



NUTRITIONAL INFORMATION

BREAKFAST BOWLS.....1

BREAKFAST BURRITOS.....2

BOWLS.....3-4

BURRITOS.....5-6

SALADS.....7-8

DRESSINGS & SALSA....9-10

SNACK SERIES11

PROTEINS.....12

DRINKS.....13

WHOLE FRUIT MIXERS....14

ADDITIONAL NOTES.....15

BREAKFAST
BOWLS

	GF	GF	GF	GF	GF	GF
	BACON	CHICKEN	CHORIZO	NO MEAT	SAUSAGE	STEAK
Quantity	1	1	1	1	1	1
Measure	Serving	Serving	Serving	Serving	Serving	Serving
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

	BACON	CHICKEN	CHORIZO	NO MEAT	SAUSAGE	STEAK
Quantity	1	1	1	1	1	1
Measure	Serving	Serving	Serving	Serving	Serving	Serving
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



	GF & DF		GF		GF
	ASIAN	BBQ RANCH	BUFFALO	CAPRESE	COBB
Quantity	1	1	1	1	1
Measure	Serving	Serving	Serving	Serving	Serving
Calories (kcal)	744	862	648	833	871
Total Fat (g)	27	32	26	36	44
Saturated Fat (g)	4	14	8	11	12
Trans Fat (g)	0	0	0	0	0
Cholesterol (mg)	0	29	19	41	228
Sodium (mg)	1,473	1,187	1,204	1,276	1,439
Total Carbohydrates (g)	117	106	91	106	92
Dietary Fiber (g)	11	9	6	6	7
Total Sugars (g)	10	4	6	6	5
Added Sugars (g)	1	1	1	3	1
Protein (g)	13	20	16	24	30
Vitamin D (mcg)	0	0	0	0	1
Calcium (mg)	98	39	174	263	197
Iron (mg)	3	3	2	3	3
Potassium (mg)	1,014	682	658	560	883
Allergens		Wheat & Milk	Milk	Egg, Milk & Wheat	Egg & Milk



	GF	GF	GF	
	GREEK	HARVEST	MEXICAN	SPICY HONEY RANCH
Quantity	1	1	1	1
Measure	Serving	Serving	Serving	Serving
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



	ASIAN	BBQ RANCH	BUFFALO	CAESAR	CAPRESE
Quantity	1	1	1	1	1
Measure	Serving	Serving	Serving	Serving	Serving
Calories (kcal)	714	831	618	466	802
Total Fat (g)	25	30	24	18	34
Saturated Fat (g)	5	16	9	5	13
Trans Fat (g)	0	0	0	0	0
Cholesterol (mg)	0	29	19	13	41
Sodium (mg)	1,675	1,389	1,407	1,140	1,479
Total Carbohydrates (g)	112	102	86	65	101
Dietary Fiber (g)	10	9	5	6	5
Total Sugars (g)	8	3	5	4	5
Added Sugars (g)	0	0	0	2	2
Protein (g)	15	21	17	14	25
Vitamin D (mcg)	0	0	0	0	0
Calcium (mg)	156	97	231	198	320
Iron (mg)	5	5	4	5	5
Potassium (mg)	890	558	534	343	436
Allergens	Wheat	Milk & Wheat	Milk & Wheat	Egg, Milk & Wheat	Egg, Milk & Wheat



	COBB	GREEK	HARVEST	MEXICAN	SPICY HONEY RANCH
Quantity	1	1	1	1	1
Measure	Serving	Serving	Serving	Serving	Serving
Calories (kcal)	840	649	918	757	766
Total Fat (g)	42	27	40	30	25
Saturated Fat (g)	14	8	9	8	15
Trans Fat (g)	0	0	0	0	0
Cholesterol (mg)	228	20	20	18	29
Sodium (mg)	1,642	1,549	1,981	1,352	1,241
Total Carbohydrates (g)	87	89	127	107	97
Dietary Fiber (g)	7	6	11	11	5
Total Sugars (g)	4	4	25	5	5
Added Sugars (g)	0	0	15	0	0
Protein (g)	32	15	17	20	19
Vitamin D (mcg)	1	0	0	0	0
Calcium (mg)	254	234	240	268	93
Iron (mg)	5	5	5	5	4
Potassium (mg)	759	485	700	766	512
Allergens	Egg, Milk & Wheat	Milk & Wheat	Milk, Wheat & Pecans	Milk & Wheat	Milk & Wheat

SALADS



	GF & DF		GF		
	ASIAN	BBQ RANCH	BUFFALO	CAESAR	CAPRESE
Quantity	1	1	1	1	1
Measure	Serving	Serving	Serving	Serving	Serving
Calories (kcal)	243	360	147	230	331
Total Fat (g)	9	14	8	9	18
Saturated Fat (g)	1	12	5	3	9
Trans Fat (g)	0	0	0	0	0
Cholesterol (mg)	0	29	19	8	41
Sodium (mg)	796	509	527	625	599
Total Carbohydrates (g)	38	28	13	29	28
Dietary Fiber (g)	10	9	5	6	5
Total Sugars (g)	10	4	6	4	7
Added Sugars (g)	0	0	0	0	2
Protein (g)	6	13	9	9	17
Vitamin D (mcg)	0	0	0	0	0
Calcium (mg)	134	75	209	180	298
Iron (mg)	3	3	2	3	3
Potassium (mg)	1,119	787	764	494	665
Allergens		Wheat & Milk	Milk	Milk & Wheat	Wheat, Egg & Milk

SALADS



	GF	GF	GF	GF	
	COBB	GREEK	HARVEST	MEXICAN	SPICY HONEY RANCH
Quantity	1	1	1	1	1
Measure	Serving	Serving	Serving	Serving	Serving
Calories (kcal)	369	178	447	286	295
Total Fat (g)	26	12	24	14	10
Saturated Fat (g)	10	4	5	4	11
Trans Fat (g)	0	0	0	0	0
Cholesterol (mg)	228	20	20	18	29
Sodium (mg)	762	669	1,101	472	361
Total Carbohydrates (g)	14	15	54	33	23
Dietary Fiber (g)	7	6	11	11	5
Total Sugars (g)	5	6	27	7	6
Added Sugars (g)	0	0	14	0	0
Protein (g)	23	7	9	11	11
Vitamin D (mcg)	1	0	0	0	0
Calcium (mg)	232	212	218	246	71
Iron (mg)	3	3	3	3	2
Potassium (mg)	988	714	930	996	742
Allergens	Egg & Milk	Milk	Milk & Pecans	Milk	Milk & Wheat

DRESSINGS
& SALSA

	GF & DF	DF & VG	GF & DF	GF	GF & DF	GF
	ASIAN	BALSAMIC VINAIGRETTE	BBQ	BLUE CHEESE	BUFFALO	CAESAR
Quantity	1	1	1	1	1	1
Measure	oz	oz	oz	oz	oz	oz
Calories (kcal)	60	123	39	130	8	104
Total Fat (g)	1	13	1	13	0	10
Saturated Fat (g)	0	1	0	4	0	2
Trans Fat (g)	0	0	0	0	0	0
Cholesterol (mg)	0	0	1	12	0	55
Sodium (mg)	697	191	171	232	1,012	351
Total Carbohydrates (g)	12	2	10	2	2	1
Dietary Fiber (g)	0	0	0	0	0	0
Total Sugars (g)	10	2	9	0	1	0
Added Sugars (g)	10	0	6	0	1	0
Protein (g)	1	0	0	1	0	3
Vitamin D (mcg)	0	0	0	0	0	0
Calcium (mg)	4	4	19	35	3	79
Iron (mg)	0	0	1	0	0	1
Potassium (mg)	76	20	157	29	14	32
Allergens	Soy & Sesame		Mustard, Soy & Fish	Egg & Milk	Soy, Sesame & Fish	Eggs, Milk, Mustard, Soy & Fish

DRESSINGS
& SALSA

	GF	DF & VG	GF	GF	GF, DF & VG	GF & DF
	CREAMY CILANTRO	GREEK VINAIGRETTE	PESTO	RANCH	SALSA	SAUCE SPICY HONEY
Quantity	1	1	1	1	1	1
Measure	oz	oz	oz	oz	oz	oz
Calories (kcal)	116	127	92	90	6	75
Total Fat (g)	12	14	10	9	0	1
Saturated Fat (g)	3	2	2	2	0	0
Trans Fat (g)	0	0	0	0	0	0
Cholesterol (mg)	11	0	2	9	0	0
Sodium (mg)	167	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)	0	1	0	0	0	18
Protein (g)	0	0	1	1	0	0
Vitamin D (mcg)	0	0	0	0	0	0
Calcium (mg)	13	4	37	25	4	2
Iron (mg)	0	0	0	0	0	0
Potassium (mg)	31	14	26	38	64	25
Allergens	Egg & Milk		Milk & Pine Nuts	Egg & Milk		

	ANGIE'S SNACK #!@\$	ANGIE'S SNACKADILLA	GF & DF CHICKEN (SNACK), Cooked Breast	CHICKEN (SNACK), Breaded Tender
Quantity	1	1	1	1
Measure	Serving	Serving	Serving	Serving
Calories (kcal)	216	Pending	83	121
Total Fat (g)	12	Pending	4	4
Saturated Fat (g)	7	Pending	1	1
Trans Fat (g)	0	Pending	0	1
Cholesterol (mg)	29	Pending	36	31
Sodium (mg)	461	Pending	23	432
Total Carbohydrates (g)	18	Pending	1	10
Dietary Fiber (g)	1	Pending	0	1
Total Sugars (g)	0	Pending	0	1
Added Sugars (g)	0	Pending	0	0
Protein (g)	10	Pending	11	10
Vitamin D (mcg)	0	Pending	0	0
Calcium (mg)	25	Pending	6	11
Iron (mg)	1	Pending	0	0
Potassium (mg)	50	Pending	180	164
Allergens	Wheat & Milk	Pending		Wheat, Egg & Milk

PROTEINS

	GF & DF	GF & DF	GF & DF	GF, DF & VG	GF & DF
	BEEF, PRIME STEAK COOKED	CHICKEN, BREAST COOKED	SHRIMP PRIME COOKED	FALAFEL FRITTER	AHI TUNA SEARED
Quantity	1	1	1	1	1
Measure	Serving	Serving	Serving	Serving	Serving
Calories (kcal)	185	213	162	283	106
Total Fat (g)	10	13	9	9	2
Saturated Fat (g)	2	2	1	1	0
Trans Fat (g)	0	0	0	0	0
Cholesterol (mg)	73	74	165	0	32
Sodium (mg)	802	47	577	668	119
Total Carbohydrates (g)	0	2	1	41	1
Dietary Fiber (g)	0	1	0	8	0
Total Sugars (g)	0	0	0	6	0
Added Sugars (g)	0	0	0	0	0
Protein (g)	24	23	21	13	20
Vitamin D (mcg)	0	0	0	0	1
Calcium (mg)	12	13	70	68	5
Iron (mg)	3	1	1	3	1
Potassium (mg)	422	372	292	550	373
Allergens			Shrimp		Fish



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	Serving	Serving	Serving	Serving
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 BLUEBERRY LAVENDER, Purée, 1.5oz	GF, DF & VG PEACH PASSION FRUIT, Purée, 1.5oz	GF, DF & VG PINEAPPLE, Purée, 1.5oz	GF, DF & VG CUCUMBER MINT, Purée, 1.5oz
Quantity	1	1	1	1
Measure	Serving	Serving	Serving	Serving
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 **Contact Us** 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.