

# rice bowls 7.89

## Thai Chicken 550 cal

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

## Baja Queso 680 cal

Chicken\*, queso blanco, corn, salsa, lettuce, chipotle ranch dressing, white 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 620 cal

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

## Power Protein Grain Bowl 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



\*NO Antibiotics EVER!

 = VEGETARIAN



- Add Queso *adds 160 cal*
- Substitute Quorn Meatless Chicken *10 cal*

1.09

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

# 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

Substitute Quorn Meatless Chicken 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

7.89

## 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

1.19

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✓ = VEGETARIAN



# grilled flatbreads 7.59

 **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

**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



• Substitute Quorn Meatless Chicken 10 cal

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# smoothies

100% **clean** ingredients | gluten free

## CLASSIC BLENDS

### WILD STRAWBERRY

Strawberries & kiwi lime



### CARIBBEAN CRAZE

Bananas & Strawberries



### MAUI MANGO

Mango, strawberries & bananas



### TROPICAL THERAPY

Pineapple, coconut & kiwi lime



### MANGO ME CRAZY

Mango & pineapple



### BANGIN' BERRY

Pomegranate, raspberries, blueberries & bananas



### ACAI ENERGY

Organic acai, strawberries, bananas, blueberries & granola

### ORANGE SUNRISE

Pineapple, strawberries, bananas & orange

### PEACH ON THE BEACH

Peaches, strawberries, mango & orange

### BANANA BERRY

Strawberries, bananas & yogurt

SM  
4.89



RG  
5.89

LG  
6.99

CAL

240-450

230-440

280-560

320-570

250-460

260-490

310-590

ⓓ 250-480

ⓓ 260-500

ⓓ 260-480

PLANT-BASED POWER

DAIRY

## PURPOSE BLENDS

1 Full Serving  
Fruits & Veggies\*

600mg  
Vitamin C\*

300 Calories\*

2.5 Servings  
Fruits & Veggies\*

24g Plant  
Protein\*

### GOIN' GREEN

Fresh kale, spinach, mango & pineapple

### SUPER C IMMUNE SUPPORT

Strawberries, pineapple, bananas, orange, immunity boost

### BERRY BURN

Strawberries, bananas, metabolizer boost

### SUPER FUEL

Orange, pineapple, strawberries, apples, 4 organic veggies

### PB PROTEIN

Peanut butter, bananas, cocoa, yogurt & plant protein

SM  
5.09



RG  
6.09

LG  
7.19

CAL

ⓓ 230-420

ⓓ 260-500

ⓓ 230-440

ⓓ 230-400

ⓓ 420-770

BOOSTERS .79 each

• Energy  
5 cal

• Protein  
35 cal

• Immunity (500mg C)  
10 cal

## AÇAI BOWLS 7.99

**EX** 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.