

BOWLS \$9.99



SOUTHWESTERN **550 CAL**

Brown rice, pork, black beans, red onion, jalapenos, cilantro, chedd'r crisps and ranchero sauce



HEARTY PORTOBELLO **650 CAL**

Quinoa, spinach, portobello, peppers, green beans, sunflower seeds, chedd'r crisps and balsamic vinaigrette



MEDITERRANEAN **770 CAL**

Quinoa, chicken, tomatoes, mushrooms, broccoli, banana peppers, crispy chickpeas and lemon herb vinaigrette



ASIAN NOODLE **660 CAL**

Rice noodles, chicken, carrots, broccoli, jalapeno, cilantro, scallions, and sweet chili dressing



HARVEST **710 CAL**

Quinoa, kale, chicken, butternut, beets, green beans, cranberries, sunflower seeds and balsamic vinaigrette



ADD ONS

ADD AN EXTRA PROTEIN (CAL 70-230)	\$2.49
EXTRA TOPPINGS (CAL 0-80)	\$.59
ADD AVOCADO (CAL 50)	\$1.39

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

SALADS



GREEK

580 Cal \$9.99

Lettuce, spinach, chicken, tomatoes, cucumbers, peppers, olives, crispy chickpeas and lemon herb vinaigrette



ADD ONS

ADD AN EXTRA PROTEIN
\$2.49 (CAL 70-230)

EXTRA TOPPINGS
\$0.59 (CAL 0-80)

ADD AVOCADO
\$1.39 (CAL 50)

ACAI BOWLS



TROPICAL SMOOTHIE

340 Cal \$10.09

Acai, banana, mango, pineapple, blueberries, chia seeds and toasted cereal topping

ACAI CRUNCH BOWL

190 Cal \$10.09

Acai sorbet, cranberry, strawberries, chia quinoa crunch

BUILD YOUR OWN

ACAI (CAL 110-130) AND UP TO 5
\$10.09

- Banana (cal 60)
- Mango (cal 30)
- Blueberry (cal 30)
- Strawberry (cal 20)
- Honey (cal 90)
- Chia Seeds (cal 140)
- Toasted Cereal (cal 160)