SMOOTHIES

**Classics Blends**

- **Wild Strawberry™ 240-450 cal**
  Strawberry & kiwi lime
- **Maui Mango™ 280-560 cal**
  Mango, strawberries & bananas
- **Peach on the Beach™ 260-500 cal**
  Peaches, strawberries, mango & orange
- **Caribbean Craze™ 230-440 cal**
  Bananas & strawberries
- **Mango Me Crazy™ 250-460 cal**
  Mango & pineapple

- **Jamaican Jammer™ 260-480 cal**
  Strawberries, bananas & fat free yogurt
- **Tropical Therapy™ 390-670 cal**
  Pineapple, coconut & kiwi lime
- **Orange Sunrise™ 250-480 cal**
  Pineapple, strawberries, bananas & orange
- **Bangin’ Berry™ 260-490 cal**
  Pomegranate, raspberries, blueberries & bananas
- **Cookie Dough 440-830 cal**
  Gluten free chocolate chip cookie dough & fat free yogurt

**Boosters**

- Energy: adds 5 cal
- Protein: adds 15 cal

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

SMOOTHIES 100% clean ingredients

**Wellness Blends**

- **Goin’ Green™ 230-420 cal**
  Fresh kale & spinach with mango & pineapple
- **Apple Kiwi Kale 280-560 cal**
  Apples, fresh kale, kiwi lime & bananas
- **Acai Energy 310-590 cal**
  Organic acai, strawberries, bananas, blueberries & granola
- **PB Protein 420-770 cal**
  Peanut butter, bananas, cocoa, fat free yogurt & protein
- **Vegan Power Up 260-450 cal**
  Pomegranate, strawberries, blueberries, raspberries & plant protein

Grilled FLATBREADS

- **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

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

* NO Antibiotics EVER!

**Vegetarian**

Add a Tomato Soup dipper

*Intergen brand articles.
**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

* NO Antibiotics EVER!

**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

- **Mexican** 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

**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
  - 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

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