

SMOOTHIES

100% **clean** ingredients

Classic Blends

SM

RG

LG

Wild Strawberry™ 240-450 cal GF ✓
Strawberries & kiwi lime

Maui Mango™ 280-560 cal GF ✓
Mango, strawberries & bananas

Peach on the Beach™ 260-500 cal GF D
Peaches, strawberries, mango & orange

Caribbean Craze™ 230-440 cal GF ✓
Bananas & strawberries

Mango Me Crazy™ 250-460 cal GF ✓
Mango & pineapple

Jamaican Jammer™ 260-480 cal GF D
Strawberries, bananas & fat free yogurt

Tropical Therapy™ 390-670 cal GF ✓
Pineapple, coconut & kiwi lime

Orange Sunrise™ 250-480 cal GF D
Pineapple, strawberries, bananas & orange

Bangin' Berry™ 260-490 cal GF ✓
Pomegranate, raspberries, blueberries & bananas

Cookie Dough 440-830 cal GF D
Gluten free chocolate chip cookie dough & fat free yogurt

Wellness Blends

SM

RG

LG

Goin' Green™ 230-420 cal GF ✓
Fresh kale & spinach with mango & pineapple

Apple Kiwi Kale 280-560 cal GF ✓
Apples, fresh kale, kiwi lime & bananas

Açai Energy 310-590 cal GF
Organic açai, strawberries, bananas, blueberries & granola

PB Protein 420-770 cal 24g GF D
Peanut butter, bananas, cocoa, fat free yogurt & protein

Vegan Power Up 260-450 cal GF ✓
Pomegranate, strawberries, blueberries, raspberries & plant protein

Boosters

each

- Energy GF ✓ adds 5 cal
- Protein GF ✓ adds 35 cal

GF = GLUTEN-FREE ✓ = VEGAN D = DAIRY

2,000 calories a day used for general nutrition advice, but calorie needs vary. Additional nutritional information available upon request.

*Protein gram based on 16 oz size



100% **clean** ingredients



Grilled FLATBREADS

Served Soft, Warm & Toasty

Chipotle Chicken Club 670 cal
Chicken*, tomatoes, romaine, provolone, bacon, chipotle ranch dressing

BBQ Bacon Chicken 660 cal
Chicken*, bacon, romaine, cheddar-jack, Sweet Baby Ray's® BBQ sauce

Pesto Chicken 600 cal
Chicken*, provolone, red peppers, fresh baby spinach, pesto

Santa Fe 720 cal
Chicken*, black beans, cheddar-jack, romaine, salsa, chipotle ranch dressing

Kale Caesar 650 cal
Chicken*, romaine, kale, tomatoes, provolone, parmesan, Caesar dressing



*NO Antibiotics EVER!

✓ = VEGETARIAN

Artisan MELTS

Classics

✓ **Mom's Grilled Cheese** 1160 cal
Signature cheese blend melted on sourdough. Served with creamy tomato soup dipper

Grilled Cheese & Bacon 1220 cal
Crispy bacon and our signature cheese blend on sourdough. Served with creamy tomato soup dipper

Chef Created

Chicken Bacon Ranch 1070 cal
Chicken*, bacon, signature cheese blend, ranch dressing on sourdough

Chicken Caprese 940 cal
Chicken*, spinach, signature cheese blend, tomatoes and basil balsamic on sourdough

Buffalo Chicken 1020 cal
Chicken*, bacon, signature cheese blend, buffalo ranch dressing on sourdough

Add a Tomato Soup dipper



SALADS

Served in a Fresh Baked Crispy Crêpe

Roadhouse BBQ Chicken

420 cal

Romaine, chicken*, corn, tomatoes, onions, cheddar-jack, Roadhouse BBQ ranch dressing

SW Chipotle Chicken

570 cal

Romaine, chicken*, corn, organic black beans, onions, tomatoes, cheddar-jack, salsa, crisps with chipotle ranch dressing

Chicken Avocado Cobb

600 cal

Romaine, chicken*, tomato, bacon, cheddar-jack, parmesan, egg, avocado lime ranch dressing

Buffalo Chicken

480 cal

Romaine, chicken*, bacon, carrots, tomatoes, parmesan, Gorgonzola, buffalo ranch dressing

Chicken Caesar

510 cal

Romaine, chicken*, tomatoes, parmesan, Caesar dressing

Strawberry & Kale

470 cal

Romaine, kale, chicken*, strawberries, apples, dried cranberries, Gorgonzola, pecans, strawberry vinaigrette

CRAFT YOUR OWN

130 - 560 cal

- Add Chicken*

adds 60 cal

Toasted WRAPS

Crispy, Fresh, Full of Flavor

Super Green

540 cal

Romaine, chicken*, kale, tomatoes, parmesan, Caesar dressing

Diablo Chicken

410 cal

Chicken*, tomatoes, carrots, romaine, Gorgonzola, buffalo ranch dressing

Chicken Avocado

570 cal

Chicken*, romaine, bacon, tomato, provolone, avocado lime ranch dressing

Mexicano

640 cal

Chicken*, organic black beans, rice, salsa, corn, tomatoes, cheddar-jack, lettuce, chipotle ranch dressing

Spinach Pesto

500 cal

Chicken*, pesto, red peppers, spinach and mozzarella



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RICE BOWLS

Internationally Inspired Rice Bowls

Spicy Korean

520 cal

Sweet and spicy Korean BBQ sauce, chicken*, lettuce, egg, Asian slaw, cucumber, black sesame seeds, white rice

Baja Queso

680 cal

Chicken*, queso blanco, corn, salsa, lettuce, chipotle ranch, white rice

Mexican

710 cal

Chicken*, organic black beans, salsa, corn, red onion, cheddar-jack, tomatoes, lettuce, chipotle ranch, white rice

Florence Grain Bowl

610 cal

Chicken*, spinach, parmesan, red peppers, provolone, basil balsamic vinaigrette, brown rice & quinoa blend

Buffalo

600 cal

Spicy buffalo ranch, chicken*, bacon, Gorgonzola, tomatoes, carrots, lettuce, white rice

KC BBQ

610 cal

Sweet Baby Ray's® BBQ sauce, chicken*, bacon, corn, lettuce, cheddar-jack, red onion, tomatoes, white rice

Power Protein Grain Bowl

810 cal

39g Organic black beans, chicken*, egg, bacon, tomatoes, cheddar-jack, lettuce, buffalo ranch, brown rice & quinoa blend

CRAFT YOUR OWN

Choose white rice or brown rice & quinoa blend

- Add Chicken* adds 60 cal

- Add Queso adds 160 cal

*NO Antibiotics EVER!

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