



FRESHLY MADE SALADS

CHICKEN CAESAR

romaine, roasted chicken, parmesan cheese, croutons, creamy caesar dressing

\$8.75 740 CALS

THAI CRUNCH

roasted chicken, super blend slaw, carrots, crispy wontons, cilantro, scallions & thai peanut dressing

\$8.25 380 CALS

SOUTHWEST V GF

mixed greens, cherry tomatoes, roasted corn, black beans, avocado, red onion, julienned peppers, queso fresco, tortilla strips, southwest ranch dressing

\$8.75 680 CALS

QUINOA PROTEIN BOWL GF

romaine, quinoa, chicken shawarma, cucumber, grape tomato, feta, red onion, almonds, lemon tahini

\$8.75 900 CALS

BEET & GOAT CHEESE V GF

mixed greens, roasted beets, avocado, walnuts, goat cheese, balsamic vinaigrette

\$8.50 830 CALS

CRISPY CHICKEN

breaded chicken tenders, chopped lettuce, tomato, onion, cucumber, cheddar cheese, ranch dressing

\$8.50 710 CALS

COBB GF

romaine, bacon, egg, blue cheese, tomato, cucumber, avocado, red wine vinaigrette

\$8.75 770 CALS

FEATURED

KETO COBB V GF

romaine, avocado, butternut squash, pecans, maple chickpeas, sunflower seeds, pear, dried cranberries, honey dijon dressing

\$8.75 910 CALS

OFF TO THE RIGHT START

POWER CHOP VG GF

kale, sweet potatoes, garbanzos, avocado, dried cranberries, almonds, red onion, cucumber, tomato, lemon tahini dressing

\$8.00 480 CALS

OPTIONS

ADD CHICKEN GF DF
\$2.25

BACON (2) GF DF
\$2.00 130 CALS

AVOCADO VG GF DF
\$1.25 60 CALS

CHEESE V GF
\$1.00 110 CALS



THOROUGHLY COOKING FOODS OF ANIMAL ORIGIN SUCH AS BEEF, EGGS, FISH, LAMB, MILK, POULTRY OR SHELLFISH REDUCES THE RISK OF FOODBORNE ILLNESS INDIVIDUALS WITH CERTAIN HEALTH CONDITIONS MAY BE AT HIGHER RISK IF THESE FOODS ARE CONSUMED RAW OR UNDERCOOKED.



FOOD PREPARED MAY CONTAIN WHEAT, FISH, DAIRY, EGGS, SOY, & NUTS.

V-VEGETARIAN

VG-VEGAN

GF-GLUTEN FREE

DF-DAIRY FREE

CN-CONTAINS NUTS