



sandwiches



korean bbq sandwich 
\$9.10 | 410 Cals



**smashed bacon
grilled cheese** 
\$9.10 | 470 Cals


bowl






**za'atar
hummus bowl** 
\$9.10 | 540 Cals

mumbai bowl 
\$9.10 | 590 Cals

better caesar salad 
\$5.99 | 540 Cals

**chick'n tenders
& fries** 
\$9.10 | 540 Cals





twistedbeet




smoothies



the real beet 
\$5.99 | 360 Cals


green goddess 
\$5.99 | 250 Cals

golden turmeric 
\$5.99 | 370 Cals

sides & sweets

beet chips 
\$3.99 | 270 Cals

brussels sprout kimchi 
\$3.99 | 80 Cals

**root vegetable fries
& beet ketchup** 
\$3.99 | 290 Cals

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.