



# Moonsong

## Nutritional Information


2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Menu items may contain, or come into contact with CRUSTACEAN SHELLFISH, EGGS, FISH, MILK, PEANUTS, SESAME, SOYBEANS, TREE NUTS AND WHEAT.

For guests with special dietary requirements, or allergies who may wish to know about the food ingredients used, please ask a member of the restaurant team.


Nutrition information is derived and calculated with information provided by manufacturers, vendors, published resources and the U.S. Department of Agriculture, Agricultural Research Service, FoodData Central.

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	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	
<b>Brekkie</b>												
Açaí Bowl	510	17	3	1	0	91	87	14	59	32	9	
Avocado Toast	360	23	3	0	0	657	38	11	5	3	9	
Berry Smoothie	230	2	<1	0	0	61	56	6	39	19	3	
BLATE	1140	64	16	0	80	2396	92	8	17	8	33	
Breakfast Bowl with Halloumi Cheese	910	60	21	0	284	1264	42	15	6	<1	37	
Fine Herb Scramble	740	53	16	0	522	1339	29	4	4	3	41	
Green Smoothie	410	19	2	0	0	162	57	8	36	21	11	
Oatmeal	530	22	5	0	0	108	72	13	30	10	14	
Peanut Butter Protein Smoothie	410	21	4	0	0	250	49	6	28	5	15	
Breakfast Burrito	1320	86	24	<1	553	2686	32	7	1	0	52	
Toast With Spreads Almond Butter	480	34	11	<1	42	300	34	7	4	3	13	
Toast With Spreads Blueberry Preserves	390	18	9	<1	42	300	54	4	29	27	6	
Toast With Spreads Honey	410	18	9	<1	42	301	62	4	38	38	6	
Toast With Spreads Peanut Butter	480	34	12	<1	42	300	35	7	4	3	13	
<b>G+G</b>												
Almond Butter Chia Pot	220	13	1	0	0	58	14	7	7	5	7	
Berry Pot	50	<1	0	0	0	1	11	3	6	0	1	
Berry Smoothie	230	2	<1	0	0	61	56	6	39	19	3	
Granola Pot	210	3	<1	0	4	28	11	4	16	11	11	
Grilled Chicken Caesar Wrap	780	36	12	0	291	2085	6	4	4	2	53	
Overnight Oats Pot	290	10	4	0	0	108	45	5	13	3	8	
Cauliflower + Grains Bowl	420	26	5	0	13	2038	42	7	18	3	9	
<b>Add-Ons</b>												
Avocado Smash	90	8	1	0	0	146	5	4	<1	0	1	
Bacon	240	21	8	0	60	660	0	0	0	0	15	
Halloumi Cheese	350	30	16	0	76	759	0	0	0	0	18	
Poached Egg	80	5	2	0	208	80	<1	0	<1	0	7	

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Grass-Fed Beef Burger	750	40	14	2	129	803	75	4	27	22	40
Beet Hummus	250	19	3	0	0	421	18	6	6	0	5
Blackened Salmon Tacos	660	36	10	<1	107	1100	40	3	7	4	41
Burrata + Crostini	570	45	19	0	81	977	26	2	7	3	16
Cheese + Charcuterie	880	65	24	0	618	2665	46	4	23	18	39
Chicken + Grains Bowl	510	22	6	<1	80	1862	47	9	16	8	34
Fried Chicken Sandwich	690	26	5	0	86	1851	95	6	12	10	37
Fried Chicken Sandwich F-T-F Breast	760	43	8	0	0	1661	80	4	9	8	32
Green Goodness Bowl	540	45	5	0	0	987	33	13	8	3	10
Greens + Grains Bowl with Salmon	770	32	6	0	94	1987	72	12	16	13	51
Chicken + Bacon Club	620	34	9	0	110	1736	57	4	10	8	46
Impossible Burger	700	34	13	<1	22	1066	84	9	29	23	34
Cauliflower + Grains Bowl	420	26	5	0	13	2038	42	7	18	3	9
Meatballs	580	46	14	2	152	1137	10	2	4	1	33
Warmed Olives	510	45	3	0	0	2335	26	1	<1	0	3
Side Items											
Roasted Carrots	230	10	5	0	25	1218	34	4	29	21	5
Potato Wedges	500	21	5	<1	14	1688	68	3	17	7	6
Roasted Brussels Sprouts	190	5	1	0	1	876	34	7	21	14	6
Roasted Cauliflower	110	7	1	0	0	1545	13	4	6	2	3
Salad + Lemon Dressing	140	13	2	0	0	154	6	1	3	2	2
Dessert											
Affogato	100	5	3	0	18	39	12	0	9	7	2
Chocolate Chip Cookie Smash	740	32	16	0	13	328	111	4	78	75	9