

Macro & Nutrition												
<i>Allergens &amp; Ingredients</i> At Zalata, we keep our ingredients simple and intentional. We use 100% olive oil exclusively across our kitchen — no seed oils, no blends. Some items, including our lemon tahini and select dressings, are made with sesame. Our kitchen handles common allergens including nuts, dairy, gluten, sesame, and soy, and while we take care in preparation, cross-contact may occur. If you have a food allergy, please inform a team member before ordering.												
Category	Item	Serving / Size Note	Calories	Protein (g)	Carbs (g)	Fat (g)	Sugar (g)	Fiber (g)	Caffeine (mg)	Published Nutrition		Options / Notes
Salads	Prime Mezze Steak	Per menu item	560	44	14	34				560 cal • 44g protein • 14g carbs • 34g fat		
Salads	Noodella	Per menu item	480	40	44	14				480 cal • 40g protein • 44g carbs • 14g fat		
Salads	Lemon Tahini Chicken	Per menu item	510	46	12	26				510 cal • 46g protein • 12g carbs • 26g fat		
Salads	Zalata Caesar	Per menu item	646	53.5	28.7	33				646 cal • 53.5g protein • 28.7g carbs • 33g fat		
Salads	Tuna Avocado	Per menu item	540	38	16	30				540 cal • 38g protein • 16g carbs • 30g fat		
Salads	Fattoush Crunch	Per menu item	410	12	46	16				410 cal • 12g protein • 46g carbs • 16g fat		
Salads	Berry Feta Greens	Per menu item	360	12	26	22				360 cal • 12g protein • 26g carbs • 22g fat		Optional add chicken: +190 cal, +35g protein.
Salads / Bowls	Create Your Own	Per menu item								Not listed on website		
Bowls	Saffron Chicken Bowl	Per menu item	640	42	52	22				640 cal • 42g protein • 52g carbs • 22g fat		
Bowls	Quinoa Crunch Bowl	Per menu item	690	39	41	41				690 cal • 39g protein • 41g carbs • 41g fat		
Bowls	Green Goddess Grain Bowl	Per menu item	630	46	42	24				630 cal • 46g protein • 42g carbs • 24g fat		
Bowls	Zalata Power Bowl	Per menu item	690	48	58	24				690 cal • 48g protein • 58g carbs • 24g fat		
Avocado Toasts	Classic Avo	Per menu item	360	11	29	22				360 cal • 11g protein • 29g carbs • 22g fat		
Avocado Toasts	Golden Avo	Per menu item	390	11	31	25				390 cal • 11g protein • 31g carbs • 25g fat		
Avocado Toasts	Chipotle Garden Avo	Per menu item	340	9	28	22				340 cal • 9g protein • 28g carbs • 22g fat		
Sandos & Wraps	Olivieh Sandwich	Per menu item	520	28	34	29				520 cal • 28g protein • 34g carbs • 29g fat		
Sandos & Wraps	Tuna Avo Sandwich	Per menu item	490	31	30	27				490 cal • 31g protein • 30g carbs • 27g fat		
Sandos & Wraps	Mezze Steak Wrap	Per menu item	560	35	38	29				560 cal • 35g protein • 38g carbs • 29g fat		
Small Plates	Green Theory	Per menu item	660	30	56	28				660 cal • 30g protein • 56g carbs • 28g fat		
Small Plates	Sea Salt Edamame	Per menu item	190	18	15	8				190 cal • 18g protein • 15g carbs • 8g fat		
Small Plates	Garlic Spicy Edamame	Per menu item	220	17	15	11				220 cal • 17g protein • 15g carbs • 11g fat		
Cold Pressed	Orange Juice	16 oz (estimated)								Not listed on website		
Cold Pressed	Green Glow	16 oz (estimated)								Not listed on website		
Cold Pressed	Carrot Citrus Immunity	16 oz (estimated)								Not listed on website		
Cold Pressed	Beet Energy Booster	16 oz (estimated)								Not listed on website		

Menu Item Details & Nutrition									
Category	Item Name	Size / Description	Calories	Protein (g)	Carbs (g)	Fiber (g)	Sugar (g)	Other	Notes
Cold Pressed	Pineapple Mint Detox	16 oz (estimated)							Not listed on website
Cold Brew	Pure Cold Brew	16 oz (estimated)	5						5 cal
Cold Brew	Pistachio Cloud Cold Brew	16 oz (estimated)	150						150 cal
Cold Brew	Vanilla Rose Cold Brew	16 oz (estimated)	130						130 cal
Cold Brew	Cookie Butter Cold Brew	16 oz (estimated)	200						200 cal
Cold Brew	Salted Honey Tahini Cold Brew	16 oz (estimated)	205						205 cal
Matcha	Iced Matcha Latte	16 oz (estimated)	190 (oat milk)	170 (whole milk); 190 (oat milk)	9 (whole milk); 3 (oat milk)				Whole milk: 170 cal • 9g protein / Oat milk: 190 cal • 3g protein
Matcha	Dirty Matcha Cold Brew	16 oz (estimated)	160						160 cal
Matcha	Desert Rose Matcha	16 oz (estimated)	180						180 cal
Matcha	Turkish Matcha	16 oz (estimated)	190						190 cal
Matcha	Salted Date Matcha	16 oz (estimated)	180						180 cal
Matcha	Blueberry Matcha	16 oz (estimated)	190						190 cal
Matcha	Strawberry Cream Matcha	16 oz (estimated)	180						180 cal
Protein Shakes	Chocolate PB Cup	16 oz (estimated)	260 (oat milk); 120 (water)	310 (whole milk); 260 (oat milk)	34 (whole milk); 27 (oat milk); 24 (water)				Whole milk: 310 cal • 34g protein / Oat milk: 260 cal • 27g protein / Water: 120 cal • 24g protein Optional upgrade to double protein (2 scoops).
Protein Shakes	Coffee Protein	16 oz (estimated)	190 (oat milk); 120 (water)	240 (whole milk); 190 (oat milk)	32 (whole milk); 26 (oat milk); 24 (water)				Whole milk: 240 cal • 32g protein / Oat milk: 190 cal • 26g protein / Water: 120 cal • 24g protein Optional upgrade to double protein (2 scoops).
Protein Shakes	Blueberry Chia Glow	16 oz (estimated)	170 (water)	290 (whole milk); 240 (oat milk)	33 (whole milk); 27 (oat milk); 24 (water)				Whole milk: 290 cal • 33g protein / Oat milk: 240 cal • 27g protein / Water: 170 cal • 24g protein Optional upgrade to double protein (2 scoops).
Protein Shakes	Protein Your Way	16 oz (estimated)							Not listed on website
Turkish Coffee	Turkish Coffee	Standard cup (size not listed)							Not listed on website
Chilled	Recess Mood Strawberry Rose Sparkling Water	Packaged beverage (size not listed)	20						20 cal
Chilled	Recess Mood Raspberry Lemon Sparkling Water	Packaged beverage (size not listed)	20						20 cal
Chilled	Recess Mood Tropical Bliss Sparkling Water	Packaged beverage (size not listed)	20						20 cal
Chilled	OLIPOP Cream Soda	Packaged beverage (size not listed)	50				2-3	9	50 cal • 2-3g sugar • 9g fiber
Chilled	Olipop Shirley Temple Prebiotic Soda	Packaged beverage (size not listed)	40-50				4-5	6-9	40-50 cal • 4-5g sugar • 6-9g fiber

Chilled	<b>OLIPOP Strawberry Vanilla Prebiotic Soda</b>	Packaged beverage (size not listed)	35		3	9		35 cal • 3g sugar • 9g fiber
	<b>OLIPOP Mini's Vintage Cola Soda</b>	Packaged beverage (size not listed)	50		3	9	50	50 cal • 3g sugar • 9g fiber • 50mg caffeine
Chilled	<b>Alani Pink Slush Energy Drink</b>	Packaged beverage (size not listed)	5-15	3			200	5-15 cal • 3g carbs • 200mg caffeine
Chilled	<b>Alani Dream Float Energy Drink</b>	Packaged beverage (size not listed)	10				200	10 cal • 200mg caffeine
Chilled	<b>Alani Strawberry Sunrise Energy Drink</b>	Packaged beverage (size not listed)	10-15				200	10-15 cal • 200mg caffeine
Chilled	<b>Filtered Ice Water</b>	Packaged beverage (size not listed)	0					0 cal
Chilled	<b>Evian Natural Spring Water</b>	Packaged beverage (size not listed)						Not listed on website