



FRESHLY MADE SALADS

CHICKEN CAESAR

romaine, roasted chicken, parmesan cheese, croutons, creamy caesar dressing

\$8.75 740 CALS

THAI CRUNCH

roasted chicken, super blend slaw, carrots, crispy wontons, cilantro, scallions & thai peanut dressing

\$8.75 380 CALS

SOUTHWEST VG GF

mixed greens, cherry tomatoes, roasted corn, black beans, avocado, red onion, julienned peppers, queso fresco, tortilla strips, southwest ranch dressing

\$8.75 680 CALS

TZATZIKI AVOCADO V

mixed greens, kales, avocado, feta cheese, grape tomatoes, cucumbers, crispy pitas, creamy tzatziki dressing

\$8.75 570 CALS

COBB GF

romaine, bacon, egg, blue cheese, tomato, cucumber, avocado, red wine vinaigrette

\$8.75 770 CALS

MEDITERRANEAN BOWL

hummus, tabbouleh, cabbage slaw, tomato, onion, feta, cucumber, black olives

SAUCE OPTIONS:

tzatziki, lemon vinaigrette, red pepper aioli

CHICKEN: \$9.50 1050 CALS

GYRO: \$10.95 1210 CALS

SOUTHWEST BOWL

fajita peppers and onions, rice, black beans, avocado, cilantro, cheese, tomato, onion, lettuce, sour cream

SAUCE OPTIONS:

salsa verde or salsa roja

CHICKEN: \$8.95 850 CALS

BEEF: \$10.95 940 CALS

FEATURED

BRUSSELS & APPLE VG GF

shaved brussels sprouts, mixed greens, apples, cherry tomatoes, goat cheese, hardboiled egg, pepitas, lemon vinaigrette

\$9.00 650 CALS



POWER CHOP VG GF

kale, sweet potatoes, garbanzo beans, avocado, dried cranberries, almonds, red onions, cucumber, tomato, lemon tahini dressing

\$8.00 480 CALS

OPTIONS

ADD CHICKEN GF DF
\$2.50

BACON (2) GF DF
\$2.50 130 CALS

AVOCADO VG GF DF
\$1.50 60 CALS

CHEESE V GF
\$1.50 110 CALS



THOROUGHLY COOKING FOODS OF ANIMAL ORIGIN SUCH AS BEEF, EGGS, FISH, LAMB, MILK, POULTRY OR SHELLFISH REDUCES THE RISK OF FOODBORNE ILLNESS INDIVIDUALS WITH CERTAIN HEALTH CONDITIONS MAY BE AT HIGHER RISK IF THESE FOODS ARE CONSUMED RAW OR UNDERCOOKED.



FOOD PREPARED MAY CONTAIN WHEAT, FISH, DAIRY, EGGS, SOY, & NUTS.

V-VEGETARIAN

VG-VEGAN

GF-GLUTEN FREE

DF-DAIRY FREE

CN-CONTAINS NUTS