**SALADS $7.99 / WRAPS $7.35**

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

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

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

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

**Super Greens Chicken Caesar**
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

Za’atar Tofu Hummus Plate
Za’atar tofu, roasted sweet potato, beet hummus, pita crisps, spicy tahini power greens, sunflower dukkah

Chick’n Tenders & Veggie Fries
Crispy chick’n tenders, miso mustard dipping sauce, root vegetable fries, beet ketchup, spicy tahini power greens

Mumbai Cauliflower Chickpea Bowl
Vindaloo roasted cauliflower, ginger quinoa pilaf, crispy chickpeas, power greens, cilantro chutney 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.