

#1 ROASTED CHICKEN & POTATOES

GF/LC/KF

\$11.50

All-natural chicken breast served with our Greek seasoned mashed potatoes and sauteed green beans.

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

#2 THE ITALIAN CHICKEN

GF/DF

\$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

\$13.00

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

GF/DF

\$13.00

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

GF/DF

\$12.00

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

GF/DF

\$12.00

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

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

#7 LOADED CHEESEBURGER BOWL

GF/DF

\$12.50

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

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

#8 SHEPARD'S PIE

\$12.50

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

#10 SWEET HEAT PASTA

\$11.50

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

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

#11 PORK & GREENS

GF

\$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.

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

#12 JAMBALAYA

\$13.00

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)

#13 SOUTHERN BREAKFAST BOWL

\$11.00

A traditional breakfast that everyone grew up on! our homemade grits, eggs, and bacon slices are a sure way to start your morning off on the right note.

(P: 34G, C: 24G, F: 25G, CAL: 457, FIB: 2G, SUG: 4G, SOD: 800MG)

#14 NUGGETS & FRIES

\$12.00

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)

#15 2.0 BHAM BISON BOWL

GF

\$13.50

All natural-ground bison served over a bed of brown rice topped with fiesta cheese, a side of fresh pico de gallo, and Sriracha Ranch dressing.

(P: 30G, C: 49G, F: 10G, CAL: 406, FIB: 3G, SUG: 3G, SOD: 375MG)

BREAKFAST

#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)

CHEAT TREATS

SNICKERS BITES LC \$5.50

Serving Size: 1 bite

CAL: 67, PRO: 5G, CARB: 7G, FAT: 3G, FIBER: 1G

PB ENERGY BITES BITES LC \$5.50

Serving Size: 1 bite

CAL: 94, PRO: 5G, CARB: 10G, FAT: 4G, FIBER: 2G

