

grilled flatbreads 7.49

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

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

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

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

Nashville Hot! Chicken 640 cal
Chicken*, provolone, bacon, slaw, pickle slices, scratch-made Nashville hot sauce

• **Sub Quorn** 10 cal

***NO Antibiotics EVER!**

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



rice bowls 7.79

Thai Chicken 550 cal

Peanut free Asian Thai dressing, chicken*, lettuce, carrots, cabbage, cucumber, black sesame seeds, white rice

Baja Queso 630-720 cal

Queso blanco, corn, salsa, lettuce, chipotle ranch dressing, cilantro lime rice

Frito Grande 690 cal

Chicken*, Fritos® corn chips, refried beans, queso, corn, lettuce, chipotle sauce, white rice

Mexican 690 cal

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

Buffalo 590 cal

Buffalo ranch, chicken*, bacon, Gorgonzola, tomatoes, carrots, lettuce, white rice

KC BBQ 680-830 cal

Sweet Baby Rays's BBQ sauce, bacon, corn, tomatoes, cheddar-jack, red onion, lettuce, cilantro lime rice

Power Protein 720 cal

38g Chicken*, black beans, egg, bacon, cheddar-jack, lettuce, buffalo ranch dressing, brown rice & quinoa blend

Meatless Mexican 710 cal

Quorn™ meatless chicken, black beans, salsa, corn, red onion, cheddar-jack, lettuce, chipotle ranch, white rice

- Sub Quorn 10 cal
- Add Queso adds 160 cal

.99

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 = VEGETARIAN

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salads 8.39

Roadhouse BBQ Chicken 320 cal

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

SW Chipotle Chicken 470 cal

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

Chicken Avocado Cobb 480 cal

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

Buffalo Chicken 410 cal

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

Chicken Caesar 440 cal

Romaine, chicken*, tomatoes, parmesan, Caesar dressing

Strawberry & Kale 360 cal

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

• Sub Quorn 10 cal



artisan melts

Classics

7.69

Mom's Grilled Cheese 1160 cal

✓ Homemade signature cheese blend on sourdough served with a tomato soup dipper

Grilled Cheese & Bacon 1220 cal

Crispy bacon, homemade signature cheese blend on sourdough served with tomato soup dipper

Chef Created

7.79

Chicken Bacon Ranch 1070 cal

Chicken*, bacon and our homemade signature cheese blend, ranch dressing on sourdough

Chicken Caprese 940 cal

Chicken*, spinach, homemade signature cheese blend, tomatoes and basil balsamic vinaigrette

Buffalo Chicken 1020 cal

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

Add a Tomato Soup dipper

1.09

*NO Antibiotics EVER!

smoothies

100% **clean** ingredients | gluten free

CLASSIC BLENDS

	SM	RG	LG
	4.79	5.79	6.89
			CAL
WILD STRAWBERRY Strawberries & kiwi lime	✓		240-450
CARIBBEAN CRAZE Bananas & Strawberries	✓		230-440
MAUI MANGO Mango, strawberries & bananas	✓		280-560
TROPICAL THERAPY Pineapple, coconut & kiwi lime	✓		390-670
MANGO ME CRAZY Mango & pineapple	✓		250-460
BANGIN' BERRY Pomegranate, raspberries, blueberries & bananas	✓		260-490
ACAI ENERGY Organic acai, strawberries, bananas, blueberries & granola			310-590
ORANGE SUNRISE Pineapple, strawberries, bananas & orange		Ⓚ	250-480
PEACH ON THE BEACH Peaches, strawberries, mango & orange		Ⓚ	260-500
BANANA BERRY Strawberries, bananas & yogurt		Ⓚ	260-480

PLANT-BASED POWER

DAIRY

PURPOSE BLENDS

	SM	RG	LG
	4.89	5.89	7.09
			CAL
GOIN' GREEN Fresh kale, spinach, mango & pineapple	✓		230-420
SUPER C IMMUNE SUPPORT Strawberries, pineapple, bananas, orange, immunity boost		Ⓚ	260-500
BERRY BURN Strawberries, bananas, metabolizer boost	✓		230-440
SUPER FUEL Orange, pineapple, strawberries, apples, 4 organic veggies		Ⓚ	230-400
PB PROTEIN Peanut butter, bananas, cocoa, yogurt & plant protein		Ⓚ	420-770

BOOSTS .69 each

• **Energy** 5 cal • **Protein** 35 cal • **Immunity (500mg C)** 10 cal

AÇAI BOWLS 7.89

AÇAI BANANA BERRY 580 cal

Blend: Organic açai / bananas / strawberries / blueberries
Topping: Granola / bananas / strawberries / honey

AÇAI PEANUT BUTTER 640 cal

Blend: Organic açai / bananas / blueberries / peanut butter
Topping: Granola / strawberries / bananas

✓ = VEGAN Ⓚ = DAIRY *BASED ON RG SIZE SERVING.