

smoothies

100% clean ingredients | gluten free

CLASSIC BLENDS

	SM	RG	LG
WILD STRAWBERRY Strawberries & kiwi lime	4.89	5.89	6.99
CARIBBEAN CRAZE Bananas & Strawberries			230-440
MAUI MANGO Mango, strawberries & bananas			280-560
TROPICAL THERAPY Pineapple, coconut & kiwi lime			320-570
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
GOIN' GREEN Fresh kale, spinach, mango & pineapple	4.99	5.99	7.19
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

BOOSTERS .79 each • Energy 5 cal • Protein 35 cal • Immunity (500mg C) 10 cal

AÇAI BOWLS 7.99

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.

salads 8.49

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	
Add Quorn OR Chicken 70 cal	1.69

artisan melts 6.99

Classics	6.99
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

*NO Antibiotics EVER!
✓ = 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	

• Add Quorn OR Chicken adds 70 cal 1.69

*NO Antibiotics EVER!

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



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	

• Add Queso adds 160 cal 1.29
• Add Quorn OR Chicken adds 70 cal 1.69

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