**SALADS $7.35**

**Buffalo Chicken Cobb** Choice of crispy or grilled chicken  
Romaine, bacon, crumbled egg, tomatoes, guacamole, blue cheese dressing  
2x80-460 Cals

**Go South Chicken** Choice of crispy or grilled chicken  
Romaine, seven grain rice, corn, black beans, tomatoes, cheddar cheese, tortilla strips, BBQ ranch dressing  
330-510 Cals

**Vegan Falafel**  
Falafel, super greens, couscous, hummus, cucumber, tomatoes, olives, red onion, lemon tahini dressing  
390 Cals

**Mediterranean**  
Grilled chicken, super greens mix, couscous, hummus, cucumber, tomatoes, olives, red onion, greek feta dressing  
300 Cals

**Super Greens Chicken Caesar**  
Grilled chicken, super greens, bacon, baked croutons, parmesan cheese, caesar dressing  
340 Cals

---

**ASK ABOUT OUR PLANT BASED PROTEINS**

**PLANT BASED PROTEIN OPTIONS**  
Vegetarian Breaded Chicken  140 Cals  $1.99  
Veggie Meat Crumble  120 Cals  $1.99

*Salad dressing excluded from nutrition calculation. Dressing adds 100-160 cal per 30ml.*
WRAPS $6.99

**Buffalo Chicken Cobb**
Grilled chicken, romaine, bacon, crumbled egg, tomatoes, guacamole, blue cheese dressing
680-860 Cals

**Go South Chicken** Choice of crispy or grilled chicken
Romaine, seven grain rice, corn, black beans, tomatoes, cheddar cheese, tortilla strips, BBQ ranch dressing
600-780 Cals

**Vegan Falafel**
Falafel, super greens, couscous, hummus, cucumber, tomatoes, olives, red onion, lemon tahini dressing
670 Cals

**Mediterranean**
Grilled chicken, super greens mix, couscous, hummus, cucumber, tomatoes, olives, red onion, greek feta dressing
620 Cals

**Super Greens Chicken Caesar**
Grilled chicken, super greens, bacon, baked croutons, parmesan cheese, caesar dressing
700 Cals

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.