



## Nutrition Facts

Nutrition Facts are listed below for each item as described on the menu. Our unique offering of a small (S), medium (M), or large (L) Yumm! Bowl® allows you to easily adjust your order based on dietary preferences. Additional menus for specialty diets and allergen-free suggestions can be found at [cafeyumm.com/nutrition](http://cafeyumm.com/nutrition).

Our goal is to serve any menu item exactly how you want it, so personalization is always welcome!

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
<b>Yumm! Bowls® • Yumm! Wrappits® • Yumm! 'n' Greens®</b>											
Original Yumm! Bowl,® Small	530	350	39	10	0	45	580	43	9	2	16
Original Yumm! Bowl, Medium	760	450	50	10	0	40	670	59	13	2	20
Original Yumm! Bowl, Large	950	580	64	12	0	45	860	72	16	3	25
Hot 'n' Jazzy® Yumm! Bowl, S	560	350	39	8	0	30	620	40	6	2	13
Hot 'n' Jazzy Yumm! Bowl, M	780	490	54	11	0	40	790	56	9	2	19
Hot 'n' Jazzy Yumm! Bowl, L	970	610	68	13	0	45	990	68	11	3	24
Jazzy® Yumm! Bowl, S	510	310	34	7	0	30	480	40	6	2	13
Jazzy Yumm! Bowl, M	740	440	49	10	0	40	660	55	9	2	19
Jazzy Yumm! Bowl, L	930	570	63	12	0	45	850	68	11	3	24
Smoky Yumm! Bowl, S	510	320	35	7	0	30	630	38	7	3	11
Smoky Yumm! Bowl, M	730	460	51	10	0	40	880	53	9	4	17
Smoky Yumm! Bowl, L	920	590	65	12	0	45	1140	63	11	5	21
Yumm! Baby® Yumm! Bowl, S	520	320	36	8	0	30	420	38	4	2	11
Yumm! Baby Yumm! Bowl, M	700	440	49	10	0	40	600	51	5	2	15
Yumm! Baby Yumm! Bowl, L	890	590	65	13	0	45	790	60	8	2	19
Edamame Yumm! Bowl, S	550	350	39	8	0	30	460	35	8	2	15
Edamame Yumm! Bowl, M	770	500	56	11	0	40	640	48	11	3	21
Edamame Yumm! Bowl, L	960	640	71	13	0	45	830	56	13	3	27
Yumm! Wrappit,® White Flour <i>Choose a medium Yumm! Bowl and add these Nutrition Facts</i>	+290	+60	+7	+1	0	0	+770	+47	+2	0	+7
Yumm! Wrappit, Whole Wheat <i>Choose a medium Yumm! Bowl and add these Nutrition Facts</i>	+280	+50	+6	+2	0	0	+770	+47	+4	0	+8
Yumm! 'N' Greens® <i>Choose a small Yumm! Bowl and add these Nutrition Facts</i>	+280	+120	+14	+2	+0	+0	+270	+32	+2	+0	+4
<b>Add Protein</b>											
All Natural Chicken, Southwest	+90	+15	+3	0	0	+35	+510	+3	+1	+1	+12
All Natural Chicken, Original	+70	+10	+1	0	0	+35	+275	+1	0	+1	+12
Organic Tofu, Southwest	+180	+120	+13	+1	0	0	+540	+6	+3	+1	+12
Organic Tofu, Original	+130	+100	+11	0	0	+370	+2	+1	+1	+1	+10
<b>Make It Yours!</b>											
Add Soup, Tortilla Cheese	+105	+50	+6	+3	0	+10	+520	+8	+1	+1	+4
Add Soup, Chipotle Chili	+85	+15	+2	0	0	0	+290	+14	+3	+3	+3
Sub Cauliflower for Brown Rice, S	-115	-5	-1	0	0	0	-5	-23	-2	0	-3
Sub Cauliflower for Brown Rice, M	-150	-10	-1	0	0	0	-5	-30	-2	0	-3
Sub Cauliflower for Brown Rice, L	-165	-10	-1	0	0	0	-0	-34	-3	0	-3
Extra Yumm! Sauce® (1.5 oz)	200	180	20	1.5	0	0	160	3	1	0	3
Add Fire-Roasted Corn	70	10	2	0	0	0	0	12	2	6	2
Add Pepitas	+100	+70	+8	+2	0	0	+65	+2	+2	+1	+5
Add Nori	+30	+20	+3	0	0	0	+40	+1	+1	0	+1
Add GF Crispy Noodles	+60	+15	+2	0	0	0	+60	+10	+2	0	+2
Add Cabbage & Carrots	+15	0	0	0	0	0	+25	+4	+1	+2	+1
Add Slivered Almonds	+100	+15	+9	+1	0	0	0	+3	+2	0	+3
Add Jalapeño Sesame Salsa	+45	+45	+5	+1	0	0	+200	+1	0	0	0
Add Shredded Cheddar Cheese	+120	+90	+10	+6	0	+30	+200	+1	0	0	+6
Add Avocado	+45	+35	+4	+1	0	0	0	+2	+2	0	+1
<b>Featured</b>											
Spicy Teriyaki Yumm! Bowl,® Tofu	965	600	67	6	0	0	1457	57	13	12	31
Spicy Teriyaki Yumm! Bowl, Chicken	910	520	58	5	0	40	1380	57	12	12	34
AvoCrunch Salad™	600	410	46	4	0	0	340	38	9	13	10
Southwest Yumm! Bowl,® Tofu	990	550	61	8	0	0	915	80	22	10	37
Southwest Yumm! Bowl, Chicken	960	490	54	7	0	35	940	83	21	10	39
Southwest Salad, Tofu	730	430	48	7	0	18	830	48	17	10	29
Southwest Salad, Chicken	720	380	42	7	0	54	890	50	17	10	33

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<b>More Yumm!</b>												
Yumm! Bento,® Tofu	980	520	58	5	0	0	640	93	12	14	23	
Yumm! Bento, Chicken	950	480	53	7	0	80	1490	89	9	16	33	
Deluxe Quesadilla (whole wheat)	780	420	47	23	1	100	1680	59	7	3	28	
Deluxe Quesadilla (white flour)	790	430	48	21	1	100	1680	59	5	3	27	
Skewer, Teriyaki Chicken	280	110	12	4	0	80	1720	25	0	20	23	
Skewer, BBQ Tofu	330	200	22	2.5	0	0	230	21	4	10	13	
Soup, Chipotle Chili w/ Tort. Chips	530	180	20	2	0	0	1110	73	11	8	14	
Soup, Tortilla Cheese w/ Tort. Chips	590	290	32	9	0	35	1820	56	5	4	17	
Deluxe Soup <b>Choose a soup and add these Nutrition Facts</b>	+270	+200	+23	+9	0	+45	+460	+9	+3	+2	+8	
Organic Tortilla Chips	275	130	14	2	0	0	250	32	2	0	4	
Org. Tortilla Chips & Mild Red Salsa	300	130	14	2	0	0	760	36	6	0	4	
Side Salad	45	0	0	0	0	0	42	10	4	5	2	
Chocolate Chip Cookie	410	190	21	13	0	60	200	57	2	39	5	
Ginger Spice Cookie	390	140	16	1	0	0	400	53	3	24	6	
Oatmeal Raisin Cookie	410	150	17	8	0	65	180	60	3	31	7	
<b>Yumm! Kids</b>												
Teriyaki Chicken & Rice	370	120	13	4	0	80	1720	44	0	20	25	
Quesadilla (whole wheat)	665	325	36	19	1	90	1620	53	4	0	26	
Quesadilla (white flour)	650	320	35	20	1	90	1620	53	6	0	27	
Original Kid Yumm! Bowl	420	230	25	4.5	0	15	260	38	7	0	12	
AvoKiddo™ Yumm! Bowl	410	240	27	5	0	15	260	34	3	0	9	
<b>Fountain Drinks (full 16-ounce cup without ice)</b>												
Pepsi (16 oz)	200	0	0	0	0	0	40	56	0	56	0	
Diet Pepsi (16 oz)	0	0	0	0	0	0	50	0	0	0	0	
Dr. Pepper (16 oz)	200	0	0	0	0	0	80	53	0	51	0	
Diet Dr. Pepper (16 oz)	0	0	0	0	0	0	80	0	0	0	0	
Starry Lemon Lime (16 oz)	200	0	0	0	0	0	40	54	0	54	0	
Mug Root Beer (16 oz)	200	0	0	0	0	0	30	52	0	52	0	
<b>Dressings • Sauces • Salsas</b>												
Original Yumm! Sauce® (1.5 oz)	200	180	20	1.5	0	0	160	3	1	0	3	
Asian Slaw Dressing (1.5 oz)	210	180	21	2	0	0	350	5	0	2	0	
Sweet Ginger Miso (1.5 oz)	140	110	12	1	0	0	105	6	0	5	0	
Toby's Blue Cheese (1.5 oz)	170	150	17	2	0	15	170	2	0	1	1	
Toby's Buttermilk Ranch (1.5 oz)	210	180	20	2	0	20	170	1	0	0	1	
Teriyaki Sauce (1.5 oz)	60	0	0	0	0	0	870	14	0	9	2	
Mild Red Salsa (1.5 oz)	5	0	0	0	0	0	65	0	0	0	0	
Jalapeño Sesame Salsa (1.5 oz)	130	130	14	2	0	0	570	3	1	0	0	
<b>Breakfast Menu (at select locations)</b>												
Yumm!lette,™ Egg	685	430	48	10	0	365	1140	38	5	1	24	
Yumm!lette, Tofu	765	430	48	8	0	25	660	57	19	2	32	
Breakfast Wrappit!,™ Egg (wheat)	965	490	54	12	0	365	1910	85	9	1	32	
Breakfast Wrappit!, Tofu (wheat)	1055	490	54	10	0	25	1430	104	23	2	40	
Yumm! Rancheros, Egg	1020	530	59	13	0	380	1460	86	19	4	34	
Yumm! Rancheros, Tofu	1120	530	59	11	0	40	990	105	32	5	42	
Breakfast Quesadilla, Egg (wheat)	900	500	55	30	1	475	2300	56	7	4	40	
Breakfast Quesadilla, Tofu (wheat)	1020	500	55	28	1	130	1830	75	20	5	48	
Bagel and Cream Cheese (wheat)	480	100	11	6	0	35	920	78	2	2	16	
Breakfast Bagel, Egg (wheat)	610	160	18	7	0	365	1630	80	3	2	30	
Breakfast Bagel, Tofu (wheat)	710	160	18	6	0	20	1150	99	16	4	38	
Add Turkey Breast	+80	+15	+2	+1	0	+38	+835	+2	0	+2	+17	
Sub White for Wheat Tortilla	+10	+10	+1	-2	0	0	0	0	-2	0	-1	
Sub Multigrain for Wheat Bagel	+50	+20	+2	0	0	0	-40	+8	+1	+15	+1	

*The 2020 - 2025 Dietary Guidelines for Americans* (from the US Department of Health and Human Services and US Department of Agriculture, [dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials](https://www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials)) offers information about calorie needs, healthy and unhealthy fats, safe ways to lose weight, recommended physical activity, and other resources for maintaining health through a variety of life stages. Quick, easy tips for making healthy diet choices are also available at [ChooseMyPlate.gov](https://www.choosemyplate.gov).

Nutrition Facts may vary because of slight variations in portion size or preparation, changes in growing seasons, or differences in ingredient sourcing. We strive to keep this chart as current as possible, and it was last updated to include all standard menu items as of August 15, 2024. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

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