

# grilled flatbreads

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

7.95



## 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

## Nashville Hot Chicken 640 cal

Chicken\*, provolone, bacon, slaw, pickle slices, scratch-made Nashville hot sauce



✓ Substitute Quorn™  
Meatless Chicken (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 8.25



## Mexican 690 cal

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

## Frito Grande 690 cal

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

## KC BBQ 620 cal

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

## Thai Chicken 550 cal

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

## Buffalo 590 cal

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

## Baja Queso 680 cal

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

## Power Protein Grain Bowl 720 cal

**38g** Black beans, chicken\*, egg, bacon, lettuce, cheddar-jack, buffalo ranch, brown rice & quinoa blend

## Meatless Mexican 710 cal

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

 Substitute Quorn™  
Meatless Chicken (10 cal)

• Add Queso (160 cal) 1.39

\* NO Antibiotics EVER!

 = VEGETARIAN



# salads

9.25



+\$1.39

## 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\*, tomatoes, 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



# artisan melts



7.45

## 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

8.39

### 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

Add a Tomato Soup dipper 1.39

✓ Substitute Quorn™ Meatless Chicken (10 cal)

\*NO Antibiotics EVER!

✓ = VEGETARIAN



# smoothies

100% **clean** ingredients | gluten free

## CLASSIC BLENDS

	SM	REAL EXCHANGE	RG	LG	
<b>WILD STRAWBERRY™</b> ✓	5.29		6.45	7.60	CAL 240-450
Strawberries, kiwi-lime					
<b>CARIBBEAN CRAZE™</b> ✓					CAL 230-440
Bananas, strawberries					
<b>MAUI MANGO™</b> ✓					CAL 280-560
Mango, strawberries, bananas					
<b>TROPICAL THERAPY™</b> ✓					CAL 320-570
Pineapple, kiwi-lime, coconut					
<b>MANGO ME CRAZY™</b> ✓					CAL 250-460
Mango, pineapple					
<b>BANGIN' BERRY™</b> ✓					CAL 260-490
Pomegranate, raspberries, blueberries, bananas					
<b>AÇAÍ ENERGY™</b>					CAL 310-590
Organic Açai, strawberries, bananas, blueberries, granola					
<b>ORANGE SUNRISE™</b> (D)					CAL 250-480
Pineapple, strawberries, bananas, orange					
<b>PEACH ON THE BEACH™</b> (D)					CAL 260-500
Peaches, strawberries, mango, orange					
<b>BANANA BERRY™</b> (D)					CAL 260-480
Strawberries, bananas, yogurt					

PLANT-BASED POWER

DAIRY

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

## PURPOSE BLENDS

	SM	REAL EXCHANGE	RG	LG	
<b>GOIN' GREEN™</b> ✓	5.39		6.55	7.85	CAL 230-420
1 Full Serving Fruits & Veggies*					
Kale, spinach, mango, pineapple					
<b>SUPER C IMMUNE SUPPORT™</b> (D)					CAL 260-500
600mg Vitamin C*					
Strawberries, pineapple, bananas, orange, immunity boost					
<b>BERRY BURN™</b> ✓					CAL 230-440
300 Calories*					
Strawberries, bananas, metabolizer boost					
<b>SUPER FUEL™</b> (D)					CAL 230-400
2.5 Servings Fruits & Veggies*					
Orange, pineapple, strawberries, apples, 4 organic veggies					
<b>PB PROTEIN™</b> (D)					CAL 420-770
24g Plant Protein*					
Peanut butter, bananas, cocoa, yogurt, plant protein					

**BOOSTS** .90 ea. • Energy 5 cal • Plant Protein 35 cal • Immunity (500mg C) 10 cal

## AÇAÍ BOWLS 8.70

✓ = VEGAN (D) = DAIRY

\* Based on RG size serving.

### AÇAÍ BANANA BERRY™ 580 CAL

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

### AÇAÍ PEANUT BUTTER™ 640 CAL

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