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

**Power Bowl**
Mixed greens, boiled egg, 7 grain rice, cranberry, sunflower seeds, lemon dressing 420 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.