

grilled flatbreads 6.69

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!

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



salads 7.99

Roadhouse BBQ Chicken 320 cal

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



SW Chipotle Chicken 470 cal

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

Chicken Avocado Cobb 490 cal

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

Buffalo Chicken 380 cal

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



Chicken Caesar 410 cal

Romaine, chicken*, tomatoes, parmesan, Caesar dressing

Strawberry & Kale 360 cal

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



toasted wraps 6.69

Super Green 540 cal

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



Spinach Pesto 500 cal

Chicken*, pesto, red peppers, spinach and mozzarella



*NO Antibiotics EVER!

rice bowls 6.99

Internationally Inspired

Spicy Korean 520 cal

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

Florence Grain Bowl 610 cal

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

KC BBQ 610 cal

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

Baja Queso 680 cal

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

Buffalo 600 cal

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



Mexican 710 cal

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



Power Protein Grain Bowl 810 cal

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

*NO Antibiotics EVER!



smoothies

Classic Blends

SM 4.49  **RG** 5.49 **LG** 6.79

Wild Strawberry™ 240-450 cal  
Strawberries & 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

Boosters each .79

- Energy   adds 5 cal
- Protein   adds 35 cal

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

 = GLUTEN-FREE  = VEGAN  = DAIRY

Wellness Blends

SM 4.89  **RG** 5.89 **LG** 7.69

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

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

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

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

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

* Protein gram based on RG size.

100% clean ingredients

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