



rice bowls 7.69

Thai Chicken 550 cal

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

Frito Grande 690 cal

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

KC BBQ 620 cal

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

Baja Queso 680 cal

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

Substitute Quorn Meatless Chicken 10 cal

Buffalo 590 cal

Buffalo ranch, chicken*, bacon, Gorgonzola, tomatoes, carrots, lettuce, white rice

Mexican 690 cal

Chicken*, black beans, salsa, corn, red onion, cheddar-jack, lettuce, chipotle ranch dressing, 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

CRAFT YOUR OWN

7.09

• Add Chicken* adds 60 cal

1.85

• Add Quorn adds 70 cal

1.85

• Add Queso adds 160 cal

1.35

*NO Antibiotics EVER!

✓ = VEGETARIAN

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



grilled flatbreads 7.39

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

Sante 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



salads 8.79

Served in a crispy crepe shell

Roadhouse BBQ

Chicken 420 cal

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

Strawberry & Kale 370 cal

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

Chicken Avocado Cobb 600 cal

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

*NO Antibiotics EVER!

Buffalo Chicken 480 cal

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

Chicken Caesar 510 cal

Romaine, chicken*, tomatoes, parmesan, Caesar dressing

SW Chipotle Chicken 570 cal

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

CRAFT YOUR OWN 7.89

Choose fresh ingredients

- Add Chicken* adds 60 cal 1.85
- Add Quorn adds 70 cal 1.85



crunchadillas 7.49

Chicken Bacon Ranch 690 cal

Chicken*, cheddar-jack, bacon, lettuce, tostada chips, ranch wrapped in a flour tortilla

The Cowboy 640 cal

Chicken*, bacon, cheddar-jack, lettuce, tostada chips, BBQ sauce, wrapped in a flour tortilla

On the Border 670 cal

Chicken*, refried beans, salsa, cheddar-jack, tostada chips, chipotle ranch wrapped in a flour tortilla

Supreme 710 cal

Chicken*, cheddar-jack, tomatoes, lettuce, tostada chips, chipotle ranch dressing, wrapped in a flour tortilla

Chicken Avocado 650 cal

Chicken*, provolone, lettuce, tomatoes, bacon, tostada chips, avocado lime ranch dressing wrapped in a flour tortilla

Substitute Quorn Meatless Chicken 10 cal



*NO Antibiotics EVER!

✓ = VEGETARIAN

artisan melts

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

7.69

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

1.05



smoothies

100% **clean** ingredients | gluten free

CLASSIC BLENDS

	SM	RG	LG
	4.79	5.79	7.09
			
			CAL
WILD STRAWBERRY Strawberries & kiwi lime			240-450
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

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	RG	LG
5.29	6.35	7.89
		
		CAL
		230-420
		
		260-500
		
		230-440
		
		230-400
		
		420-770

BOOSTERS 1.25 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.