

# SALADS

\$9.10

THE  
Greens



## Buffalo Chicken Cobb

Romaine, bacon, crumbled egg, tomatoes, guacamole, blue cheese dressing

490 Cals



## Southwest Ranch Chicken

Romaine, seven grain rice, corn, black beans, tomatoes, cheddar cheese, tortilla strips, BBQ ranch dressing

550 Cals



## Mediterranean Falafel

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

620 Cals



## Mediterranean Chicken

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

470 Cals

## Kale Chicken Caesar

Grilled chicken, super greens, bacon, baked croutons, parmesan cheese, caesar dressing

530 Cals

# WRAPS

\$8.65

## Buffalo Chicken Cobb

Romaine, bacon, crumbled egg, tomatoes, guacamole, blue cheese dressing

680 Cals



## Southwest Ranch Chicken

Romaine, seven grain rice, corn, black beans, tomatoes, cheddar cheese, tortilla strips, BBQ ranch dressing

620 Cals



## Mediterranean Falafel

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

680 Cals



## Mediterranean Chicken

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

620 Cals

## Kale 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.