

# SALAD & WRAP

BAR



BUILD YOUR OWN SALAD OR WRAP | STARTING AT \$6.09

## STEP 1 START YOUR SALAD

PICK YOUR BASE GREEN

## STEP 2 PICK FIVE

SELECT 4 VEGETABLE TOPPINGS AND 1 NUT OR SEED TOPPING

ADDITIONAL TOPPINGS - \$1.19 | PREMIUM TOPPINGS - \$1.39

## STEP 3 GET DRESSED UP

GO FOR LITE ITALIAN DRESSING OR OIL & VINEGAR

## STEP 4 TOP IT OFF

COMPLETE YOUR SALAD WITH PROTEIN

CHICKEN - \$2.59 | STEAK OR SHRIMP - \$3.99 | TOFU OR HUMMUS - \$1.49

160 CAL

120 CAL - 300 CAL

70 CAL

# POKE BOWL **BAR**

BUILD YOUR OWN BOWL | STARTING AT \$5.99

## STEP 1 CHOOSE YOUR BASE

WHITE RICE | BROWN RICE | SPINACH | KALE | MIXED GREENS | ROMAINE | HALF & HALF GREENS  
295 CAL | 280 CAL | 50 CAL | 110 CAL | 40 CAL | 40 CAL | 40 CAL

## STEP 2 CHOOSE YOUR 5 TOPPINGS

BABY CORN | CUCUMBER | GREEN PEAS | CARROTS | CILANTRO | SLICED EGG  
25 CAL | 4 CAL | 20 CAL | 10 CAL | 1 CAL | 45 CAL

GREEN ONIONS | SESAME SEEDS | AVOCADO | SHREDDED ZUCCHINI  
10 CAL | 160 CAL | 45 CAL | 5 CAL

## STEP 3 CHOOSE YOUR PROTEIN

TUNA \$4.99 | SALMON \$3.99 | SHRIMP \$3.99 | CHICKEN \$1.99  
160 CAL | 148 CAL | 120 CAL | 160 CAL

## STEP 4 CHOOSE YOUR DRIZZLE

PONZU SAUCE | SOY SAUCE | SESAME OIL | POKE SAUCE  
160 CAL | 148 CAL | 120 CAL | 160 CAL