

EdgyBurgers

Butternut Squash, Quinoa, and Spinach

255 cals, 4g fat, 39g carbs, 6g protein, 6g fiber, WW Pt: 5

Ginger Lime Chickpea & Edamame

270 cals, 4g fat, 37g carbs, 11g protein, 6g fiber, WW Pt: 6

Sunflower Sesame and Chickpea

347cals, 7.5g fat, 57g carbs, 13g protein, 7g fiber, WW Pt: 5

Spinach Veggie

257 cals, 4g fat, 40g carbs, 8g protein, 4g fiber, WW Pt: 4

Pumpkin Chickpea

300 cals, 8g fat, 45g carbs, 10g protein, 7g fiber, WW Pt: 7

Portobello Black Bean

198cals, 3g fat, 29g carbs, 9g protein, 7g fiber, WW Pt: 4

Eggplant, Sundried Tomato, and Basil

190cals, 4g fat, 29g carbs, 4g protein, 4g fiber, WW Pt: 6

Cauliflower, Parmesan, and Quinoa

185cals, 7g fat, 18g carbs, 5g protein, 7g fiber, WW Pt: 5

Sweet Potato and Spinach

205cals, 8g fat, 25g carbs, 9g protein, 4g fiber, WW Pt: 6

Greek Chicken Sausage

258cals, 10g fat, 31g carbs, 8g protein, 5g fiber, WW Pt: 8

Apple Chicken Sausage w/ Apple Chutney

377cals, 13g fat, 17g carbs, 14g protein, 4g fiber, WW Pt: 8

Specialty Sides (4 oz)

Garlicky Cauliflower & Edamame

61 cals, 4g fat, 5g carbs, 2.8g protein, 2g fiber, WW Pt: 4

Sesame Soba Noodles

160 cals, 7g fat, 22g carbs, 6g protein, 2g fiber, WW Pt: 6

Asian Four Seed Quinoa

157 cals, 9g fat, 15g carbs, 4g protein, 4g fiber, WW Pt: 4

Roasted Root Veggies

123 cals, 4g fat, 10g carbs, 1g protein, 2g fiber, WW Pt: 5

Raspberry Lime Quinoa

94 cals, 7g fat, 13g carbs, 4g protein, 2g fiber, WW Pt: 2

Mediterranean Chickpea Salad

156 cals, 6g fat, 19g carbs, 5g protein, 2g fiber, WW Pt: 4

Grilled Veggies

55 cals, 1g fat, 7g carbs, 2g protein, 1g fiber, WW Pt: 1

Sesame Kale Salad

49 cals, 3g fat, 6g carbs, 1.7g protein, 1g fiber, WW Pt: 2

Edamame Black Bean Salad

152 cals, 5g fat, 20g carbs, 7g protein, 5g fiber, WW Pt: 2

Brown Rice, Black Bean & Avocado Salad

258cals, 10g fat, 41g carbs, 9g protein, 10g fiber, WW Pt: 4

Tarragon Chickpea & Asparagus

192 cals, 6g fat, 19g carbs, 7g protein, 3g fiber, WW Pt: 4

Hot Classics

Eggplant Parm

372 cals, 8g fat, 32g carbs, 12protein, 3g fiber, WW Pt: 6

Turkey WW Lasagna

425 cals, 8g fat, 38g carbs, 20 protein, 3g fiber, WW Pt: 8

Spinach Pie w Feta

325 cals, 12g fat, 34g carbs, 18 protein, 5g fiber, WW Pt: 8

Stuffed Portobello w Artichokes & Spinach

316 cals, 10g fat, 40g carbs, 13g protein, 2g fiber, WW Pt: 8

Sweet Potato Pancakes (1)

346 cals, 6g fat, 37g carbs, 13 protein, 4g fiber, WW Pt:11

Thai Peanut Chix Rolls (1)

245 cals, 5g fat, 40g carbs, 28 protein, 3g fiber, WW Pt: 8

Zucchini & Feta Pancakes (1)

225 cals, 6g fat, 31g carbs, 10g protein, 2g fiber, WW Pt: 6

Baked Chicken Burrito Roll

366 cals, 8.5g fat, 35g carbs, 32protein, 5g fiber, WW Pt: 9

Frittata with Spinach & SDT

265 cals, 10g fat, 11g carbs, 17 protein, 2g fiber, WW Pt: 5

Wraps & Paninis

Totals as wrap with 3.5 oz. chicken

To calculate alternatives, use CYO form grid.

Honey BBQ

406 cals, 10g fat, 39g carbs, 38g protein, 6g fiber, WW Pt: 10

Balsamic Artichoke

388 cals, 9g fat, 39g carbs, 37g protein, 6g fiber, WW Pt: 9

Sweet Dijon

429 cals, 10.5g fat, 38g carbs, 38g protein, 6g fiber, WW Pt: 10

Classic Chicken Parm

366 cals, 9g fat, 35g carbs, 39g protein, 6g fiber, WW Pt: 9

Hummus & Grilled Veg

310 cals, 6g fat, 32g carbs, 12g protein, 6g fiber, WW Pt: 6

Mexic-OH!

452 cals, 12g fat, 39g carbs, 39g protein, 9g fiber, WW Pt: 10

Create-Your-Own - use CYO form grid to calculate!

Brown Rice Bowls

Totals as vegetarian, to calculate alternatives, use CYO form grid.

Tex-Mex

294 cals, 5g fat, 44g carbs, 13g protein, 6g fiber, WW Pt: 7

Asian Stir-Fry

333 cals, 6g fat, 45g carbs, 24g protein, 6g fiber, WW Pt: 8

FeelGoods Cafe

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