

### #1 ADOBO BBQ CHICKEN BOWL

\$12.00

Diced Chicken tossed in savory bbq sauce with a hint of tang served over a bed of brown rice and seasoned corn and black beans. Served with a side of adobo bbq sauce.

(P: 34g, C: 58g, F: 12g, Cal: 476 , FIB: 2G, Sug: 2g, Sod: 273mg)

### #2 THE FLORENTINE

\$11.00

Sliced chicken breast packed with protein and served over our spring vegetable medley. Served with our new pesto sauce. (GF/LC/KF/DF-WITHOUT SAUCE)

(P: 44g, C: 5g, F: 3g, Cal: 223 , FIB: 3G, Sug: 4g, Sod: 143mg)

### #3 PEPPERCORN STEAK

\$13.50

Pan-seared lean steak, open-faced baked potato, and asparagus with a side of peppercorn sauce. (GF)

(P:32g, C:23g, F:7g, Cal:283, Fib:5g, Sug:3g, Sod:147 mg)

### #4 CHIPOTLE TOTCHOS

\$12.50

Sweet potato puffs topped with chipotle seasoned pulled chicken, a side of fiesta cheese, and turkey bacon bits. Served with a side of sriracha ranch. (DF)

P:38g, C:30g, F: 17g, Cal:434, Fib:6g, Sug:9g, Sod: 500MG)

### #5 GET 'EM TO TEH GREEK

\$12.50

Grilled turkey burger blended with spinach, feta, & sun-dried tomatoes. Served with our Greek-seasoned potato fries over a bed of spinach with Tzatziki sauce.

(P: 39g, C: 18g, F:15g, Cal:332 , FIB: 6G, Sug:1g, Sod: mg)

### #6 LEMON ROSEMARY CHICKEN

GF/DF

\$11.00

Lemon and rosemary marinated all-natural chicken breast served with roasted red potato wedges, mixed squash, and zucchini. With a side of lemon aioli.

((P: 42g, C:18g, F:9g, Cal: 321, Fib:6g, Sug:3g, Sod: 500mg)

### #7 MEDITERRANEAN SHRIMP

GF/DF

\$13.00

Inspired by the flavors of the Mediterranean, shrimp, veggie medley, over a bed of rice pilaf & a side of hummus. (GF/DF)

(P:23g, C:29g, F:0g, Cal:208 , FIB: 3G, Sug:3g, Sod: 902mg)

Contains: SHELLFISH

### #8 THE ELITE BOWL

DF/GF- WITHOUT SAUCE

\$12.00

Your favorite cilantro lime rice bowl topped with pulled chicken, corn, and black beans. Served with fresh pico de gallo and our signature avocado ranch. (GF/DF-without sauce)

(P: 36g, C: 48g, F: 6g, Cal: 381, Fib: 7g, Sug: 3g, Sod: 330mg)

### #9 ORIGINAL SKINNY MAC

\$12.00

Our number one selling meal is Back! Ground turkey served over a bed of our famous cheesy mac and elbow noodles.

(P:28G, C: 26G, F: 20G, CAL:396, F: 1G, SUG: 5G, Sod:600mg)

### #11 CUBAN WRAP

\$12.50

Seasoned pulled chicken over a bed of sweet potato tots served with cheese, turkey bacon bits, and buffalo ranch sauce.

(P: 47G, C:41G, F: 13G, Cal:469, Fib: 20g, Sug: 2G, Sod: 1291 mg)

### #12 BOOM BOOM MASH

\$12.50

Fan-favorite redskin mashed potatoes topped with pulled chicken, light cheddar cheese, and turkey bacon. Served with a side of boom boom sauce.

(P: 37g, C: 25g, F: 22g, Cal: 446, FIB: 2G, Sug: 2, Sod: 993mg)

### #13 COWBOY QUESADILLA

\$11.00

Whole wheat tortilla filled with pulled chicken, corn, black beans, and fiesta cheese. Served with a side of BBQ sauce.

(Pro: 42g, Carb:34g, Fat: 16g, Cal:448, Fib: 4g, Sod:850mg)

### #14 HAMBURGER STEAK

DF/GF- WITHOUT SAUCE

\$12.50

A healthy take on a southern classic. Handcrafted beef burger served on a bed of brown rice, topped with sauteed mushrooms, onions, and a cup of brown gravy.

(P: 34g, C: 49g, F: 16g, Cal:476, Fib: 5g, Sug:4g, 550mg)

### #15 CAJUN CHICKEN ALFREDO

\$12.00

All-new whole wheat pasta served with our cajun chicken in our house-made cajun alfredo sauce.

(P: 42G, C: 49G, F: 13G, CAL: 481, SUG: 4G, FIB: 4G)

## BREAKFAST

### #10 RED VELVET PANCAKES \$11.50

Ask & you shall receive your favorite pancake: RED VELVET (4) protein pancakes served with a side of buttercream icing. (Macros per 2 pancakes)

(P:19g, C:37g, F:8g, Cal:303, Fib:2g, Sug:8g, Sod: 178mg)

## CHEAT TREATS

### M & M FIVE BITES LC \$5.95

Serving Size: 1 bite  
CAL: 67, PRO: 5G, CARB: 7G, FAT: 3G, FIBER: 1G  
Contains: Peanuts, Milk

### PB ENERGY BITES LC \$5.95

Serving Size: 1 bite  
CAL: 94, PRO: 5G, CARB: 10G, FAT: 4G, FIBER: 2G, SUG: 3G  
Contains: Milk, Peanuts

