smoothies

6.69 NOW 25% LARGER!*

100% clean ingredients
gluten free

WILD STRAWBERRY™ V 310 cal
Strawberries, kiwi-lime

ORANGE SUNRISE™ D 350 cal
Pineapple, strawberries, bananas, orange

GOIN' GREEN™ V 300 cal
1 Full Serving Fruits & Veggies
Kale, spinach, mango, pineapple

TROPICAL THERAPY™ V 420 cal
Pineapple, kiwi-lime, coconut

SUPER FUEL™ D 290 cal
2.5 Servings Fruits & Veggies
Orange, pineapple, strawberries, apples, 4 organic veggies

MAUI MANGO™ V 380 cal
Mango, strawberries, bananas

LIME BERRY™ D 340 cal
Strawberries, pineapple, kiwi-lime, orange

SUPER C™ 620mg Vitamin C D 360 cal
Strawberries, pineapple, bananas, orange, immunity boost

BANGIN' BERRY™ V 380 cal
Pomegranate, raspberries, blueberries, bananas

AÇAI ENERGY™ Brazilian Superfruit V 390 cal
Organic Açai, strawberries, bananas, blueberries

MANGO ME CRAZY™ V 340 cal
Mango, pineapple

BERRY BURN™ V 320 cal
Strawberries, bananas, metabolizer boost

LUCKY 7™ Blended with 7 Fruits V 440 cal
Pomegranate, raspberries, blueberries, mango, peach, strawberries, bananas

CARIBBEAN CRAZE™ V 310 cal
Bananas, strawberries

PEACH ON THE BEACH™ D 360 cal
Peaches, strawberries, mango, orange

PB PROTEIN™ 29g Protein D 640 cal
Peanut butter, bananas, cocoa, yogurt, protein

*than our 8 hplus size smoothie

BOOSTS .79 ea.
V = VEGAN D = DAIRY

- Energy 5 cal
- Protein 35 cal
- Immunity (500mg C) 10 cal

NEW!
wild harvested açai bowls

8.19

PURE LIFE™ 330 cal
Organic açai, strawberries, blueberries, granola, honey

NUTTY BOWL™ 480 cal
Organic açai, strawberries, bananas, granola, Nutella®

AÇAI POWER™ 470 cal
Organic açai, strawberries, bananas, granola, peanut butter

ALOHA BOWL™ 450 cal
Organic açai, pineapple, bananas, granola, honey

rice bowls 7.69

Thai Chicken *550 cal*
Peanut free Asian Thai dressing, chicken*, lettuce, carrots, cabbage, cucumber, black sesame seeds, white rice

Baja Queso *680 cal*
Chicken*, queso blanco, corn, salsa, lettuce, chipotle ranch dressing, white rice

Frito Grande *690 cal*
Chicken*, Fritos® corn chips, refried beans, queso, corn, lettuce, chipotle sauce, white rice

Mexican *690 cal*
Chicken*, black beans, salsa, corn, red onion, cheddar-jack, lettuce, chipotle ranch dressing, white rice

Buffalo *590 cal*
Buffalo ranch, chicken*, bacon, Gorgonzola, tomatoes, carrots, lettuce, white rice

KC BBQ *620 cal*
Sweet Baby Ray's® BBQ sauce, chicken*, bacon, corn, tomatoes, cheddar-jack, red onion, lettuce, white rice

Power Protein Grain Bowl *720 cal*
38g Chicken, black beans, egg, bacon, cheddar-jack, lettuce, buffalo ranch dressing, brown rice & quinoa blend

Meatless Mexican *710 cal* 7.29
Quorn™ meatless chicken, black beans, salsa, corn, red onion, cheddar-jack, lettuce, chipotle ranch, white rice

*NO Antibiotics EVER!
= VEGETARIAN

- Add Chicken* *adds 60 cal* 1.69
- Add Queso *adds 160 cal* 1.49
- Substitute Quorn*Meatless Chicken *10 cal*

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

salads 8.29

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, pecans, Gorgonzola, strawberry vinaigrette

Sub Quorn *10 cal*

artisan melts

Classics 7.89

Mom's Grilled Cheese *1160 cal*
Homemade signature cheese blend on sourdough served with a tomato soup dipper

Grilled Cheese & Bacon *1220 cal*
Crispy bacon, homemade signature cheese blend on sourdough served with tomato soup dipper

Chef Created 8.19

Chicken Bacon Ranch *1070 cal*
Chicken, bacon and our homemade signature cheese blend, ranch dressing on sourdough*

Chicken Caprese *940 cal*
Chicken*, spinach, homemade signature cheese blend, tomatoes and basil balsamic vinaigrette

Buffalo Chicken *1020 cal*
Chicken*, bacon, signature cheese blend, buffalo ranch dressing on sourdough

Add a Tomato Soup dipper 1.19

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= VEGETARIAN

grilled flatbreads 7.49

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

Santa 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 *640 cal*
Chicken*, provolone, bacon, slaw, pickle slices, scratch-made Nashville hot sauce

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