## SALADS $8.59

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

### 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
  - 330 Cals

### Vegan Falafel
- Falafel, super greens, couscous, hummus, cucumber, tomatoes, olives, red onion, lemon tahini dressing
  - 440 Cals

### Mediterranean
- Grilled chicken, super greens mix, couscous, hummus, cucumber, tomatoes, olives, red onion, greek feta dressing
  - 290 Cals

### Super Greens Chicken Caesar
- Grilled chicken, super greens, bacon, baked croutons, parmesan cheese, caesar dressing
  - 320 Cals

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**ASK ABOUT OUR PLANT BASED PROTEIN!**

**PLANT BASED PROTEIN OPTION**

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

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

**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  
620 Cals

**Vegan Falafel**  
Falafel, super greens, couscous, hummus, cucumber, tomatoes, olives, red onion, lemon tahini dressing  
680 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

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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.