

## Salads & Bowls

**Chef Salad \$8.25**

Fresh greens with ham, turkey, cheese, tomatoes, carrots and croûtons

**Chicken Caesar Salad \$8.25**

Fresh greens with tomatoes, parmesan cheese, croûtons and grilled chicken

**Large Garden Salad \$5.25**

Fresh array of greens with shredded carrot, tomatoes and cucumber

 **Chicken Fajita Bowl \$8.25**

Romaine lettuce, cherry tomatoes, avocado, cilantro, tex-mex chicken, onion, green bell pepper, Mexican cheese and sour cream.

**Mandarin Quinoa Bowl \$8.25**

Mandarin oranges, quinoa, shoestring carrots, diced green onion, sesame seeds and chicken. Served with Asian dressing.

**Dressings**

Italian, Blue Cheese, Ranch and Balsamic

## Paninis & Wraps

 **Buffalo Chicken \$7.25**

Grilled chicken, mozzarella, ranch and buffalo sauce

**Mushroom, Spinach, Feta, Tomato \$6.95**

Pizza sauce topped with mozzarella, spinach, mushrooms, tomatoes, olives, onions and feta

 **Malibu Chicken \$7.95**

Smoky BBQ sauce topped with mozzarella, grilled chicken, pineapple, tomatoes and red onion

**Ham-n-Eggs \$6.75**

Ham, egg and cheese

**Veggie Wrap \$6.50**


Whole Grain Tortilla, Spinach, Cucumbers, Tomatoes, Black Olives, Roasted Red Peppers, Mushrooms, Red Onions, Feta Cheese and Tzatziki Sauce

## Fruits-n-Snacks

(grab-n-go)

 **Fresh Fruit Cup \$4.75**

**Yogurt Berry, Granola Cup \$4.95**

 **Hard Boiled Eggs (2) \$2.25**

 **Whole Grain Loaf \$1.75**

**Whole Fruit (Banana/Apple) \$1.00**

**Protein Bar \$2.75**

**KIND Bars \$2.75**

**Baked Chips \$1.75**

**Regular Chips \$1.50**

**Tuna w/ Snack Crackers \$2.25**

## Smoothies

16oz \$6.75      24oz \$8.50

**Cinnamon Coffee Smoothie**

Banana, almond butter, concentrated cold brew coffee, ice, almond milk, vanilla yogurt, cinnamon, protein powder and sweetener of choice

**Peanut Butter & Banana Smoothie**

Banana, vanilla yogurt, ground flax seeds, almond milk, ice and peanut butter

**Chai Spiced Strawberry Mango Smoothie**

Mango smoothie mix, strawberry smoothie mix, fresh strawberries, vanilla yogurt, almond milk, chai spice blend and ice

**Strawberry & Banana Smoothie**

Strawberry & banana smoothie mix, fresh strawberries, vanilla yogurt, almond milk, honey, ice and mint

**Wild Berry Smoothie**

Wild berry smoothie mix, vanilla yogurt, almond milk, lemon and honey or maple syrup

 **Green Pineapple Smoothie**

Coconut water, lime juice, kale, mint, pineapple, green apple, minced ginger and honey

**Best Green Smoothie**

Banana, spinach, mint, almond butter, ice, vanilla yogurt and almond milk

**Optional Supplements (2oz.) | \$1.00 ea**

Matcha Powder | Multi-Vitamin | Whey Protein Powder  
Vitamin B-12 | Pro-biotic Powder

**Add-Ins (2oz.) | \$1.00 ea**

Ground Flax Seed | Peanut Butter | Ground Chai  
Whole Grain Oats | Fresh Ginger | Almonds

**Fruit Add-Ins (1oz.) | \$1.00 ea**

Strawberries | Berries | Acai | Bananas | Pineapples

## Hydration

**Gatorade \$2.75**

**Muscle Milk (Chocolate) \$3.25**

**Orange Juice \$2.50**

**Bottled Water (20oz) \$1.75**

**Coconut Water \$3.25**

**Cold Brew Coffee (16oz) \$4.50**

