

Nutritional Information

Eat Well. Feel Good.



Embracing healthy bodies, a healthy planet, and compassion for all living things. All of our salads are made with organic leafy greens, and we source local whenever possible. Our soy ingredients are 100% non-GMO.

HipCityVeg[®]

	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)
BURGERS & SANDWICHES									
Bistro Bella	420	22	4	0	0	850	50	7	10
Buffalo Bella	440	20	4.5	0	0	1360	57	5	9
Curry Tofu Wrap	780	42	6	0	0	1440	64	7	2
Philly Cheese Steak	800	40	6	0	0	2160	72	7	9
Smokehouse Burger	590	27	11	0	0	1060	61	5	11
The Basic B	530	24	10	0	0	1080	55	5	9
Ziggy Burger	560	27	11	0	0	1210	57	6	9
NUGGETS									
6 Piece	160	10	0.5	0	0	450	6	2	0
10 Piece	270	16	1	0	0	740	10	3	0
20 Piece	550	32	2.5	0	0	1490	20	6	0
CHICK'N									
Crispy HipCity Ranch	690	39	6	0	0	1490	54	7	7
Disco Chick'n	520	23	4	0	0	1380	51	7	7
Fajita Wrap	680	30	6	0	0	1560	74	12	8
Smokey Sweet Wrap	660	31	5	0	0	1400	67	10	8
SALAD									
Arugula Taco	220	9	2	0	0	510	31	9	6
Cilantro Dressing	250	27	3.5	0	0	340	0	0	0
Chopped Med Salad	390	27	1.5	0	0	1040	23	5	4
Basil Dressing	270	30	3.5	0	0	290	0	0	0
Jerk Chick'n Caesar Salad	170	5	0	0	0	340	18	5	2
Caesar Dressing	280	29	4	0	0	420	0	0	0
Side Caesar Salad	100	4.5	0.5	0	0	70	14	4	1
Side Garden Salad	35	0	0	0	0	30	7	3	3
Udon Noodle Salad	450	26	2	0	0	720	39	4	7
Black Bean Dressing	230	23	1.5	0	0	440	4	0	3
SIDES									
Sweet Potato Fries	330	17	2	0	0	1190	42	4	15
SWEETS									
Banana Whip	210	1	0	0	0	0	54	6	2
Chocolate Shake 10oz	470	16	0	0	0	220	75	2	63
Chocolate Shake 16oz	750	24	0	0	0	330	124	3	104
Chocolate Shake 24oz	1150	38	0.5	0	0	510	188	4	159
Vanilla Shake 10oz	380	17	0	0	0	210	52	2	41
Vanilla Shake 16oz	580	25	0	0	0	330	78	3	62
Vanilla Shake 24oz	870	38	0.5	0	0	500	118	4	94

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BREAKFAST									
Breakfast Maple Crispy	350	10	1	0	0	820	45	4	10
Hashbrowns	150	9	1	0	0	470	15	1	0
Sunnyside Sausage Egg & Cheese	370	15	4.5	0	0	1060	39	2	2
Wake and Bac'n	340	14	4.5	0	0	930	39	2	2
DRINKS									
BFG 10oz	130	0	0	0	0	10	32	4	20
BFG 16oz	200	0.5	0	0	0	20	53	6	32
BFG 24oz	300	1	0	0	0	25	78	9	48
Berry Patch Fountain Beverage 10oz	70	0	0	0	0	10	16	0	16
Berry Patch Fountain Beverage 16oz	110	0	0	0	0	15	26	0	26
Berry Patch Fountain Beverage 24oz	160	0	0	0	0	25	38	0	38
Kale Lemonade 10oz	70	0	0	0	0	10	20	0	19
Kale Lemonade 16oz	120	0	0	0	0	15	32	0	30
Kale Lemonade 24oz	180	0	0	0	0	25	47	0	45
Mandarin Cardamom 10oz	70	0	0	0	0	10	15	0	15
Mandarin Cardamom 16oz	110	0	0	0	0	15	25	0	25
Mandarin Cardamom 24oz	160	0	0	0	0	25	37	0	37
Strawberry Rhubarb 10oz	50	0	0	0	0	10	12	0	12
Strawberry Rhubarb 16oz	80	0	0	0	0	15	20	0	20
Strawberry Rhubarb 24oz	120	0	0	0	0	25	30	0	30
Green Tea 10oz	20	0	0	0	0	0	5	0	5
Green Tea 16oz	35	0	0	0	0	5	8	0	8
Green Tea 24oz	50	0	0	0	0	10	13	0	13