

grilled flatbreads 7.69

Chipotle Chicken Club 670 cal | 38g Protein

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

BBQ Bacon Chicken 660 cal | 36g Protein

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

NEW! Hot Honey Chicken 730 cal | 35g Protein

Chicken, romaine, cheddar jack, bacon, tomatoes, hot honey sauce

Pesto Chicken 600 cal | 31g Protein

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

NEW! Chicken Bacon Avocado 600 cal | 28g Protein

Chicken, bacon, smashed avocado, spinach, tomatoes, creamy garlic sauce

Substitute Quorn 10 cal



= VEGETARIAN

artisan melts 7.79

Classics

Mom's Grilled Cheese 1160 cal | 37g Protein

✓ Homemade signature cheese blend on sourdough served with a tomato soup dipper

Grilled Cheese & Bacon 1220 cal | 43g Protein

Crispy bacon, homemade signature cheese blend on sourdough served with tomato soup dipper

Chef Created

Chicken Bacon Ranch 1070 cal | 43g Protein

Chicken, bacon and our homemade signature cheese blend, ranch dressing on sourdough

Chicken Caprese 940 cal | 35g Protein

Chicken, spinach, homemade signature cheese blend, tomatoes and basil balsamic vinaigrette

Buffalo Chicken 1020 cal | 44g Protein

Chicken, bacon, signature cheese blend, buffalo ranch dressing on sourdough

Add a Tomato Soup dipper 1.19



salads 7.50

✓ **Caesar** 560 cal

Romaine, tomatoes, parmesan, croutons, Caesar dressing

✓ **Southwest Chipotle** 520 cal

Romaine, corn, black beans, tomatoes, cheddar jack, salsa, tortilla strips, chipotle ranch dressing

Avocado Cobb 560 cal

Romaine, tomatoes, bacon, cheddar jack, parmesan, egg, avocado lime ranch dressing

✓ **Harvest** 580 cal

Spinach, candied pecans, dried cranberries, feta cheese, apples, balsamic vinaigrette

Add Chicken (60 cal) 1.29



pocket dippers 7.99

Chicken, cheddar jack, avocado lime ranch, and white rice folded in a warm tortilla

560 cal



27g Protein

served with your choice of dipping sauce

• **Chipotle Ranch** 290 cal

• **Boom Sauce** 260 cal

• **Creamy Garlic** 220 cal

• **Smokey Honey BBQ** 210 cal

• **Cilantro Lime** 180 cal

• **Mango Tajin®** 90 cal

Extra Sauce .89

Substitute Quorn (10 cal)

= VEGETARIAN



NEW

high protein smoothies



PB&J

Pomegranate, raspberries, peanut butter, vanilla protein 610 cal

29g Protein



Freshen!

PEANUT BUTTER COOKIE

Cookies in clean protein, peanut butter, yogurt 550 cal

29g Protein



smoothies 6.79

100% **clean** ingredients
gluten free

WILD STRAWBERRY™ ♥ 310 cal

Strawberries, kiwi-lime

ORANGE SUNRISE™ Ⓛ 350 cal

Pineapple, strawberries, bananas, orange

GOIN' GREEN™ ♥ 300 cal

1 Full Serving Fruits & Veggies

kale, spinach, mango, pineapple

TROPICAL THERAPY™ ♥ 420 cal

Pineapple, coconut, kiwi-lime

MAUI MANGO™ ♥ 380 cal

Mango, strawberries, bananas

LIME BERRY™ Ⓛ 340 cal

Strawberries, pineapple, kiwi-lime, orange

SUPER C™ 620mg Vitamin C Ⓛ 360 cal

Strawberries, pineapple, bananas, orange, immunity boost

BANGIN' BERRY™ ♥ 380 cal

Pomegranate, raspberries, blueberries, bananas

ACAI ENERGY™ Brazilian Superfruit ♥ 390 cal

Organic Acai, strawberries, bananas, blueberries

MANGO ME CRAZY™ ♥ 340 cal

Mango, pineapple

LUCKY 7™ Blended with 7 Fruits ♥ 440 cal

Pomegranate, raspberries, blueberries, mango, peach, strawberries, bananas

CARIBBEAN CRAZE™ ♥ 310 cal

Bananas, Strawberries

PEACH ON THE BEACH™ Ⓛ 360 cal

Peaches, strawberries, mango, orange

PB PROTEIN™ 29g Protein Ⓛ 640 cal

Peanut butter, bananas, cocoa, yogurt, plant protein

PB COOKIE™ 29g Protein Ⓛ 550 cal

Cookies'n cream protein, peanut butter, yogurt

PB&J™ 29g Protein ♥ 610 cal

Pomegranate, raspberries, peanut butter, vanilla protein

BOOSTS .85 each

♥ = VEGAN Ⓛ = DAIRY

• Energy 5 cal

• Vanilla Protein 35 cal

• Immunity (500mg C) 10 cal

wild harvested açai bowls 7.79

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 7.89

Thai Chicken Ⓛ 550 cal 23g Protein

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

Frito Grande 690 cal 28g Protein

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

KC BBQ 620 cal 27g Protein

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

Baja Queso 680 cal 21g Protein

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

Substitute Quorn 10 cal

Buffalo 590 cal 27g Protein

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

Mexican 710 cal 25g Protein

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

Power Protein Grain Bowl 720 cal 38g Protein

Chicken, black beans, egg, bacon, cheddar-jack, lettuce, buffalo ranch dressing, brown rice & quinoa blend

♥ **Meatless Mexican** 710 cal 23g Protein

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

• Add Queso 160 cal

1.49

♥ = VEGETARIAN



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