

USA Local Nutrition Report

Nutrition Facts table label rounded report

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Item Name	Modifications	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugar (g)	Protein (g)
Brunch												
Barbacoa Beef Hash & Potato Pave		498	1090	82	29	2.5	350	2840	65	7	12	29
Mole Pork Hash & Potato Pave		583	1370	94	20	1	295	3400	97	9	13	38
Eggs Benedict & Potato Pave		354	1050	77	35	2.5	670	2090	64	5	3	26
BB Eggs Benedict & Potato Pave		489	1460	101	28	1.5	645	3050	107	8	5	33
Avocado Eggs Benedict & Potato Pave		440	1120	83	34	2.5	660	2850	71	10	3	26
Avocado BB Eggs Benedict & Potato Pave		553	1430	99	25	1.5	610	3500	113	13	5	29
Breakfast Sandwich & Fries		422	1040	60	14	0.3	410	2030	81	6	10	38
Dutch Baby Pancake		348	670	36	18	1.5	450	630	66	3	32	21
Huevos Rancheros		613	1170	83	20	0.5	425	2760	78	13	11	37
Farmer's Breakfast		520	1450	88	16	0.4	455	3710	127	10	6	39
Side Pave Potatoes		119	440	25	2	0.1	0	1340	52	4	2	5
Starters		Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugar (g)	Protein (g)
Pinche Pork Tacos		222	420	22	4.5	0.1	40	820	40	5	4	17
Barbacoa Beef Tacos (NEW TEST)		248	490	24	10	0.5	80	690	39	4	4	28
Nachos TX TEST	Full order	796	1610	109	40	2	190	5280	111	14	22	59
	Mexi beef shared between 2	440	910	61	23	1	125	2880	57	7	11	39
	Mexi beef full order	880	1820	121	45	2	245	5770	114	14	22	78
Nachos Terry Ave	shared between 2	237	630	40	13	0	60	1860	51	4	5	22
	full order	474	1270	80	25	0.5	115	3710	102	8	9	44
	Nacho beef shared between 2	262	640	34	14	0.5	80	1570	61	7	5	32
	Nacho beef full order	524	1270	68	28	1.5	155	3130	121	14	9	63
	Impossible nacho beef shared between 2	28	50	3	1.5	0	0	210	3	1	0	4
	Impossible nacho beef full order	57	100	6	3.5	0	0	420	6	2	1	8
	Guacamole	167	350	35	4.5	0	0	870	12	10	1	3
Hot Wings & Blue Cheese Dressing	Full order	394	1060	68	16	0	645	3290	3	1	2	101
	shared between 2	197	530	34	8	0	320	1640	2	1	1	50
Yam Fries		240	970	67	6	0.2	20	840	86	10	25	6
	shared between 2	120	485	34	3	0	10	420	43	5	13	3
Hand-pressed Sliders Royale (Med-Hat)	Shared between 2	148	360	16	2	0	20	645	44	2	8	11
	One slider	99	240	10	1	0	13	430	29	1	5	7
Chips & Salsa	shared between 2	103	160	9	0.5	0	0	640	19	2	4	2
Perogies	shared between 2	168	340	21	9	0.4	40	610	31	2	3	9
Steamed Edamame	shared between 2	88	80	2.5	0	0	0	1190	5	5	0	9
Garlic Edamame	shared between 2	102	140	7.5	0.5	0.05	0	635	10	5.5	3	10
Local Fried Chicken	Dragon Fried - shared between 2	180	460	28	7	0	85	1110	31	2	8	21
	Hot Honey - shared between 2	172	410	23	6	0.1	85	780	32	1	11	19
Fully Loaded Crispy Potato Pave		238	690	46	7	0.3	25	2380	59	5	3	12
	shared between 2	119	350	23	3.5	0.1	15	1190	30	2	1	6
Shrimp Dumplings		229	630	38	5	0.1	45	1480	52	5	4	16
	shared between 2	115	320	19	2.5	0	20	740	26	2	2	8
Roti and Curry		329	840	37	17	0.1	0	1520	107	4	16	4
Roasted Beet Hummus		279	730	57	8	0.1	5	1790	49	8	7	10
	shared between 2	140	370	29	4	0	5	890	25	4	3	5
Snack Burger		217	540	32	10	0.5	75	1890	33	3	3	29
Burger Snack Tower		1539	4140	251	69	3	415	12140	292	27	22	161
	shared between 4	385	1030	63	17	0.5	105	3030	73	7	6	40
Taco Snack Tower		1429	3620	238	48	1.5	505	10510	207	21	17	141
Smoked Trout Dip Tempura Shrimp	shared between 4	357	910	59	12	0.3	125	2630	52	5	4	35
		169	570	44	14	0.3	100	770	26	3	2	16
		210	630	41	3.5	0.1	25	880	39	1	8	22
LPE Chicken Nuggets (NEW TEST)	Franks	328	850	63	13	0.3	160	1920	30	2	2	33
	Truffle Ranch	245	780	59	13	0.2	160	1340	28	1	2	31

Salads		Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugar (g)	Protein (g)
House Salad		222	230	19	3	0.1	5	460	11	4	5	5
	Side	112	110	9	1.5	0.1	0	280	6	2	2	2
Peanut Satay Chicken Noodle Salad		458	900	44	7	0.1	75	1510	87	9	20	43
Calabrian Caesar Salad	no protein	311	610	53	10	0.3	50	1230	15	5	4	12
LPE Greens	no protein	306	440	30	5	0.1	5	950	36	7	19	10
LPE Greens 2.0	no protein	347	480	28	6	0.1	10	1040	48	7	27	10
Pearl Couscous Salad		676	890	58	6	0	0	1120	78	13	11	23
Chicken + Tortilla Market Salad		426	810	57	6	0	80	1940	40	9	9	32
Add Blackened Chicken		88	200	12	2.5	0	65	810	2	1	0	21
Add Blackened Steak	5 oz	108	220	9	3.5	0.3	70	680	2	1	0	29
	10 oz	210	410	17	7	0.5	140	740	2	1	0	58
Sandwiches & Burgers (no sides)		Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugar (g)	Protein (g)
Crispy Chicken Sandwich	coleslaw, BBQ mustard mayo	302	760	45	6	0.2	70	1250	55	4	5	30
Crispy Chicken Sandwich		544	1340	79	8	0.4	80	1640	105	6	11	44
Fresno Crispy Chicken Sandwich		340	850	45	8	0.2	75	1360	80	3	22	30
Deluxe Impossible Burger		348	940	67	19	0.5	40	1810	44	6	6	35
Protein Style Impossible Burger		268	490	38	10	0	10	1150	15	5	3	22
Diablo Impossible Burger		339	880	61	17	0.5	35	1950	45	6	6	33
Local Burger		294	730	42	15	1	120	1590	40	2	9	44
House-made Veggie Burger		410	770	52	7	0.4	20	1340	58	10	8	17
Deluxe Burger		373	1060	76	18	1	135	1800	37	4	6	46
Diablo Burger		392	1120	79	20	1	135	2000	50	4	9	48
Brooklyn Burger		338	940	54	17	0.5	120	1420	59	2	13	49
Blackened Chicken Sandwich		376	1100	76	15	0	140	2440	53	6	9	47
Truffle Burger		308	770	45	16	1	115	1130	39	2	9	47
Wagyu Hot Dog		336	800	49	14	1.5	100	2170	55	4	10	31
Christmas Burger	462	1300	83	20	0.5	145	3080	80	9	14	50	

Pizzas		Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugar (g)	Protein (g)
Wood Fired Pizza	Add Egg	51	70	5	1.5	0	180	270	1	0	0	6
	Gluten Free Pizza Crust	248	640	8	1	0	0	1080	136	8	4	8
	Brunch Pizza	882	2820	221	111	7	1570	5770	126	8	9	82
	Regular Pie	509	1060	40	15	1	80	3090	117	7	6	52
	Sweet Heat	522	1200	45	18	1	95	3660	130	7	14	55
	The Carnivore	562	1350	68	25	0.5	160	4590	117	6	3	68
	Mortazza Pizza	493	1240	59	23	0.5	130	3330	127	8	14	43
	Pepperoni Supremo	549	1280	61	22	1.5	125	4110	124	7	14	56
	The Salsiccia	442	1000	42	14	0	80	3320	113	7	5	40
	Spicy Salami Pizza	485	1070	40	15	1	95	3390	116	7	6	50
	Tandoori Chicken Pizza	574	1330	53	13	0.5	120	3070	154	10	40	57
	BBQ Chicken Pizza	548	1190	45	14	0.5	125	3200	134	7	22	56
Pizza Dips	Chipotle Aioli	86	520	51	5	0	25	780	2	0	1	1
	Truffle Ranch	86	370	36	7	0	35	320	3	0	3	2
		Garlic Aioli and Parmesan	91	540	53	6	0	830	1	0	0	2
Mains		Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugar (g)	Protein (g)
Coconut Curry Rice Bowl NEW		525	750	48	30	0.3	85	2450	44	3	10	28
Ahi Tuna Poke Bowl NEW		640	980	54	6	0	45	2090	77	3	17	45
Korean BBQ Rice Bowl		533	730	33	8	0.4	295	2250	60	3	25	45
Drunken Chicken		757	990	32	3.5	0.5	145	4100	106	3	38	65
Fish Taco Plate		451	1020	59	7	0.1	45	2990	91	9	5	22
Grilled Chicken Taco Plate		283	560	32	4	0	80	2310	34	4	4	31
Fried Chicken Ramen		862	1190	61	11	0.2	205	3760	111	10	35	48
LPE Chicken Nuggets on Ramen (NEW TEST)		862	1430	73	13	0.3	220	3510	134	11	10	58
Steak & Fries	5 oz steak, 6 oz fries	272	800	55	26	1.5	170	2140	41	5	1	33
	10 oz steak, 8 oz fries	431	1160	70	30	1.5	245	3020	66	8	1	64
Enchiladas	Vegetarian	448	770	46	14	0.5	65	1640	67	11	7	25
	Steak	601	1050	56	18	1	160	2840	71	13	7	67
	Blackened Chicken	536	960	56	16	0.5	130	2450	70	12	7	45
	Mole Beef	553	950	58	14	0.5	125	1970	69	11	7	40
Fish & Chips	6 oz fries	510	1220	78	8	0.1	80	2060	80	7	7	39
Chicken + Black Bean Quesadilla		420	1320	102	19	0.5	100	2910	58	9	7	36
BBQ Ribs		713	1900	137	33	1	235	2190	96	11	32	72
Pulled Pork Baked Pasta		569	2330	184	107	3.5	615	4650	94	5	23	76
Kid's Chicken Strips		309	840	39	4.5	0.2	55	1370	87	5	27	30
Kids Grilled Cheese Sandwich		219	640	28	7	0.2	10	1430	81	6	5	13
Kids The Lil' Local Burger		257	750	36	11	0.5	55	1020	75	6	5	29
Sides		Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugar (g)	Protein (g)
Add Shrooms		99	140	14	1	0.3	0	135	4	1	1	2
Coleslaw		130	200	17	2	0	10	360	9	2	6	2
Fries	6 oz	94	300	14	2.5	0	0	250	36	4	0	4
Yam Fries		270	1180	90	8	0.5	40	1020	86	10	25	6
Hollandaise		45	260	29	18	1.5	155	80	0	0	0	1
Bacon		38	170	15	4.5	0.1	35	440	2	0	1	6
Cauliflower Rice		162	150	11	1.5	0	0	610	13	8	3	3
LPE Greens	side	94	160	12	2	0	5	460	9	2	3	4
LPE Greens 2.0	side	112	180	12	2.5	0.1	5	480	13	2	7	4
Ranch Dressing		30	130	14	2	0	10	180	4	0	1	0
Dessert		Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugar (g)	Protein (g)
Peanut Butter and Chocolate Cup		196	690	49	24	0.5	130	330	56	3	44	12
Apple Cobbler		289	770	35	17	1	125	710	109	4	59	9