

DIG NUTRITION

Starting from scratch means handling a lot of ingredients, so we can't guarantee the total separation of foods with allergens and foods without. If you have a severe food allergy, we kindly recommend that you do not dine with us for your own safety. As a rule of thumb, the side portions listed below are portions used in composed and BYO bowls (i.e., a single serving). Our a la carte sides are 1.5 servings (with the exception of protein, just one serving), Large Sides are four servings each, and Catering trays are ten servings each. We update our menu seasonally and are always trying new recipes, so our ingredients and nutrition info may change over time. If there's anything you have questions about, email us at contact@diginn.com.

PLATES

	Serving Size (oz)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Hot Honey Chicken	20.7	970	41	14	0	230	2040	102	12	45	49
Classic Dig	20.8	930	39	4.5	0	180	2090	96	12	12	50
Vegan Classic Dig	21.2	1000	61	3.5	0	0	2110	108	13	15	35
Spicy Meatball Bowl	15.1	890	64	8	0	60	2090	86	13	12	26
Seared Salmon Plate	18.6	480	31	4	0	65	1710	30	5	7	29
Tofu, Greens, and Grains Plate	18.6	730	44	7	0	165	2160	53	7	12	41
Greek Crispy Chicken Plate	18.7	930	63	7	0	150	2200	78	9	9	40
Spring Roast Chicken Plate	17.8	400	23	3	0	60	1690	35	7	7	26
Roast Chicken and Asparagus Plate	16.3	1000	59	6	0	60	1340	87	31	22	51
Seared Salmon and Asparagus Plate	17	1220	80	9	-	65	1690	94	35	24	58

SALADS

	Serving Size (oz)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Kale Caesar	15.9	680	52	7	0	0	1510	51	14	10	13
House Salad	18.0	660	55	5	0	0	1640	42	17	19	9
Avo Grain Bowl	19.0	750	51	4.5	0	0	1400	69	17	19	15

BOWL PORTION SIDES

Market Sides	Serving Size (oz)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Cashew Kale Caesar	2.7	140	14	1.5	-	0	360	8	2	1	4
Charred Broccoli with Lemon Side	4.3	100	7	0.5	0	0	420	9	3	2	3
Jasper Hill Mac & Cheese Side	6.0	390	15	9	0	50	510	44	3	5	16
Roasted Sweet Potatoes Side	6.0	260	6	0.5	-	0	220	43	6	9	3
Tomatoes & Cucumbers Side	4.3	25	0	0	0	0	85	6	1	5	<1
Sheet Tray Carrots Side	4.0	80	6	0.5	0	0	350	11	3	5	1
Avocado with Olive Oil and Maldon Salt	2.7	140	13	2	-	0	115	6	5	0	1
Marinated Cannellini Beans Side	4.3	400	14	1.5	0	0	340	50	21	5	18
Focaccia	3.8	270	8	1	0	0	600	43	2	2	7
Roasted Cauliflower with Parmesan	5.0	240	19	4.5	-	15	790	11	3	3	7
Spring Couscous	5.0	70	2.5	0.5	0	0	340	13	<1	0	2
Greek Salad	4.5	180	17	3	0	10	340	5	2	1	3
Asparagus	3.3	40	3	0	0	0	220	3	2	1	2

Main Sides	Serving Size (oz)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Seared Wild Salmon	4.0	270	19	2.5	0	70	770	1	0	0	23
Crispy Tofu	4.0	250	18	1.5	0	0	700	8	<1	0	17
Meatballs with Tomato Ragu Side	4.5	170	8	2	0	35	740	17	3	4	10
Charred Chicken Side	4.3	270	12	2.5	0	180	990	1	1	0	38
Herb Roasted Chicken Side	4.0	170	10	2.5	0	60	430	0	0	0	20
Crispy Chicken	4.5	350	17	2.5	-	140	970	18	1	2	32
Hot Honey Chicken Side	4.3	380	12	2.5	0	180	1360	29	<1	23	38
Grilled Steak Side	3.0	170	7	1.5	0	60	490	3	1	0	25

Whole Grains	Serving Size (oz)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Farm Greens with Mint	1.5	10	0	0	0	0	10	2	0	1	<1
Classic Brown Rice	5.0	210	10	0	0	0	430	41	3	0	4
Lemon & Herb Farro	5.0	230	5	0	0	0	480	41	6	6	8
Half Farro, Half Greens	5.0	110	2.5	0	0	0	240	21	3	3	4
Half Rice, Half Farro	5.0	250	7	0.5	0	0	380	41	4	3	7
Half Rice, Half Greens	3.3	140	4.5	0.5	0	0	140	22	2	<1	3

SANDOS

	Serving Size (oz)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Crispy Chicken Sandwich	9.5	670	38	5	0	140	1580	44	3	5	36
Steak Avocado Club	9.7	530	20	3.5	0	65	1290	53	6	4	35
Organic Crispy Tofu Club	10.0	560	24	3.5	0	0	1360	77	7	22	13
Charred Chicken Club	14.0	660	37	5	0	45	1850	60	6	5	26

COMPOSED CATERING PACKAGES

	Serving Size (oz)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Spring Catering Package	17.8	400	27	4.5	0	70	1260	21	3	2	24

DESSERTS

	Serving Size (oz)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Flourless Brownie	2.3	270	15	8	0	60	350	30	0	34	5
Chocolate Chip Cookie	2.7	340	19	12	0.5	55	390	43	1	27	4
Sticky Carrot Cake	6.7	680	33	4	0	100	260	91	2	53	9

SAUCES

	Serving Size (oz)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Garlic Aioli	0.8	80	8	1	0	0	140	0	0	0	2
Lemon Wedge	1.0	0	0	0	0	0	0	1	0	0	0
Cashew Caesar Dressing	1.7	200	20	2	0	0	420	4	0	<1	1
Hot Honey	1.0	60	0	0	0	0	210	15	0	14	0
Pesto	0.5	80	9	1	0	0	75	0	0	0	0
Sriracha	0.8	20	0	0	0	0	410	3	0	2	0
Balsamic	1.7	230	24	1.5	1.5	0	510	6	0	5	0
Vegan Ranch	1.7	290	32	3	0	0	240	0	0	0	0
Garlic White Wine Sauce	1.0	43	3	1	0	3	145	1	0	0	1