

SMOOTHIES

100% **clean** ingredients

Classic Blends

SM 4.29 **RG** 5.29 **LG** 6.49

Wild Strawberry™ 240-450 cal
Strawberries & kiwi lime



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



Maui Mango™ 280-560 cal
Mango, strawberries, bananas



Orange Sunrise™ 250-490 cal
Pineapple, strawberries, bananas & orange



Peach On The Beach™ 260-500 cal
Peaches, strawberries, mango & orange



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



Caribbean Craze™ 230-440 cal
Bananas & strawberries



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



Mango Me Crazy™ 250-460 cal
Mango & pineapple



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



Wellness Blends

SM 4.79 **RG** 5.79 **LG** 7.29

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



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



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



PB Protein 420-770 cal
Peanut butter, bananas, cocoa, fat free yogurt & protein **10g**



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



Boosters

0.79

- Energy adds 5 cal
- Protein Powder adds 35 cal

= GLUTEN FREE = VEGAN = DAIRY



100% **clean**
ingredients



RICE BOWLS

SUPER FOOD BOWLS

Internationally Inspired Rice Bowls

6.99



* NO Antibiotics EVER!

Spicy Korean 520 cal

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

Mexican 710 cal

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

Florence 550 cal

Chicken*, spinach, parmesan, red peppers, tomatoes, provolone, basil balsamic vinaigrette, brown rice

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, tomatoes, cheddar-jack, onion, lettuce, white rice



Power Protein 700 cal

Organic black beans, chicken*, egg, bacon, tomatoes, cheddar-jack, lettuce, buffalo ranch, brown rice **25**

Baja Queso 680 cal

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

7.19

Vitality Bowl 450 cal

Base: organic acai / strawberries / bananas / blueberries Topping: banana / granola / chia seeds / agave nectar

Nutty Bowl 500 cal

Base: organic acai / peanut butter / blueberries Topping: strawberries / bananas / almonds / flax seed / agave nectar

Going Green Bowl 410 cal

Base: mango sorbet / kale / pineapple / spinach / bananas Topping: blueberries / bananas / granola / agave nectar

Yogurt Parfait Bowl 410 cal

Base: yogurt / bananas / agave nectar Topping: blueberries / strawberries / cranberries / granola

Power Bowl 500 cal

Base: yogurt / bananas / peanut butter / protein powder Topping: blueberries / strawberries / almonds / flax seed **25**

SALADS



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Served in a Fresh
Baked Crispy Crepe

7.49

Roadhouse BBQ Chicken 420 cal

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

Strawberry & Kale 470 cal

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

Chicken Avocado Cobb 600 cal

Romaine, chicken*, tomatoes, bacon, cheddar-jack cheese, 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

SW Chipotle Chicken 570 cal

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

fresh tossed salads



Strawberry
Kale

Southwest
Chipotle Chicken

Craft Your Own 130-560 cal 7.09

Choose Unlimited Mix-ins

Add Chicken* acts 60 cal 1.89

TOASTED WRAPS

Crispy, Fresh,
Full of Flavor

6.99

Super Green 540 cal

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

Diablo Chicken 410 cal

Chicken*, tomatoes, carrots, romaine, gorgonzola, buffalo ranch

Chicken Avocado 570 cal

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

Spinach Pesto 500 cal

Chicken*, pesto, red peppers, spinach and mozzarella

Mexicano 640 cal

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



ARTISAN PIZZA

Signature Pizzas

7.99

BBQ Chicken 870 cal

Zesty BBQ & tomato sauce, chicken, mozzarella, cheddar, red onion, cilantro

Buffalo 790 cal

Spicy buffalo & tomato sauce, chicken, gorgonzola, carrots, Buffalo ranch drizzle

Pesto 890 cal

Basil pesto, chicken, mozzarella, tomatoes, feta, spinach

Great White 820 cal

Virgin olive oil, garlic, mozzarella, ricotta, feta, Parmesan, fresh basil

Margherita 730 cal

Vine ripened tomato sauce, mozzarella, basil, sliced Roma tomatoes, Parmesan

Meat Lovers 1010 cal

Vine ripened tomato sauce, mozzarella, pepperoni, Italian sausage, meatballs, Parmesan

Veggie 640 cal

Vine ripened tomato sauce, mozzarella, sliced Roma tomatoes, banana peppers, artichoke hearts, mushrooms, fresh basil

Create Your Own

Unlimited Toppings

7.99

Add Chicken 60 cal

1.69

Pizza + 1 Topping 720 cal

6.99

Sauce, cheese & 1 topping

Simple Pie 830 cal

6.99

Mozzarella, parmesan, vine ripened tomato sauce



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2000 calories a day used for general nutrition advice, but calorie needs vary. Additional nutritional information available upon request