

SALADS \$7.99 / WRAPS \$7.35

Buffalo Chicken Cobb Choice of grilled or crispy chicken (add 170 cals) **270/680 Cals**
Romaine, bacon, crumbled egg, tomatoes, guacamole, blue cheese dressing



Go South Chicken Choice of grilled or crispy chicken (add 170 cals) **320/620 Cals**
Romaine, seven grain rice, corn, black beans, tomatoes, cheddar cheese, tortilla strips, BBQ ranch dressing



Vegan Falafel **440/670 Cals**
Falafel, super greens, couscous, hummus, cucumber, tomatoes, olives, red onion, lemon tahini dressing



Mediterranean **290/600 Cals**
Grilled chicken, super greens mix, couscous, hummus, cucumber, tomatoes, olives, red onion, greek feta dressing

Super Greens Chicken Caesar **320/700 Cals**
Grilled chicken, super greens, bacon, baked croutons, parmesan cheese, caesar dressing

ASK ABOUT OUR PLANT BASED PROTEIN!

PLANT BASED PROTEIN OPTION

Veggie Breaded Chicken  140 Cals **\$2.09**

SALAD DRESSING EXCLUDED FROM NUTRITION CALCULATION. DRESSING ADDS 100-160 CAL PER 30ML

HOT ENTRÉES \$9.45



Korean BBQ Jackfruit Sandwich

Korean BBQ jackfruit sandwich, collard greens slaw, brussels sprout kimchi

390 Cals



Za'atar Tofu Hummus Plate

Za'atar tofu, roasted sweet potato, beet hummus, pita crisps, spicy tahini power greens, sunflower dukkah

490 Cals



Chick'n Tenders & Veggie Fries

Crispy chick'n tenders, miso mustard dipping sauce, root vegetable fries, beet ketchup, spicy tahini power greens

680 Cals



Mumbai Cauliflower Chickpea Bowl

Vindaloo roasted cauliflower, ginger quinoa pilaf, crispy chickpeas, power greens, cilantro chutney vinaigrette

660 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.