

# SALADS

\$8.59

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



**Go South Chicken** Choice of grilled or crispy chicken (add 170 cals) **330 Cals**  
Romaine, seven grain rice, corn, black beans, tomatoes, cheddar cheese, tortilla strips, BBQ ranch dressing



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



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

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

**ASK ABOUT OUR PLANT BASED PROTEIN!**

**PLANT BASED PROTEIN OPTION**



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

# WRAPS

\$7.89

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

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

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

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

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

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.