

#4 8/15/2022 thru 8/21/2022

#1 Roasted Chicken & Potatoes \$11.50

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 \$11.50

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 \$13

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 \$13

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 \$12

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 \$12

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 \$12.50

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 \$11.50

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 \$11.50

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 Chicken Nugget Bowl \$12

Bowls are LIFE! All-natural chicken nuggets served over a bed of white rice. Served with a side of fiesta cheese and sriracha ranch. **(GF) (DF)**

(P:36g, C:49g, F:13g, CAL: 457, FIB: 3g, SUG: 1g, SOD: 350 mg)

#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 JAMBALAYA \$13

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: 2G, Sug:1G, SOD: 1354 MG)

#14 SOUTHWEST BREAKFAST QUESADILLA \$12.50

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

(P: 26g, C: 36g, F: 26g, Cal: 443, FIB: 3g, SUG: 2g, SOD:1800 mg)

#15 Nuggets & Fries \$12

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)