SALADS

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

Go South Grilled Chicken
Grilled chicken, romaine, seven grain rice, corn, black beans, tomatoes, cheddar cheese, tortilla strips, BBQ ranch dressing
330 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

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Go South Grilled Chicken
Grilled chicken, romaine, seven grain rice, corn, black beans, tomatoes, cheddar cheese, tortilla strips, BBQ ranch dressing

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

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

Super Greens Chicken Caesar
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.