SALADS $7.29

**Buffalo Chicken Cobb** Choice of crispy or grilled chicken  
Romaine, bacon, crumbled egg, tomatoes, guacamole, blue cheese dressing  
280-460 Cal

**Go South Chicken** Choice of crispy or grilled chicken  
Romaine, seven grain rice, corn, black beans, tomatoes, cheddar cheese, tortilla strips, BBQ ranch dressing  
330-510 Cal

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

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

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

**Chicken Tortilla Salad**  
Grilled chicken breast, pickled red onion, guacamole, red pepper, and crispy tortilla strips on romaine lettuce  
250 Cal

SALAD DRESSING EXCLUDED FROM NUTRITION CALCULATION. DRESSING ADDS 100-160 CAL PER 30ML
WRAPS $6.79

Buffalo Chicken Cobb 680-860 Cal
Grilled chicken, romaine, bacon, crumbled egg, tomatoes, guacamole, blue cheese dressing

Go South Chicken Choice of crispy or grilled chicken 600-780 Cal
Romaine, seven grain rice, corn, black beans, tomatoes, cheddar cheese, tortilla strips, BBQ ranch dressing

Vegan Falafel 670 Cal
Falafel, super greens, couscous, hummus, cucumber, tomatoes, olives, red onion, lemon tahini dressing

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

Super Greens Chicken Caesar 700 Cal
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.