VJK Menu Ingredient & Allergen Breakdown

Village Juice & Kitchen

Menu Item Name	Vegan/Vegetarian	Item Group	Ingredients	Allergens
Avo Vegan 	Vegan	**Toast**	**MicroGreens** **Olive Oil** **Royal Curtido** (Onions, Carrots, Cabbage, Oregano, Red Pepper Flakes, Pink Hawaiian Sea Salt) **Camino Bread Loaf** (Flour,wheat, water, Corn grits, spelt,flax seeds, Cracked Wheat, flax seeds, Rye Chips, molasses, Hulled millet, yeast,sea salt) **Avocado Mash** (avocado, olive oil, cilantro, pink salt) **Pink Salt**	Allergens: Gluten, wheat

Menu Item Name	Vegan/Vegetarian	Item Group	Ingredients	Allergens
Bacon Basil Tomato 		**Toast**	**Basil** **Tomato Heirloom** **Olive Oil** **Camino Bread Loaf** (Flour,wheat, water, Corn grits, spelt,flax seeds, Cracked Wheat, flax seeds, Rye Chips, molasses, Hulled millet, yeast,sea salt) **Avocado Mash** (avocado, olive oil, cilantro, pink salt) **Bacon** (water, salt, sugar, sodium phosphates, flavorings, sodium erythorbate, sodium nitrite) **Pink Salt**	Allergens: Gluten, wheat

Menu Item Name	Vegan/Vegetarian	Item Group	Ingredients	Allergens
Nut Butter & Banana 	Vegetarian	**Toast**	**Strawberries** **Cashew Butter** **Honey** **Camino Bread Loaf** (Flour,wheat, water Corn grits, spelt,flax seeds Cracked Wheat, flax seeds Rye Chips,molasses Hulled millet, yeast, pink salt) **Banana**	Allergens: Cashew (Tree Nut) Allergens: Gluten, wheat

Menu Item Name	Vegan/Vegetarian	Item Group	Ingredients	Allergens
Chicken, Bacon and Avo Wrap 		**Toast**	**10" Tortilla** (Enriched Unbleached Flour (wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin And Folic Acid), Water, Vegetable Shortening (contains One Or More Of The Following: Palm And/or Olive Oil), Contains 2% Or Less Of The Following: Salt, Aluminum-free Leavening (sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate), Wheat Protein, Preservatives (calcium Propionate, Sorbic Acid), Dough Conditioner (fumaric Acid, Xanthan Gum, Mono- And Diglycerides, Sodium Metabisulphite) **Roasted Chicken** (Chicken Breast, Olive Oil, Red Wine Vinegar, Pink Salt, Black Pepper, Oregano) **Avocado** **White Cheddar** (Cultured Milk, Salt, Enzymes) **Bacon** (water, salt, sugar, sodium phosphates, flavorings, sodium erythorbate, sodium nitrite) **Heirloom Tomato** **Baby Spinach** **VJC Ranch Dressing** (Sunflower Oil, Buttermilk, Mayonnaise (Eggs, Vinegar, Oil) Garlic, Mustard (Brown mustard seeds White wine, Vinegar, Salt, Water), Onion, Red Chili, Pepper, Oregano, Dill, Lemon, Black Pepper, Pink Salt)	Allergens: Gluten, wheat Allergens: Dairy Allergens: Dairy, Egg

Menu Item Name	Vegan/Vegetarian	Item Group	Ingredients	Allergens
Quit Your Job Burrito		**Breakfast**	**10" Tortilla** (Enriched Unbleached Flour (wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin And Folic Acid), Water, Vegetable Shortening (contains One Or More Of The Following: Palm And/or Olive Oil), Contains 2% Or Less Of The Following: Salt, Aluminum-free Leavening (sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate), Wheat Protein, Preservatives (calcium Propionate, Sorbic Acid), Dough Conditioner (fumaric Acid, Xanthan Gum, Mono- And Diglycerides, Sodium Metabisulphite)	Allergens: Gluten, wheat
			**Scrambled Egg** (egg, oat milk (Filtered Water, Whole Grain GF Oats, Salt), pink salt	Allergens: Egg
			Heirloom Tomato	
			Bacon (water, salt, sugar, sodium phosphates, flavorings, sodium erythorbate, sodium nitrite)	
			Avocado	
			Avocado Goddess (Avocado, Coconut Aminos, Basil, Green Onion, Lemon, Black Pepper, Honey, Sunflower Oil, Garlic, Pink Salt)	Allergens: Coconut (Tree Nut)
			Mango Salsa (Mango, Red Onion, Red Bell Pepper, Garlic, Lime, Cumin, Pink Salt)	
			Sriracha (chili, sugar, salt, garlic, distilled vinegar, potassium sorbate, sodium bisulfite, xanthan gum)	
			Banana	
			Orange Slices	

Menu Item Name	Vegan/Vegetarian	Item Group	Ingredients	Allergens
Overnight Oats	Vegetarian	**Breakfast**	**Overnight Oats** (GF rolled oats,Oat Milk (Filtered Water, Whole Grain GF Oats, Salt), maple syrup, pink salt)	
			**Oat Milk** (Filtered Water, Whole Grain GF Oats, Salt)	
			Almond Butter	Allergens: Almond (Tree Nut)
			Strawberries	
			Banana	
			Honey	
			Almond Crumble (almonds, coconut sugar, pink salt, cinnamon)	Allergens: Almond & Coconut (Tree Nut)

Menu Item Name	Vegan/Vegetarian	Item Group	Ingredients	Allergens
Coconut Butter Bowl (16oz.)	Vegetarian	**Smoothie Bowls**	**Oat Milk** (Filtered Water, Whole Grain GF Oats, Salt)	
			**Almond Butter**	Allergens: Almond (Tree Nut)
			Date	
			Bee Pollen	
			Pink Salt	
			Almond Crumble (almonds, coconut sugar, pink salt, cinnamon)	Allergens: Almond & Coconut (Tree Nut)
			Blueberry	
			Banana	

Menu Item Name	Vegan/Vegetarian	Item Group	Ingredients	Allergens
Pinky Swear Bowl (16oz.)	Vegan	**Smoothie Bowls**	**Oat Milk** (Filtered Water, Whole Grain GF Oats, Salt)	
			**Banana**	
			Strawberry	
			Date	
			Pink Salt	
			Strawberry	
			Almond Crumble (almonds, coconut sugar, pink salt, cinnamon)	Allergens: Coconut (Tree Nut)
			Goji Berries	

Menu Item Name	Vegan/Vegetarian	Item Group	Ingredients	Allergens
Acai Bowl	Vegan	**Smoothie Bowls**	**Oat Milk** (Filtered Water, Whole Grain GF Oats, Salt)	
			**Unsweetened Acai Drupe**	
			Banana	
			Strawberry	
			Date	
			Pink Salt	
			Unsweetened Coconut Chips	Allergens: Coconut (Tree Nut)
			Strawberry	
			Almond Crumble (almonds, coconut sugar, pink salt, cinnamon)	Allergens: Almond & coconut (Tree Nut)
			Cacao Nibs	

Menu Item Name	Vegan/Vegetarian	Item Group	Ingredients	Allergens
Sunset Bowl (16oz.)	Vegan	**Smoothie Bowls**	**Oat Milk** (Filtered Water, Whole Grain GF Oats, Salt) **Banana** **Pineapple** **Mango** **Lime Juice** **Pink Salt** **Mango** **Unsweetened Coconut Chips** **Goji Berries** **Hemp Seeds**	Allergens: Coconut (Tree Nut)

Menu Item Name	Vegan/Vegetarian	Item Group	Ingredients	Allergens
Curious George	Vegan	**Smoothie**	**Almond Butter** **Date** **Cacao Nibs** **Oat Milk** (Filtered Water, Whole Grain GF Oats, Salt) **Banana** **Pink Salt**	Allergens: Almonds (Tree Nut)

Menu Item Name	Vegan/Vegetarian	Item Group	Ingredients	Allergens
Green Coco	Vegan	**Smoothie**	**Mango** **Cucumber** **Kale** **Baby Spinach** **Mint** **Banana** **Oat Milk** (Filtered Water, Whole Grain GF Oats, Salt) **Pink Salt**	

Menu Item Name	Vegan/Vegetarian	Item Group	Ingredients	Allergens
Mint Chip	Vegan	**Smoothie**	**Baby Spinach** **Mint** **Date** **Oat Milk** (Filtered Water, Whole Grain GF Oats, Salt) **Banana** **Cacao Nibs** **Pink Salt**	

Menu Item Name	Vegan/Vegetarian	Item Group	Ingredients	Allergens
Mocha-Nana	Vegan	**Smoothie**	**Date** **Cacao Powder** **Cold Brew Coffee** **Oat Milk** (Filtered Water, Whole Grain GF Oats, Salt) **Banana** **Pink Salt**	

Menu Item Name	Vegan/Vegetarian	Item Group	Ingredients	Allergens
Pinky Swear	Vegan	**Smoothie**	**Strawberries** **Date** **Oat Milk** (Filtered Water, Whole Grain GF Oats, Salt) **Banana** **Pink Salt**	

Menu Item Name	Vegan/Vegetarian	Item Group	Ingredients	Allergens
Sunset	Vegan	**Smoothie**	**Pineapple** **Mango** **Lime Juice** **Oat Milk** (Filtered Water, Whole Grain GF Oats, Salt) **Banana** **Pink Salt**	

Menu Item Name	Vegan/Vegetarian	Item Group	Ingredients	Allergens
Super Blue		**Smoothie**	**Almond Butter**	Allergens: Almonds (Tree Nut)
			Blueberries	
			Date	
			Chia Seeds	
			Great Lakes Collagen (Bovine Collagen Peptides)	
			Oat Milk (Filtered Water, Whole Grain GF Oats, Salt)	
			Banana	
			Pink Salt	


Nutrition Facts
1 servings per container
Serving size 16 fl oz
Amount per serving
Calories 580
% Daily Value*
Total Fat 20g 26%
Saturated Fat 2g 10%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 900mg 39%
Total Carbohydrate 89g 32%
Dietary Fiber 19g 68%
Total Sugars 46g
Includes 0g Added Sugars 0%
Protein 26g
Vitamin D 0mcg 0%
Calcium 215mg 15%
Iron 12mg 70%
Potassium 969mg 20%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Menu Item Name	Vegan/Vegetarian	Item Group	Ingredients	Allergens
Tropical Chicken		**Salad Bowls**	**Romaine Lettuce**	
			Baby Spinach	
			Cilantro	
			Mango	
			Honey Sesame Cashew (Cashews, honey, sesame seeds)	Allergens: Cashew (Tree Nut) & Sesame
			Roasted Chicken (Chicken Breast, Olive Oil, Red Wine Vinegar, Pink Salt, Black Pepper, Oregano)	
			Goat Cheese Medalions (goat cheese (goat milk (pasteurized), salt, starter culture, microbial rennet), sesame seeds)	Allergens: Dairy, Sesame
			Cilantro Lime Ginger (Sesame Oil, Tamari Soy Sauce, Rice Vinegar (white wine vinegar, Potassium Metabisulfite) Lime, Cilantro, Ginger, Spinach, Honey, Pink Salt, Black Pepper)	Allergens: Soy, Sesame ,Gluten


Nutrition Facts
Serving size (412g)
Amount per serving
Calories 710
% Daily Value*
Total Fat 55g 71%
Saturated Fat 11g 55%
Trans Fat 0g
Cholesterol 70mg 23%
Sodium 700mg 30%
Total Carbohydrate 28g 10%
Dietary Fiber 7g 25%
Total Sugars 14g
Includes 3g Added Sugars 6%
Protein 34g
Vitamin D 0mcg 0%
Calcium 213mg 15%
Iron 6mg 35%
Potassium 824mg 20%
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Menu Item Name	Vegan/Vegetarian	Item Group	Ingredients	Allergens
Village Cobb		**Salad Bowls**	**Romaine Lettuce**	
			Egg	Allergens: Egg
			Blue Cheese (pasteurized milk cultures salt microbial rennet penicillium roqueforti)	Allergens: Dairy
			Avocado Hass	
			Grape tomatoes	
			Corn	
			Roasted Chicken (Chicken Breast, Olive Oil, Red Wine Vinegar, Pink Salt, Black Pepper, Oregano)	
			Bacon (water, salt, sugar, sodium phosphates, flavorings, sodium erythorbate, sodium nitrite)	
			Green Onion	
			VJC Ranch Dressing (Sunflower Oil, Buttermilk, Mayonnaise (Eggs Vinegar Oil) Garlic, Mustard (Brown mustard seeds White wine, Vinegar, Salt, Water), Onion, Red Chili, Pepper, Oregano, Dill, Lemon, Black Pepper, Pink Salt)	Allergens: Dairy & Egg
			Avocado Goddess (Avocado, Coconut Aminos, Basil, Green Onion, Lemon, Black Pepper, Honey, Sunflower Oil, Garlic, Pink Salt)	Allergens: Coconut (Tree Nut)


Nutrition Facts
Serving size (651g)
Amount per serving
Calories 890
% Daily Value*
Total Fat 56g 72%
Saturated Fat 17g 85%
Trans Fat 0g
Cholesterol 330mg 110%
Sodium 2090mg 91%
Total Carbohydrate 30g 11%
Dietary Fiber 10g 36%
Total Sugars 8g
Includes 1g Added Sugars 2%
Protein 78g
Vitamin D 1mcg 6%
Calcium 395mg 30%
Iron 5mg 30%
Potassium 1622mg 30%
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Menu Item Name	Vegan/Vegetarian	Item Group	Ingredients	Allergens
Brussels & Bacon		**Grain Bowls**	**Baby Spinach**	
			Quinoa (quinoa, olive oil, pink salt)	
			Brown Rice (brown rice, olive oil, pink salt)	
			Charred Tomatoes (tomatoes, olive oil, pink salt)	
			Brussel Sprouts (brussel sprouts, olive oil, pink salt)	
			Bacon (water, salt, sugar, sodium phosphates, flavorings, sodium erythorbate, sodium nitrite)	
			Parmesan Crisp (pasteurized milk, cheese cultures, salt, microbial enzymes)	Allergens: Dairy
			Fig Balsamic (Figs, Olive Oil, Sunflower Oil, Shallots, Red Chili Pepper, Balsamic Vinegar, Pink Salt, Garlic, Black Pepper, Honey)	


Nutrition Facts
Serving size (414g)
Amount per serving
Calories 830
% Daily Value*
Total Fat 54g 82%
Saturated Fat 17g 85%
Trans Fat 0g
Cholesterol 75mg 26%
Sodium 2470mg 107%
Total Carbohydrate 32g 12%
Dietary Fiber 5g 18%
Total Sugars 7g
Includes 1g Added Sugars 2%
Protein 37g
Vitamin D 0mcg 0%
Calcium 338mg 25%
Iron 3mg 15%
Potassium 812mg 15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Menu Item Name	Vegan/Vegetarian	Item Group	Ingredients	Allergens
Miso Bowl	Vegan	**Grain Bowls**	**Kale**	
			Baby Spinach	
			Brown Rice (brown rice, olive oil, pink salt)	
			Nori Seaweed	
			Pepitas (sunflower seeds)	
			Avocado Hass	
			Roasted Peppers (red pepper, olive oil, pink salt)	
			Roasted Carrots (carrots, olive oil, pink salt)	
			Miso Ginger Vinaigrette (Miso paste, Agave, Rice Vinegar (white wine vinegar, Potassium Metabisulfite) , Sesame Oil, Lemon, Garlic, Ginger)	Allergens: Sesame and Soy


Nutrition Facts
Serving size (488g)
Amount per serving
Calories 860
% Daily Value*
Total Fat 52g 67%
Saturated Fat 7g 35%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 1310mg 57%
Total Carbohydrate 89g 32%
Dietary Fiber 24g 86%
Total Sugars 10g
Includes 5g Added Sugars 10%
Protein 24g
Vitamin D 0mcg 0%
Calcium 238mg 20%
Iron 12mg 70%
Potassium 2370mg 50%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Menu Item Name	Vegan/Vegetarian	Item Group	Ingredients	Allergens
Farmers Daughter		**Grain Bowls**	**Kale** **Baby Spinach** **Brown Rice** (brown rice, olive oil, pink salt) **Granny smith apples**, lemon **VJC Spiced Almonds** (Almonds, Cinnamon, Allspice, Pink Salt, White Pepper, Olive Oil, Cumin) **Roasted Sweet Potato** (sweet potatoes, olive oil, pink salt) **Roasted Chicken** (Chicken Breast, Olive Oil, Red Wine Vinegar, Pink Salt, Black Pepper, Oregano) **Roasted Carrot Dressing** (Carrots, Balsamic Vinegar, Thyme, Garlic, Sunflower Oil) **Balsamic Dijon Dressing** (Sunflower Oil, Balsamic Vinegar, Dijon Mustard, Pink Salt, Black Pepper, Honey)	Allergens: Almonds (Tree Nut)

Nutrition Facts

Serving size (482g)

Amount per serving

Calories 810

% Daily Value*

Total Fat 46g 59%

Saturated Fat 4g 20%

Trans Fat 0g

Cholesterol 55mg 18%

Sodium 1270mg 55%

Total Carbohydrate 68g 25%

Dietary Fiber 11g 39%

Total Sugars 13g

Includes 1g Added Sugars 2%

Protein 32g

Vitamin D 0mcg 0%

Calcium 221mg 15%

Iron 5mg 30%

Potassium 957mg 20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Menu Item Name	Vegan/Vegetarian	Item Group	Ingredients	Allergens
Southwest Bowl	Vegetarian	**Grain Bowls**	**Romaine Lettuce** **Brown Rice** (brown rice, olive oil, pink salt) **Black Beans** (black beans, pink salt, chili peppers, cumin) **Corn** **Cilantro** **White Cheddar** (Cultured Milk, Salt, Enzymes) **Green Onion** **Avocado** **Mango Salsa** (Mango, Red Onion, Red Bell Pepper, Garlic, Lime, Cumin, Himalayan Pink Salt) **Avocado Goddess** (Avocado, Coconut Aminos, Basil, Green Onion, Lemon, Black Pepper, Honey, Sunflower Oil, Garlic, Pink Salt)	Allergens: Dairy Allergens: Coconut (Tree Nut)

Nutrition Facts

servings per container

Serving size (587g)

Amount per serving

Calories 720

% Daily Value*

Total Fat 32g 26%

Saturated Fat 7g 35%

Trans Fat 0g

Cholesterol 25mg 8%

Sodium 1360mg 60%

Total Carbohydrate 109g 40%

Dietary Fiber 24g 86%

Total Sugars 12g

Includes 0g Added Sugars 0%

Protein 30g

Vitamin D 0mcg 0%

Calcium 376mg 30%

Iron 7mg 40%

Potassium 2182mg 45%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.