

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	19.2	920	65	9	0	65	2190	88	13	12	28
Salmon Harvest Bowl	19.2	920	43	6	0	70	2010	106	15	31	37
The Chicken Roast	18.7	620	33	3.5	0	50	2260	70	9	10	28
Ginger Pumpkin Salmon Plate	20.6	1020	56	14	0	110	2100	99	9	13	34
Chicken Tray Bake	20.6	680	32	6	0	245	1760	77	14	28	38
DIGsgiving Bowl	20.75	530	21	2	0	55	1610	75	11	37	23
Thanksgiving Dinner Plate	21	900	43	10	0	195	2700	95	9	37	50

SOUP AND 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	15.8	580	42	5	0	0	1230	49	13	9	1
Avo Grain Bowl	16.7	690	47	4.5	0	0	1340	64	15	17	12
Kale Caesar with Crispy Chicken	19.2	1040	70	9	0	160	2260	69	12	9	48
Avo Grain Bowl with Crispy Tofu	17.5	740	51	4.5	0	0	1480	66	15	17	16
Kale Apple Crunch Salad	10.0	490	28	7	0	25	850	49	9	36	15
Kale Apple Crunch Salad with Seared Wild Salmon	14.3	750	47	10	0	95	1620	49	9	36	38
Lentil Soup	8.0	100	6	<0	<0	0	560	17	3	4	5

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	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
Cider Brussels	4.3	80	6	0	0	0	930	16	4	8	3
Spring Couscous	5.0	70	2.5	0.5	0	0	340	13	<1	0	2
Kale Apple Crunch	3.3	160	9	2.5	0	10	280	16	3	12	5
Stuffing	4.3	350	21	6	0	60	410	35	2	4	7
Mashed Potatoes											

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	6.7	300	14	4.5	0.5	70	1070	27	5	6	19
Charred Chicken Side	4.25	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
Roast Turkey Breast	3.0	100	5	1	0	35	510	2	0	<1	
Grilled Sirloin Steak											

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
Spiced Farro	3.3	110	3	0	0	0	230	19	4	3	4
Half Farro, Half Greens	5.0	240	8	1	0	0	370	39	4	2	6
Half Rice, Half Farro	3.3	140	4.5	0.5	0	0	140	22	2	<1	3
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)
Original 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
Original Crispy Tofu Sandwich	9.1	630	42	4.5	0	0	1450	41	3	8	24
Hot Honey Crispy Chicken Sandwich	9.8	720	37	4.5	0	140	1760	60	3	21	37
Hot Honey Crispy Tofu Sandwich	9.8	680	41	3.5	0	0	1630	57	3	23	24
The Early Bird Sandwich	10.4	370	12	2.5	0	35	940	46	3	17	18

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)
Golden Harvest Package	22.8	1120	56	9	0	210	1790	111	20	32	51
Thanksgiving Feast Package	23.6	511	24	2	0	34	2068	76	12	28	19
DIGsgiving Package	25.4	570	24	2	0	87	2155	75	12	28	34

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
Pumpkin Spiced Loaf	2.5	250	10	10	0	15	160	40	2	26	3
Combread	2.7	300	15	8	<0	80	490	36	<1	25	6

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
Cranberry Sauce	2.0	90	0	0	0	0	3	23	0.6	18	0.4
Gravy	3.5	30	2	0	0	0	180	4	0	0	0
Horseradish Sauce											