

MIGHTY BOWL

PROTEIN ON THE GO



Carrot Ginger Grain Bowl

7.99 | 630 Cals

grilled chicken breast, brown rice, baby kale and spinach, roasted ginger garlic broccoli, shredded carrot, edamame, radish, almonds, green onions, spicy carrot ginger dressing



Pumpkin Curry Grain Bowl

7.99 | 550 Cals

grilled chicken breast, wild rice blend, roasted chickpeas, baby spinach, red cabbage, green peas, cucumber raita, pumpkin curry sauce



Mediterranean Grain Bowl

7.99 | 710 Cals

grilled chicken breast, quinoa, roasted cauliflower, baby spinach, tomato, cucumber, red onion, feta cheese, kalamata olives, lemon garlic vinaigrette



Lemon Garlic Grain Bowl


7.99 | 680 Cals

baked tofu, wild rice blend, baby spinach, red cabbage, shredded carrot, edamame, green onions, lemon garlic vinaigrette

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

All menu items are gluten free





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Build your Own 7.99

Choose One Base

Wild rice blend (190 Cals), quinoa (130 Cals), brown rice (180 Cals)

Choose One Protein

grilled chicken breast (80 Cals), baked tofu (250 Cals)

Choose One Greens

baby kale (30 Cals), baby spinach (10 Cals), kale and spinach mix (20 Cals)

Choose Five Toppings

roasted cauliflower (60 Cals), roasted ginger garlic broccoli (45 Cals), shredded carrot (10 Cals), diced cucumber (5 Cals), cucumber raita (5 Cals), diced tomato (4 Cals), red onion (5 Cals), green peas (15 Cals), sliced almonds (40 Cals), edamame (20 Cals), sliced radish (2 Cals), shredded red cabbage (10 Cals), green onion (1 Cals), Kalamata olives (10 Cals), feta cheese (25 Cals), roasted chickpeas (45 Cals)

Choose your Sauce



spicy carrot ginger dressing (170 Cals)



lemon garlic vinaigrette (200 Cals)

pumpkin curry sauce (80 Cals)

Extras

Protein \$2.29

Toppings \$0.99

Sauces \$1.59

All menu items are gluten free

