Herbed Chicken	425	184	20	2	126	31	18	4	40
	Herbed Lentils	466	172	19	2	80	58	31	4	27
	Ramp Pesto Dressing	129	106	12	1	191	4	1	2	3
Sesame Ginger Soba Bowl	Ground Ginger	556	155	17	3	470	62	9	8	42
	Crispy Tofu	524	182	20	3	286	66	10	8	26
	Ginger Lime Dressing	204	178	20	3	1440	7	1	4	3
Shaved Asparagus + Golden Beet Salad	Herbed Chicken	320	113	13	2	245	20	8	8	37
	Herbed Tofu	321	169	19	3	216	23	9	8	21
	Champagne Vinaigrette	218	212	24	3	270	4	0	2	0
Shawarma Salad	Chicken	500	218	24	10	1321	45	4	3	25
	Cauliflower	405	177	20	9	1417	52	7	6	7
	Lemon Tahini Dressing	203	182	20	3	491	5	2	1	3
Sitcom Salad	Lemon Chicken	701	238	26	11	624	70	10	4	44
	Crispy Tofu	701	293	33	12	595	73	11	4	28
	Lemon Olive Oil	206	211	23	3	265	2	0	1	0
Thai Quinoa Salad	Chicken	579	140	16	3	1322	71	14	18	44
	Steak	636	198	22	5	1337	71	14	18	43
	Tofu	537	194	22	3	255	66	14	13	26
	Sriracha Ginger	93	75	8	1	750	4	0	3	1
Turmeric Tahini Buddha Bowl	Chicken	622	212	24	3	855	72	19	18	42
	Chickpeas	536	181	20	2	1292	78	23	15	22
	Turmeric Tahini	91	75	8	1	185	4	1	1	2