



CRISP KITCHEN

Nutritions & Allergen Info

MENU ITEM/ INGREDIENT	serving size (oz)	calories	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbs (g)	dietary fiber (g)	sugars (g)	protein (g)	allergens/notes
CRISP SIGNATURE SALADS												
CRISP GREEK	32	756	53	17	0	54	883	36	9	12	18.5	dairy
CK CREOLE	32	835	48	13	0	124	1046	29	9	10.5	28	shellfish, dairy
CRISP CAESAR	32	458	31	11.5	0	52.5	965	25.5	8	0	11.5	egg, dairy
CRISP COBB	32	771	60	12.85	0	265.5	1124	18	13	8.5	38.5	dairy, egg, pork
CRISP VEGAN	32	485	19	3.8	0	0	973	43.5	7.8	17	8	
CK ITALIAN	32	542	29	16	0	68	845	32.25	7.8	8.5	32	dairy
MENU ITEM/ INGREDIENT	serving size (oz)	calories	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbs (g)	dietary fiber (g)	sugars (g)	protein (g)	allergens/notes
CRISP SIGNATURE STIR FRY												
SPICY SHRIMP	26	595	9	5	0	185	1090	56	4	7	31	shellfish, wheat

FIERY GARLIC SRIRACHA	26	530	23	4.5	0	50	1564	79	4.25	9	31	wheat
COCONUT CURRY	26	437	16.75	11	0	0	889	52	5	10	10	soy, wheat
PLUM HOISIN	26	635	19	9	0	58	1376	58	7.5	18	32	soy, wheat
SWEET & SPICY MANGO	26	712	26	7	0	62	1385	62	10	13	33	wheat
MENU ITEM/ INGREDIENT	-serving size (oz)	calories	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbs (g)	dietary fiber (g)	sugars (g)	protein (g)	allergens/notes
CREATE YOUR OWN SALADS												
ARUGULA	2	10	0	0	0	0	5	2		0	1	
BABY SPINACH	2	10	0	0	0	0	25	2	1	0	1	
FRESH EGG WHITE NOODLES	3	135	5	0	0	0	105	20	3	0	3	wheat
BABY KALE	2	20	0	0	0	0	25	6	2	0	2	
ARCADIA MIX	2	10	0	0	0	0	5	2	2	0	1	
ROMAINE	2	15	0	0	0	0	7	3	2	1	1	
MENU ITEM/ INGREDIENT	-serving size (oz)	calories	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbs (g)	dietary fiber (g)	sugars (g)	protein (g)	allergens/notes
CREATE YOUR OWN SALAD												
BREADED CHICKEN	2	135	2	2	0	32	332	0	0	0	6.5	egg, wheat

ANTIBIOTIC FREE BEEF	2.5	175	5	8	0	595	545	0	0	0	23	
ANTIBIOTIC FREE CHICKEN	2.5	175	12.5	2	0	50	160	0	0	0	18	
ROASTED NON-GMO TOFU	2.5	53	4	0	0	0	280	3	0	0	5	soy
SUSTAINABLE SHRIMP	2.5	86	0	0	0	155	955	4	0	0	16	shellfish
BACON	1	150	12	4	0	30	490	0	0	0	11	pork
EGG, HARD BOILED	1.5	70	5	2	0	165	57	0	0	0	6.5	
MENU ITEM/ INGREDIENT	serving size (oz)	calories	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbs (g)	dietary fiber (g)	sugars (g)	protein (g)	allergens/notes
CREATE YOUR OWN SALADS												
BEAN SPROUTS	2	16	0	0	0	0	0	4	2	2	2	
BELL PEPPERS	2.5	13	0	0	0	0	0	2	1	2	0	
CARROTS	2	20	0	0	0	0	40	6	3	2	2	
CHARRED CORN	1.5	50	5	1	0	0	0	11	1	4	2	
CHICK PEAS	2	90	0	0	0	80	15	6	4	3	5	
CUCUMBERS	1.5	9		0	0	0	0	1	0	1	0	
EDAMAME	2	78	2	0	0	0	20	5	4	1	6	
GRAPE TOMATOES	2	10	0	0	0	0	0	3	1	2	1	
KALAMATA OLIVES	2	168	14	0	0	0	630	8	0	0	0	

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CREATE YOUR OWN SALADS												
SEASONED CROUTONS	1.5	85	1	0	0	0	285	16	2	0	2	wheat
PARMESAN CRISPS	1	50	3	2	0	10	150	0	0	0	6	dairy
SESAME STICKS	0.5	120	11	1	0	13	345	13	1	0	3	wheat
SUNFLOWER SEEDS	0.5	81	7	1	0	0	98	3	1.5	0	3	Possible exposure to processing
ROASTED CASHEWS	1	164	14	2.4	0	0	4	8	1	1	5	tree nut
MENU ITEM/ INGREDIENT	serving size (oz)	calories	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbs (g)	dietary fiber (g)	sugars (g)	protein (g)	allergens/notes
CREATE YOUR OWN SALAD												
PARMESAN	1.5	150	12	8	0	38	510	0	0	0	11	dairy
BLUE CHEESE	1.5	155	14	9	0	38	580	0	2	0	10	dairy
FETA CHEESE	2	120	8	6	0	22	630	3	0	0	10	dairy
FRESH MOZZARELLA	1.5	105	7	5	0	23	45	2	0	2	8	dairy
CHEVRE (GOATS CHEESE)	1.5	151	12	9	0	33	224	1.5	0	1.5	9	dairy
MENU ITEM/ INGREDIENT	serving size (oz)	calories	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbs (g)	dietary fiber (g)	sugars (g)	protein (g)	allergens/notes

DRESSINGS												
CLASSIC CAESAR DRESSING	2	350	36	10	0	50	160	4	0	0	6	egg, dairy
GRAPEFRUIT GINGER VINAIGRETTE	2	160	14	2	0	0	680	4	0	10	2	
GREEN GODDESS DRESSING	2	160	16	6	0	20	300	2	0	2	1	dairy
LEMON BUTTERMILK DRESSING	2	180	18	3	0	20	440	2	0	8	1	dairy
LEMON SQUEEZE	1	8	0	0	0	0	0	2	0	1	0	
RED WINE VINEGARETTE	2	185	22	2	0	0	293	3	0	3	0	
PARMESAN DRESSING	2	340	34	7	0	40	150	3	0	0	6	dairy
ROSEMARY HONEY-DIJON	2	210	18	3	0	10	380	13	1	12	0	
CHIPOTLE RANCH DRESSING	2	110	9	2	0	20	360	4	0	2	2	dairy
WHITE BALSAMIC VINAIGRETTE	2	280	30	2	0	0	110	6	0	6	0	
MENU ITEM/ INGREDIENT	serving size (oz)	calories	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbs (g)	dietary fiber (g)	sugars (g)	protein (g)	allergens/notes
STIR FRY CYO												
FRESH EGG WHITE NOODLES	5	300	8	0	0	0	680	45	0	0	10	Wheat
RICE NOODLES	5	200	6	0	0	0	575	30	2	0	3	
BASMATI RICE	5	181	1	0	0	0	195	39	2	0	5	
BABY SPINACH	2	10	0	0	0	0	25	2	1	0	1	

QUINOA	5	229	4	0	0	0	312	42	4	0	8	
MENU ITEM/ INGREDIENT	serving size (oz)	calories	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbs (g)	dietary fiber (g)	sugars (g)	protein (g)	allergens/notes
STIR FRY CYO												
CAGE-FREE EGG	2	72	5	2	0	195	70	1	0	0	6.5	
ANTIBIOTIC FREE BEEF	2.5	175	5	8	0	595	545	0	0	0	23	
NATURALLY RASIED PORK	2.5	175	12	4	0	625	530	0	0	0	18	pork
ANTIBIOTIC FREE CHICKEN	2.5	175	13	1.5	0	52	165	0	0	0	18	
SUSTAINABLE SHRIMP	2.5	88	0	0	0	150	845	3	0	0	15	shellfish
ROASTED NON- GMO TOFU	2.5	63	4	0	0	0	280	3	0	0	5	soy
MENU ITEM/ INGREDIENT	serving size (oz)	calories	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbs (g)	dietary fiber (g)	sugars (g)	protein (g)	allergens/notes
STIR FRY CYO												
BABY SPINACH	2	10	0	0	0	0	25	2	1	0	1	
BEAN SPROUTS	3	30	0	0	0	0	0	6	3	3	3	
BELL PEPPERS	2.5	13	0	0	0	0	0	3	0	3	0	
BOK CHOY	3	9	0	0	0	0	30	3	3	0	0	

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STIR FRY CYO												
CILANTRO	0.5	2	0	0	0	0	4	1	1	0	0	
FRIED GARLIC	0.5	10	1	0	0	0	0	1	0	0	0	
SCALLIONS	1	10	0	0	0	0	0	2	1	1	1	
SESAME SEEDS	0.5	80	8	1	0	0	5	4	3	0	3	
THAI BASIL	0.5	2	0	0	0	0	4	1	1	0	0	
SUNFLOWER SEEDS	0.5	81	7	1	0	0	98	3	1.5	0	3	
MENU ITEM/ INGREDIENT	serving size (oz)	calories	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbs (g)	dietary fiber (g)	sugars (g)	protein (g)	allergens/notes
STIR FRY CYO												
SPICY SHRIMP	2	130	4	0	0	87	225	4	0	4	8	Shellfish
FIERY GARLIC SRIRACHI	2	120	4	0	0	0	1280	24	0	0	2	wheat
COCONUT CURRY	2	120	9	8	0	0	840	6	0	4	4	
PLUM HOISIN	2	200	0	0	0	0	1240	40	0	36	0	soy

SWEET & SPICY MANGO	2	85	0	0	0	0	284	12	0	13	0	
MENU ITEM/ INGREDIENT	-serving size (oz)	calories	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbs (g)	dietary fiber (g)	sugars (g)	protein (g)	allergens/notes
CRISP FRO YO												
TAHITIAN VANILLA NON FAT	5	170	0	0	0	0	80	30	0	28	6	dairy
TRIPLE CHOCOLATE	5	220	4	3	0	7	70	34	0	30	6	dairy
PINEAPPLE	1	14	0	0	0	0	0	4	0.25	3	0.5	
DARK CHOCOLATE CHIPS	0.75	110	8	1	0	0	0	15	5	9	1	
STRAWBERRIES	1	11	0	0	0	0	0	2	1	1	0	
SUN-DRIED CRANBERRIES	1	86	0	0	0	0	2	23	2	18	0	
GRAHAM CRACKER	1	126	4	1	0	0	142	23	1	7	2	Wheat/Soy
MANGO	1	18	0	0	0	0	2	5	1	4	0	
RAINBOW SPRINKLES	1 tsp	20	1	0	0	0	0	3	0	2	0	
MENU ITEM/ INGREDIENT	-serving size (oz)	calories	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbs (g)	dietary fiber (g)	sugars (g)	protein (g)	allergens/notes
NEW HOPE BEVERAGES												
COLA	8	140	0	0	0	0	15	35	0	35	0	
SKINNY COLA	8	0	0	0	0	0	15	0	0	0	0	

BLACKBERRY LEMONADE	8	90	0	0	0	0	20	23	0	17	0	
UNSWEETENED TEA	8	2	0	0	0	0	7	0.5	0	0	0	
BLACK CHERRY	8	120	0	0	0	0	25	28	0	30	0	
STRAWBERRY LEMONADE	8	90	0	0	0	0	20	23	0	17	0	
MANGO ORANGE	8	120	0	0	0	0	15	30	0	29	0	
WATERMELON CREAM	8	120	0	0	0	0	15	30	0	30	0	
LEMONADE	8	40	0	0	0	0	20	23	0	17	0	
BIRCHBEER	8	140	0	0	0	0	15	37	0	37	0	
GINGER ZINGER	8	110	0	0	0	0	15	27	0	27	0	
MENU ITEM/ INGREDIENT	-serving size (pc)	calories	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbs (g)	dietary fiber (g)	sugars (g)	protein (g)	allergens/notes
WOK WINGS												
WOK WINGS - 10 pcs	10	986	64.2	8.5	0	286	285	0	0	0	91.31	
WOK WINGS - 22 pcs	22	2169	141	41	0	629	627	0	0	0	201	
MENU ITEM/ INGREDIENT	-serving size (oz)	calories	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbs (g)	dietary fiber (g)	sugars (g)	protein (g)	allergens/notes
ADDITIONAL WOK WING SAUCES +												
HOT SAUCE	46	0	0	0	0	0	920	0	0	0	0	Shellfish

FIERY GARLIC SRIRACHI	2	120	4	0	0	0	1280	24	0	0	2	wheat
COCONUT CURRY	2	120	9	8	0	0	840	6	0	4	4	
PLUM HOISIN	2	200	0	0	0	0	1240	40	0	36	0	soy
SWEET & SPICY MANGO	2	85	0	0	0	0	284	12	0	13	0	
MENU ITEM/ INGREDIENT	serving size (oz)	calories	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbs (g)	dietary fiber (g)	sugars (g)	protein (g)	allergens/notes
OTHER												
GARLIC HERB FOCACCIA BREAD	4	320	20	0	0	0	720	68	2	2	10	wheat, soy

Nutritional information is based on Crisp Kitchen's standardized recipes and representative values provided by suppliers. A number of factors may affect the actual nutrition values of each product due to the customizable nature of our menu. Due to the nature of packaging and processing facilities we cannot make any guarantees that our products are allergen free. If you have a food allergy or sensitivity, please notify a store manager and we will try to accommodate you but cannot make any guarantees.