

Nutritional information is based on 1 serving of each item.												
Items Name	# of Servings	Calories per serving (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Bowls & Plates												
Huberman's Organic Turkey Chili	1	640	30	9	0	95	1850	65	10	22	3	32
Spring Salmon Bowl	1	880	59	9	0	65	1420	59	11	7	0	34
The goop Teriyaki Bowl	1	720	34	5	0	104	1850	76	12	25	18	34
Miso Salmon Bento Box	1	590	34	6	0	231	1610	43	5	14	8	28
G-Potle Taco Crunch Bowl	1	810	60	14	0	115	2030	39	12	8	2	34
Mediterranean Hummus Bowl	1	740	47	8	0	94	2250	47	10	9	0	38
Salads												
Brentwood Chinese Chicken Salad	1	540	35	6	0	62	890	32	10	11	4	26
Everyday Kale And Brussels Salad	1	730	60	16	0	54	830	35	12	18	12	19
Harvest Chopped Salad	1	910	71	15	0	43	940	56	10	40	9	19
GP's Classic-ish Cobb Salad	1	790	72	14	0	212	1130	25	10	13	5	18
Spring Crunch Salad	1	380	25	7	0	29	640	25	8	10	2	14
The Greenest Green Salad	1	670	55	7	0	0	720	38	17	9	0	13
Little Gem Caesar Salad	1	480	37	9	0	25	1200	23	5	3	0	17
The goop Father Italian Chopped Salad	1	760	67	13	0	39	1930	29	7	5	5	12
The BEST Arugula Salad	1	470	44	8	0	14	780	12	3	5	0	11
Thai Crispy Rice Crunch Salad	1	780	45	6	0	62	1380	70	8	16	6	28
Handhelds												
Chicken Caesar Wrap	1	940	69	21	0	84	1820	51	7	3	0	33
Teriyaki Salmon Hand Rolls	1	700	38	6	0	42	1970	70	4	19	18	21
NYC Chicken Salad Wrap	1	910	66	17	0	55	1520	61	8	16	2	22
Summer Salad Rolls	1	660	45	6	0	0	1050	60	6	18	12	11
Curry Chicken Salad Summer Rolls	1	440	21	3	0	100	1050	27	3	14	1	34
The Montecito Turkey Wrap	1	940	65	23	0	102	1080	53	6	11	9	39
Falaf-OH Hummus Wrap	1	920	71	17	0	0.2	1620	68	9	12	3	9
Soups And Side Salads												
Organic Turmeric Spiced Bone Broth	1	360	27	8	0	132	1070	2	1	1	0	25
Japanese Sweet Potato Soup	1	470	28	3	0	0	830	53	8	23	8	4
Chicken & Veggie Soup for the Soul	1	220	12	2	0	86	830	5	2	2	0	23
Chef Kim's Magic Mineral Broth	1	100	0.2	0	0	0	1010	20	5	7	0	4
Greener On The Other Side Soup	1	120	6	1	0	0	1060	14	4	4	0	3
Soup & Side Salad	1	510 - 1070										
Spring Crunch Salad - Side	1	180	9	3	0	15	130	15	6	5	2	9
The BEST Arugula Salad - Side	1	410	41	7	0	7	680	8	2	3	0	7
Little Gem Caesar Salad - Side	1	430	34	7	0	15	1080	21	4	3	0	13
Everyday Kale And Brussels Salad - Side	1	600	50	12	0	32	700	30	9	17	11	12
Pizza & Pasta												
Mosey's BBQ Chicken Pizza	3	720	38	14	0	78	1640	72	4	11	8	25
Cheese & Thank You	3	600	35	11	0	45	1300	62	3	4	2	15
Shroom Shroom	3	760	47	15	0	62	1470	69	4	6	2	20
Pepperoni Potts	3	670	40	13	0	64	1560	63	3	3	2	18
The Hot Bianca	3	830	47	19	0	109	1830	70	5	8	4	32
Queen Margherita	3	520	29	8	0	24	1020	62	3	3	2	8
The Goopfellas Pizza	3	860	52	20	0	126	2060	68	4	8	2	29
Pepperonini	3	630	36	10	0	51	1590	62	3	4	2	17
Turkey Meatballs	2	260	14	4	0	91	830	15	3	5	0	21
GP's Turkey Bolognese	2	400	19	3	0	2	680	54	5	7	0	9
Pesto Pasta	2	550	41	5	0	0	550	43	3	1	0	7
Penne, No Vodka	2	660	46	20	0	105	740	54	4	13	0	12
Fusilli al Pomodoro	2	400	19	3	0	2	680	54	5	7	0	9
Chicken & Mains												
goop For YOU	1	530 - 1560										
goop For TWO	2	640 - 2070 /Serving										
goop For ALL	3 to 5	570 - 2920 /Serving										
Whole Organic Rotisserie Chicken	4	370	19	5	0	133	720	1	0	0	0	44
Half Organic Rotisserie Chicken	2	370	19	5	0	133	720	1	1	0	0	44
Quarter Rotisserie Chicken - Dark Meat	1	310	20	5	0	101	700	1	1	0	0	29
Quarter Rotisserie Chicken - White Meat	1	420	18	5	0	166	750	1	1	0	0	59
Hot Smoked Salmon	3	310	23	4	0	55	850	5	0	3	3	21
Whole Roasted Cauliflower w/ Arbol Sauce	4	230	20	3	0	0	900	15	5	5	0	5
Half Roasted Cauliflower	2	180	14	2	0	0	770	14	5	4	0	4
Sides												
Garlic Roasted Japanese Sweet Potatoes	2	340	6	1	0	0	420	68	5	20	0	3
Smashed Fingerling Potatoes	2	360	24	3	0	0	370	34	4	2	0	4
GP's Soccata	2	330	17	4	0	10	800	33	7	6	0	13
Simple Garlic Broccoli	2	100	6	1	0	0	270	10	3	2	0	4
Fancy Mac-n-Cheese	3	470	22	13	0	66	750	47	2	4	0	21
Garlic Mashed Potatoes	2	220	12	6	0	26	790	24	4	4	0	4
Green Beans and Caramelized Shallots	2	40	3	0	0	0	220	4	2	0	0	1
Greek Beets & Orzo Salad	3	270	12	2	0	9	240	35	3	5	1	6
Desserts												
Blueberry Lemon Layer Cake	2	360	17	7	0	27	170	44	2	25	22	5
Dark Chocolate & Sea Salt Brownie	2	530	31	7	0	2	120	54	10	39	37	6
Coco Chocolate Chip Cookies	2	190	10	5	0	1	25	13	3	9	8	2
Beverages with Benefits												
Voss Sparkling Water	1	0	0	0	0	0	0	0	0	0	0	0
Voss Still Water	1	0	0	0	0	0	0	0	0	0	0	0
Something & Nothing Cucumber Soda	1	45	0	0	0	0	0	11	0	7	0	0
Something & Nothing Hibiscus Rose	1	50	0	0	0	0	0	13	0	9	0	0
Something & Nothing Orange & Mandarin	1	45	0	0	0	0	0	11	0	7	0	0
Kollo Green Tea	1	0	0	0	0	0	20	1	0	0	0	0
Kollo Black Tea	1	0	0	0	0	0	20	1	0	0	0	0
Hiyo Blackberry Lemon	1	30	0	0	0	0	0	11	1	5	3	0
Bambucha - Hibiscus Rose	1	50	0	0	0	0	20	11	0	9	9	0
Bambucha - Thai Ginger	1	70	0	0	0	0	20	14	0	12	12	0
Side Dressings												
Dijon Mustard Vinaigrette	1	350	38	5	0	0	450	4	1	3	2	1
Creamy Italian Dressing	1	320	34	4	0	0	310	3	1	1	0	1
Lemon Mustard Vinaigrette	1	240	26	3	0	0	580	3	1	0	0	1
Greek Goddess Dressing	1	130	12	1	0	0	440	5	1	3	0	1
Cashew Vinaigrette	1	240	20	3	0	0	460	14	2	9	6	3
Carrot-Ginger Vinaigrette	1	170	14	2	0	0	480	9	1	6	4	1
Miso Honey Vinaigrette	1	260	23	3	0	0	600	11	2	7	4	2
Non-Dairy Ranch Dressing	1	280	29	3	0	0	170	3	1	0	0	1
Maple Mustard Vinaigrette	1	320	31	4	0	0	370	11	1	10	9	1
Spicy Calabrian Caesar Dressing	1	250	24	4	0	9	580	5	1	0	0	4
Caesar Dressing	1	220	23	3	0	0	560	4	0	1	0	1
Lemon Vinaigrette	1	330	37	5	0	0	400	2	1	1	0	0
Apple Cider Vinaigrette	1	310	29	4	0	0	310	11	0	9	9	0
Side Sauces												
Teriyaki Sauce	1	70	1	0	0	0	790	16	0	13	13	2
Arbol-Amarillo Salsa	1	220	23	3	0	0	510	4	1	2	0	1
Shallot-Garlic Chili Crunch Oil	1	400	39	5	0	0	220	13	3	7	5	2
Salsa Verde	1	290	30	4	0	0	430	3	1	0	0	1
Pineapple Mango Chutney	1	45	0	0	0	0	0	11	1	9	1	1
BBQ Sauce	1	120	0	0	0	0	730	29	1	23	0	1
Garlic Aioli	1	310	33	4	0	0	330	4	0	0	0	1
Herby Aioli	1	260	28	3	0	0	370	3	1	1	0	1
Hummus	1	160	12	2	0	0	460	9	3	1	0	5
Side Crunchy Toppings												
Herb and Garlicy "Croutons"	1	70	5	1	0	0	80	5	1	1	0	1
Supersed Crunchies	1	110	8	1	0	0	60	6	4	0	0	4
Candied Puffed Rice and Seed Mix	1	60	3	0	0	0	170	6	1	3	3	1
Gluten-Free Parmesan Croutons	1	90	5	1	0	0	220	11	1	0	0	1
Superseed Crackers	1	80	5	1	0	0	35	4	2	0	0	2
Super Secret Pizza Seasoning	1	60	2	1	0	2	800	11	6	1	0	3
Crispy Rice & Turmeric Spiced Cashew Mix	1	90	6	1	0	0	150	7	1	3	2	2
Grain-Free "Wontons," Toasted Quinoa, and Roasted Almonds	1	120	8	3	0	0	80	10	1	0	0	2
A la Carte Proteins & Sides												
Hand-Pulled Organic Chicken	1	140	6	1	0	62	290	0	0	0	0	19
Blackened Salmon	1	270	19	4	0	55	320	1	0	0	0	21
Herb-Roasted Salmon	1	280	20	4	0	55	760	1	0	0	0	21
Miso Salmon	1	290	19	4	0	55	830	5.2	1	4	2	21
BBQ Glazed Tofu	1	130	5	1	0	0	600	14	1	10	9	11
GP's Soccata	1	330	17	4	0	10	800	33	7	6	0	13
Mushroom Carnitas	1	140	12	1	0	0	420	7	2	2	0	3
Spiced Chickpeas	1	250	21	3	0	0	420	16.7	5	3.7	0	5
7-Minute Egg	1	80	5	2	0	187	70	1	0	1	0	6
Half an Avocado	1	210	20	3	0	0	10	9	7	1	0	2
Organic Curry Chicken Salad	1	360	21	3	0	100	960	9.4	1	7.2	0	32