

# #4 6/06/2022 thru 6/12/22

## #1 Roasted Chicken & Potatoes \$10.50

All-natural chicken breast served with our Greek seasoned mashed potatoes and sauteed green beans. **(GF/LC/KF)**

**(P: 32g, C: 19g, F: 11g, Cal: 303, Fib: 3g, Sod: 800mg)**

## #2 The Italian Chicken \$10.99

Italian seasoned chicken served with an open baked potato, roasted cauliflower and Garlic Parmesan dipping sauce. **(GF)**

**(P:32G, C:23G, F:4G, CAL:256, Fib:5G, Sug:2G, SOD: 139 MG)**

## #3 Carne Asada Bowl \$12.5

Marinated sliced beef served with roasted bell peppers, onions and a side of twisted mexican street corn salad.

**(P:25g, C:48g, F:12g, Cal:372, Fib:2g, Sug:4g, Sod: 900mg)**

## #4 MEDITERRANEAN STEAK \$12.95

Mediterranean steak tips served over a bed of wild rice and vegetable mixes. Served with a side of hummus. **(DF/GF)**

**(P:37G, C:58G, F:10G, CAL:470, Fib:6G, Sug:3G, SOD: 117 MG)**

## #5 Tzatziki Kabob \$11.95

A meal you don't want to miss. Flame-grilled chicken skewers over long grain wild rice. Served with a side of tzatziki sauce. **(DF/GF)**

**(P:30g, C: 36g, F: 7g, Cal: 327, Fib: 5g, Sug: 0g, Sod: 650mg)**

## #6 Chipotle Chicken \$11.95

Chipotle seasoned pulled chicken over a chipotle lime quinoa mix with corn and black beans.

Served with Sriracha ranch sauce. **(GF/DF)**

**(P:33g, C: 36g, F: 7g, Cal:339, Fiber: 5g, Sug: 4g, Sod: 700mg)**

## #7 Loaded Cheeseburger Bowl \$12.50

Now Dairy-Free! Roasted potatoes piled high with lean ground beef and bacon bits. Served with a side of cheddar cheese and salsa. **(GF/DF)**

**(P: 32g, C:24g, F: 19g, Cal:383, Fib: 2g, Sod: 850mg)**

## #8 Shepherd's Pie \$12.5

New fan favorite! Lean ground beef, peas, carrots, and mashed potatoes covered with gravy. \*

**(P:32g, C:26g, F:17g, Cal:385, Fib:4g, Sug: 3g, Sod: 850mg)**

## #9 PROTEIN FRENCH TOAST \$11.5

Brioche bun lightly battered in egg whites and vanilla protein. Served with bacon, peanut butter, and sugar-free syrup.

**(P:25g, C:48g, F:12g, Cal:400, Fib:2g, Sug:4g, Sod: 900mg)**

## #10 SWEET HEAT PASTA \$11.5

The return of our sweet & spicy alfredo pasta. Whole wheat pasta with diced italian chicken lightly covered with our sweet heat alfredo sauce.

**(P: 42G, C:54G, F: 13G, Cal:501, Fib: 10g, Sug: 9g, SOD: 900MG)**

## #11 THE FRENCH ONION \$11.99

All-natural butterfly chicken breast topped with sauteed mushrooms, onions, & swiss cheese. Served with a side of roasted red potatoes, steamed broccoli, and a side of Au Jus.. **(GF)**

**(P:30G, C:39G, F:15G, CAL:411, Fib:3G, Sug:4G)**

## #12 Pork & Greens \$12.50

Smoked pulled pork lightly tossed in BBQ sauce, served with our scratch-made cheesy grits and a side of collard greens with bacon. **(GF)**

**(P:28G, C:38G, F:16G, CAL:408, Fib:3G, Sug:4G, SOD: 950 MG)**

## #13 THE JAMBALAYA \$11.99

Cajun food meets protein! A bed of jambalaya mixed with Conecuh sausage, cajun season pulled chicken and shrimp.

**(P:42G, C:49G, F:15G, CAL:499, Fib:1.5G, Sug:1G, SOD: 1354 MG)**

## #14 SOUTHWEST BREAKFAST QUESADILLA \$11.95

Whole wheat tortilla stuffed with egg whites, chorizo, cheddar cheese, pinto beans, and fire roasted jalapeno salsa.

**(P: 30g, C: 38g, F: 19g, Cal: 443, FIB: 3g, SUG: 2g, SOD:1250 mg)**

## #15 Nuggets & Fries \$11.95

All-new cubed chicken, seasoned and baked to perfection served with a side of sweet potato waffle fries and a side of honey mustard.

**(P: 36G, C: 21G, F: 11G, CAL: 327, FIB: 3G, SUG: 7G, SOD: 356MG)**