



SPICY PEANUT

Peanut Butter	Calories: 243
Sriracha Sauce	Carbs: 20g
Lime Juice	Fat: 14.7g
Pineapple Juice	Protein: 6.8g
Garlic	Sodium: 344.3mg
Ginger	
Sugar	



SWEET CHILI

Chili Paste	Calories: 85.8
Rice Vinegar	Carbs: 22.2g
Garlic	Fat: 0.1g
Water	Protein: 0.1g
Sugar	Sodium: 471.8mg
Cornstarch	
Salt	



GINGER CURRY

Olive Oil	Calories: 68
Curry Powder	Carbs: 4.7g
Red Onion	Fat: 5.2g
Ginger	Protein: 1.4g
Yogurt	Sodium: 389.4mg
Rice Vinegar	
Mustard	
Salt	
Sriracha Sauce	
Water	
Sugar	



GINGER LIME VINAIGRETTE

Olive Oil	Calories: 62
Rice Vinegar	Carbs: 1.44g
Ginger	Fat: 29.3g
Lime Juice	Protein: .16g
Black Pepper	Sodium: 44mg
Tamari Sauce	
Sesame Oil	

VEGAN!

CREAMY CUCUMBER

Yogurt	Calories: 44.4
Cucumber	Carbs: 4g
Rice Vinegar	Fat: 2g
Dill	Protein: 2.5g
Garlic	Sodium: 561.4mg
Lemon Juice	
Salt	
Pepper	

GINGER LEMONGRASS

Rice Vinegar	Calories: 152.5
Ginger	Carbs: 40.8g
Lemongrass	Fat: 0g
Garlic	Protein: 0.2g
Honey	Sodium: 2.4mg
Cornstarch	

TOASTED SESAME

Sesame Oil	Calories: 86.2
Garlic	Carbs: 3.3g
Yogurt	Fat: 7g
Tamari Sauce	Protein: 3.3g
Rice Vinegar	Sodium: 778.8mg

THE SAUCES

Quarks sauces are made from scratch with fresh, natural ingredients that will flavor your meal like no other. See for yourself what goes into our all natural sauces. Nutrition facts based on 2oz. serving size.

Nutritional Information

Grains & Veggies *serving calories carbohydrates fat protein cholesterol sodium*

Quinoa	3/4 cup	160	30g	2.5g	6g	0	10mg
Brown Rice	3/4 cup	180	38g	1g	4g	0	0
White Rice	3/4 cup	160	35g	0	3g	0	0

Chicken	3oz	98	0	2g	18g	55mg	99mg
Steak	3oz	183	0	12g	17g	44mg	43mg
Tuna	2oz	60	0	>1g	13g	25mg	20mg

Snow Pea	1oz	24	4g	0	1.6g	0	0
Radish	.5oz	1.7	.5g	0	0	0	9mg
Carrot	1oz	11.6	2.6g	0	.3g	0	21.6mg
Green Onion	.5oz	9	2g	0	.5g	0	4.5mg
Red Cabbage	1oz	8	1.6g	0	.4g	0	12mg
Cucumber	1oz	2.8	.5g	0	0.3	0	0
Bean Sprout	1oz	8.3	1g	.16g	1g	0	1.6mg
Ylw Zucchini	1oz	16	4.2g	0	.28g	0	1.1mg
Savoy Cabbage	1oz	8.3	1.6g	0	.3g	0	6.6mg
Romaine	1oz	4.8	.8g	0	.3g	0	2.2mg
Ginger, Fresh	.1oz	2	0	0	0	0	0

Sauces *serving calories carbohydrates fat protein cholesterol sodium*

Creamy Cucumber	2oz	44.4	4g	2g	2.5g	8.2mg	561.4mg
Ginger Curry	2oz	68	4.7g	5.2g	1.4g	3.2mg	389.4mg
Ginger Lemongrass	2oz	152.5	40.8g	0	.2g	0	2.4mg
Spicy Peanut	2oz	243	20g	14.7g	6.8g	0	344.3mg
Sweet Chili	2oz	85.8	22.2g	.1g	.1g	0	471.8mg
Toasted Sesame	2oz	86.2	3.3g	7g	3.3g	7mg	778.8mg

Tamari	1Tbsp	10	1g	0	2g	0	980mg
Sriracha	1tsp	.5	1g	0	0	0	80mg

Super Seed Blend	1 Tbsp	5.4	>1g	>1g	>1	0	0
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Bowls *Calories Protein Carbohydrates Fat Sodium Cholesterol*

Chicken, Brown Rice	380	27g	56.8g	3g	637.6mg	55mg
Chicken, Quinoa	360	29g	48.8g	4.5g	647.6mg	55mg
Chicken, White Rice	360	28g	53.8g	2g	637.6mg	55mg
Chicken, Romaine	210	25g	21g	2g	642mg	55mg

Steak, Brown Rice	465	26g	56.8g	13g	581.6mg	44mg
Steak, Quinoa	445	28g	48.8g	14.5g	591.6mg	44mg
Steak, White Rice	465	25g	53.8g	12g	581.6mg	44mg
Steak, Romaine	295	23g	21g	12g	586mg	44mg

Tuna, Brown Rice	342	22g	56.8g	1g	198.6mg	25mg
Tuna, Quinoa	321	24g	48.8g	2.5g	208.6mg	25mg
Tuna, White Rice	321	21g	53.8g	0	198.6mg	25mg
Tuna, Romaine	172	18.5g	21g	0	203.1mg	25mg

Veggie, Brown Rice	286.5	9.5g	58.3g	1g	63mg	0
Veggie, Quinoa	266.5	11.5g	50.3g	2.5g	73mg	0
Veggie, White Rice	266.5	8.5g	55.3g	0	63mg	0
Veggie, No Grains	112	5.5g	20.4g	0	63mg	0