



FRESHLY MADE SALADS

CHICKEN CAESAR

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

\$9.75 740 CALS

THAI CRUNCH

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

\$9.75 380 CALS

SOUTHWEST V GF

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

\$9.75 680 CALS

QUINOA PROTEIN BOWL GF

romaine, quinoa, chicken shawarma, cucumber, grape tomato, feta, red onion, almonds, lemon tahini

\$9.75 900 CALS

COBB GF

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

\$10.50 770 CALS

MEDITERRANEAN BOWL

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

SAUCE OPTIONS:

tzatziki, lemon vinaigrette, red pepper aioli

CHICKEN: \$10.50 1050 CALS

GYRO: \$11.95 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: \$9.95 850 CALS

BEEF: \$11.95 940 CALS

FEATURED

FALL GOOD V GF CN

kale, arugula, roasted sweet potatoes, avocado, goat cheese, almonds, dried cranberries, dijon vinaigrette

\$8.50 680 CALS

OFF TO THE RIGHT START

THAI CHOPPED SALAD VG CN

kale, quinoa, red cabbage, edamame, cucumber, carrots, peanuts, cilantro, green onion, sesame ginger vinaigrette

\$8.00 480 CALS

OPTIONS

ADD CHICKEN GF DF
\$2.95

BACON (2) GF DF
\$2.95 130 CALS

AVOCADO VG GF DF
\$1.95 60 CALS

CHEESE V GF
\$1.75 110 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