

# smoothies

## Classic Blends

**SM** 4.59

**RG** 5.49

**LG** 5.99

**Wild Strawberry** 240-450 cal  
Strawberries & kiwi lime

**Maui Mango** 280-560 cal  
Mango, strawberries & bananas

**Peach on the Beach** 260-500 cal  
Peaches, strawberries, mango & orange

**Caribbean Craze** 230-440 cal  
Bananas & Strawberries

**Mango Me Crazy** 250-460 cal  
Mango & pineapple

## Boosters

each .79

• Energy **GF** **V** adds 5 cal

• Protein **GF** **V** adds 35 cal

**GF** **V** **Jamaican Jammer** 260-480 cal  
Strawberries, bananas & yogurt

**GF** **V** **Tropical Therapy** 390-670 cal  
Pineapple, coconut & kiwi lime

**GF** **D** **Orange Sunrise** 250-480 cal  
Pineapple, strawberries, bananas & orange

**GF** **V** **Bangin' Berry** 260-490 cal  
Pomegranate, raspberries, blueberries & bananas

**Cookie Dough** 440-830 cal  
GF Chocolate chip cookie dough & yogurt

**GF** = GLUTEN-FREE **V** = VEGAN **D** = DAIRY

## Wellness Blends

**SM** 4.99

**RG** 6.69

**LG** 7.69

**GF** **D** **Goin' Green** 230-420 cal  
Fresh kale, spinach, mango & pineapple

**GF** **V** **Apple Kiwi Kale** 280-560 cal  
Apples, fresh kale, kiwi-lime & bananas

**GF** **D** **Acai Energy** 310-590 cal  
Organic acai, strawberries, bananas, blueberries & granola

**GF** **V** **PB Protein** 420-770 cal **24g**  
Peanut butter, bananas, cocoa, yogurt & plant protein

**GF** **D** **Vegan Power Up** 260-450 cal  
Pomegranate, raspberries, strawberries, blueberries & plant protein

100% **clean**  
ingredients





# grilled flatbreads 6.99

## Chipotle Chicken Club 670 cal

Chicken\*, tomatoes, romaine, provolone, bacon, chipotle ranch dressing

## BBQ Bacon Chicken 660 cal

Chicken\*, bacon, romaine, cheddar-jack, Sweet Baby Ray's® BBQ sauce

## Sante Fe 720 cal

Chicken\*, black beans, cheddar-jack, romaine, salsa, chipotle ranch dressing

## Pesto Chicken 600 cal

Chicken\*, provolone, red peppers, fresh baby spinach, pesto

## Nashville Hot Chicken 580 cal

Chicken\*, provolone, bacon, slaw, pickle slices, scratch-made Nashville hot sauce

• Sub Quorn Meatless Chicken 10 cal

.49

**\*NO Antibiotics EVER!**

2,000 calories a day used for general nutrition advise, but calorie needs vary. Additional nutritional information available upon request.





# salads 7.79

## Roadhouse BBQ Chicken 320 cal

Romaine, chicken\*, corn, tomatoes, onions, cheddar-jack with Roadhouse BBQ ranch dressing

## SW Chipotle Chicken 470 cal

Romaine, chicken\*, black beans, onions, corn, tomatoes, cheddar-jack, salsa, crisps with chipotle ranch dressing

## Chicken Avocado Cobb 480 cal

Romaine, chicken\*, bacon, cheddar-jack, tomatoes, parmesan, egg, avocado lime ranch dressing

## Buffalo Chicken 410 cal

Romaine, chicken\*, bacon, carrots, tomatoes, parmesan, Gorgonzola, buffalo ranch dressing

## Chicken Caesar 440 cal

Romaine, chicken\*, tomatoes, parmesan, Caesar dressing

## Strawberry & Kale 360 cal

Romaine, kale, chicken\*, strawberries, apples, dried cranberries, Gorgonzola, pecans, strawberry vinaigrette



# toasted wraps 6.79

## Super Green 540 cal

Chicken\*, kale, romaine, tomatoes, parmesan, Caesar dressing

## Thai Chicken 400 cal

Chicken\*, carrots, cabbage, romaine, SunButter®, sesame seeds, spicy Asian dressing

## Chicken Avocado 570 cal

Chicken\*, romaine, tomatoes, bacon, provolone, avocado lime ranch dressing

## Mexicano 640 cal

Chicken\*, black beans, rice, salsa, corn, tomatoes, cheddar-jack, lettuce, chipotle ranch dressing

## Spinach Pesto 500 cal

Chicken\*, red peppers, spinach, provolone, pesto

## Sub Quorn Meatless Chicken .49



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# rice bowls 6.99

## Thai Chicken 560 cal

Asian Thai dressing, chicken\*, lettuce, carrots, cabbage, cucumber, SunButter®, black sesame seeds, white rice

## Baja Queso 680 cal

Chicken\*, queso blanco, corn, salsa, lettuce, chipotle ranch dressing, white rice

## Frito Grande 630 cal

Chicken\*, Fritos® corn chips, refried beans, queso, lettuce, chipotle sauce, white rice

## Mexican 710 cal

Chicken\*, black beans, salsa, corn, red onion, tomatoes, cheddar-jack, lettuce, chipotle ranch dressing, white rice

## Buffalo 600 cal

Buffalo ranch, chicken\*, bacon, Gorgonzola, tomatoes, carrots, lettuce, white rice

## KC BBQ 610 cal

Sweet Baby Rays's® BBQ sauce, chicken\*, bacon, corn, tomatoes, cheddar-jack, red onion, lettuce, white rice

## Power Protein 810 cal

**39g** Chicken\*, black beans, egg, bacon, tomatoes, cheddar-jack, lettuce, buffalo ranch dressing, brown rice & quinoa blend

## ✓ Meatless Mexican 730 cal

Quorn™ meatless chicken\*, black beans, salsa, corn, red onion, cheddar-jack, tomatoes, lettuce, chipotle ranch, white rice

7.29



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- Sub Quorn Meatless Chicken 10 cal .49
- Add Queso adds 160 cal 1.49