

WELLpower
**FIND YOUR
 HEALTHY**

BALANCED NUTRIENTS FOR
energy + well-being

LOOK FOR THESE ICONS THROUGHOUT THE CAFÉ:



help
 FOR YOUR
HEALTH

**HELP FOR
 YOUR HEALTH**

Balanced nutrients
 for energy and
 well-being



VEGETARIAN

No meat, fish, poultry,
 or shellfish, but may
 contain dairy or eggs



VEGAN

No ingredients
 from animal or
 dairy products

WHAT IS HFYH?



	FULL MEAL OR COMBO	ENTRÉE	SIDE DISH
CALORIES	≤ 600	≤ 400	≤ 250
SATURATED FAT (% OF CALORIES)	≤ 10%	≤ 10%	≤ 10%
SODIUM (MG)	≤ 720	≤ 600	≤ 250