

# DIG INN NUTRITION

Starting from scratch means handling a lot of ingredients, so we can't guarantee the total separation of foods with allergens and foods without. If you have a severe food allergy, we kindly recommend that you do not dine with us for your own safety. As a rule of thumb, the side portions listed below are portions used in composed and BYO bowls (i.e., a single serving). Our a la carte vegetable sides are 1.5 servings, Large Sides are four servings each, and Catering trays are ten servings each. Our A La Carte protein sides vary by item. We update our menu seasonally and are always trying new recipes, so our ingredients and nutrition info may change over time. If there's anything you have questions about, email us at [contact@diginn.com](mailto:contact@diginn.com).

## CHEF'S SPECIALS

	Serving Size (oz)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Classic Dig	19.6	800	35	3	0	150	1810	94	12	11	38
Vegan Dig Classic	20.1	940	52	4	0	0	1990	101	13	11	31
Spicy Salmon Bowl	20.1	860	42	4	0	70	2280	97	12	13	33
Hot Honey Chicken Bowl	19.4	850	40	12	0	200	2190	77	9	23	48
Tarragon Mustard Chicken Plate	15.4	600	46	12	0	110	1620	41	6	8	29
Tarragon Mustard Salmon Plate	14.6	660	46	4	0	70	1910	55	6	6	28
Tarragon Mustard Caesar Salad	12.2	690	60	8	0	70	1620	23	9	3	33
Meatballs & Spiced Farro Plate	14.1	950	43	9	0	60	920	71	10	9	21
Braised Chickpeas & Lentils with Rice	25	740	36	1	0	0	2180	116	16	10	18
Fan Faves Plate	10	390	28	3.5	0	70	1130	19	5	6	29
Vegan Favorites Plate	12.6	510	35	2	0	0	1820	31	7	13	25
Winter Protein Plate	17.6	680	38	4	0	150	1930	60	8	5	38

## SALADS

	Serving Size (oz)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Kale Caesar Salad	13.9	550	47	5	0	0	1140	41	11	8	12
Avo Grain Bowl	13.0	540	43	4	1.5	0	1010	42	9	12	5
Kale Caesar Salad with Crispy Chicken	19.1	860	62	7	0	100	1980	61	11	8	36
Avo Grain Bowl with Crispy Tofu	17.0	820	63	6	2	0	1780	50	10	15	24

## MARKET LINE

Sides	Serving Size (oz)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Classic Brown Rice	5.0	210	10	0	0	0	430	41	3	0	4
Spiced Farro	5.0	240	8	1	0	0	370	39	4	2	6
Farm Greens with Mint	1.5	10	0	0	0	0	10	2	0	1	<1
Cashew Kale Caesar	2.7	140	14	1.5	0	0	360	8	2	1	4
Tomatoes & Cucumbers	4.3	25	0	0	0	0	85	6	1	5	<1
Marinated Cannellini Beans	4.3	160	8	<1	0	0	520	17	6	4	5
Charred Broccoli with Lemon	4.3	100	7	<1	0	0	420	9	3	2	3
Sheet Tray Carrots	4.0	80	6	<1	0	0	350	11	3	5	1
Roasted Sweet Potatoes	6.0	260	6	<1	0	0	220	43	6	9	3
Jasper Hill Mac & Cheese	6.0	390	15	9	0	50	510	44	3	5	16
Chili Lime Brussels Sprouts	4.3	130	8	<1	0	0	630	14	4	11	3
Homestyle Mashed Potatoes	6.5	240	19	9	0	40	380	27	3	2	4

Mains	Serving Size (oz)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Seared Wild Salmon	4.0	270	19	2.5	0	70	770	1	0	0	23
Crispy Tofu	4.0	280	20	1.5	0	0	770	8	<1	0	19
Charred Chicken	4.3	230	12	3	0	150	740	1	<1	0	28
Herb Roasted Chicken	3.3	170	8	2	0	65	420	<1	0	0	24
Crispy Chicken	5.3	320	15	2	0	100	840	20	<1	2	24
Hot Honey Chicken	5.1	280	12	3	0	150	910	13	<1	11	28
Meatballs with Tomato Ragu	4.3	500	15	6	0	60	76	21	3	2	14
Braised Chickpeas & Lentils	7.5	160	8	<1	0	0	660	17	5	5	5

Extras	Serving Size (oz)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Avocado with Olive Oil and Maldon Salt	2.7	140	13	2	0	0	115	6	5	0	1
Focaccia	3.8	270	8	1	0	0	600	43	2	2	7
Brioche Cheddar Pullapart	1.6	170	7	4	0	20	280	23	1	5	6
Carrot Ginger Soup	10.0	100	2	0	0	0	970	21	3	12	2

## DESSERTS

	Serving Size (oz)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Flourless Brownie	2.3	270	15	8	0	60	350	30	0	34	5
Chocolate Chip Cookie	2.7	340	19	12	<1	55	390	43	1	27	4
Iced Lemon Cake	3.7	330	13	8	0	80	220	49	<1	61	5

## SAUCES

	Serving Size (oz)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Garlic Aioli	0.8	80	8	<1	<1	0	100	<1	<1	0	<1
Hot Honey	0.8	50	0	0	0	0	170	12	0	11	0
Pesto	0.8	130	14	1.5	0	0	120	0	0	0	0
Sriracha	0.8	20	0	0	0	0	440	3	0	2	0
Balsamic Vinaigrette	0.8	110	11	<1	<1	0	240	3	0	2	0
Tarragon Mustard	0.8	100	11	1	0	0	360	1	0	1	0
Gravy	0.8	10	1.5	0	0	0	110	1.5	0	0	0