



grilled flatbreads 7.69

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

Nashville Hot Chicken 640 cal

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

Sub Quorn Meatless Chicken 10 cal



 = VEGETARIAN



artisan melts

Classics

7.79

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





rice bowls 8.09

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 680-830 cal

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

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

1.29

✓ = VEGETARIAN



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

smoothies

6.29

100% **clean** ingredients | gluten free

WILD STRAWBERRY™

Strawberries, kiwi-lime

✓ 310 cal

ORANGE SUNRISE™

Pineapple, strawberries, bananas, orange

ⓓ 350 cal

GOIN' GREEN™

1 Full Serving Fruits & Veggies

kale, spinach, mango, pineapple

✓ 300 cal

TROPICAL THERAPY™

Pineapple, coconut, kiwi-lime

✓ 420 cal

SUPER FUEL™

2.5 Servings Fruits & Veggies

Orange, pineapple, strawberries, apples, 4 organic veggies

ⓓ 290 cal

MAUI MANGO™

Mango, strawberries, bananas

✓ 380 cal

LIME BERRY™

Strawberries, pineapple, kiwi-lime, orange

ⓓ 340 cal

SUPER C™

620mg Vitamin C

Strawberries, pineapple, bananas, orange, immunity boost

ⓓ 360 cal

BANGIN' BERRY™

Pomegranate, raspberries, blueberries, bananas

✓ 380 cal

ACAI ENERGY™

Brazilian Superfruit

Organic Acai, strawberries, bananas, blueberries

✓ 390 cal

MANGO ME CRAZY™

Mango, pineapple

✓ 340 cal

BERRY BURN™

Strawberries, bananas, metabolizer boost

✓ 320 cal

LUCKY 7™

Blended with 7 Fruits

Pomegranate, raspberries, blueberries, mango, peach, strawberries, bananas

✓ 440 cal

CARIBBEAN CRAZE™

Bananas, Strawberries

✓ 310 cal

PEACH ON THE BEACH™

Peaches, strawberries, mango, orange

ⓓ 360 cal

PB PROTEIN™

29g Protein

Peanut butter, bananas, cocoa, yogurt, plant protein

ⓓ 640 cal

BOOSTS .79 ea.

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

✓ = VEGAN

ⓓ = DAIRY

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MEAL EX CHANGE **toasted wraps** 7.69

Chicken Avocado 540 cal

Chicken, romaine, bacon, provolone, avocado lime ranch dressing

Hot Honey Mustard 480 cal

Chicken, romaine, bacon, tomatoes, cheddar jack, hot honey mustard

Mexicano 600 cal

Chicken, black beans, rice, salsa, corn, cheddar jack, lettuce, chipotle ranch

BBQ Jerk Chicken 460 cal

Chicken, black beans, romaine, cheddar jack, pineapple, Jerk sauce

CBR 640 cal

Chicken, bacon, romaine, cheddar jack, tomatoes, ranch



MEAL EX CHANGE **salads** 8.49

✓ **Caesar** 440 cal

Romaine, tomatoes, parmesan, croutons, Caesar dressing

✓ **Southwest Chipotle** 400 cal

Romaine, corn, black beans, tomatoes, cheddar jack, salsa, tortilla strips, chipotle ranch dressing

Avocado Cobb 440 cal

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

✓ **Harvest** 460 cal

Spinach, candied pecans, dried cranberries, feta cheese, apples, balsamic vinaigrette

Add Chicken 60 cal 1.49



NEW

LIMITED TIME ONLY

CHICKEN 7.89 **QUESADILLA**

A mouthwatering combination of tender, juicy chicken and loads of cheddar jack cheese melted inside of crispy flour tortilla. Served with a side of our housemade ranch dressing. 920 cal

