



Healthy Meals

Charleston

April 2019 Specials

Snacks

Power Balls

Peanut Butter & Oats

Peanut Butter, Chocolate Chips & Oats

Mason Jar Pint = 6 Balls \$12

Mason Jar Quart = 12 balls \$20

Breakfast

6 Pack Large Egg White Muffins

Vegetarian \$30

spinach, black beans, asparagus, broccoli, onions, fontina

Add Protein \$42

shrimp, roast turkey or chicken

Mason Jar Overnight Oats \$8

strawberry and pecans

Mason Jar Smoothie \$9

chocolate protein powder, strawberries, cherries, banana,
spinach & almond milk

Egg White Omelet in a Jar \$8

(6oz eggs with listed ingredients)

Farm House

ham, cheddar, spinach, peppers

Sunrise

black beans, Monterey jack, onions, peppers, mushrooms, tomatoes

Gardeners

broccoli, feta, asparagus, green onion, roasted pepper

SOUP

Quart Mason Jar \$12

Healthified Broccoli Cheddar Soup

MASON JAR SALAD

Farm House Farro Salad \$14

farro, chicken, blue cheese, sweet potato, shredded carrots,
granny smith apples, daikon radish, fresh parsley, spinach
apple cider Dijon vinaigrette

Berry Quinoa Salad \$13

quinoa, herb goat cheese strawberries, raspberries, blackberries, blueberries,
cucumbers, almonds, fresh basil and mint, avocado, arugula
citrus honey dressing

POWER BOWL

Middle Eastern Bowl \$14

cooked bulgur, chicken, roasted cauliflower, sautéed spinach, baked carrots,
sautéed chickpeas, roasted pumpkin seeds, kale
minted yogurt sauce

Sweet Potato and Black Bean Burrito Bowl \$13

brown rice, sweet potatoes, sweet peppers, black beans, pico de gallo,
cilantro, avocado, lime wedge
chili, Sriracha sauce, lime yogurt

SPECIALS

Healthier Skillet Chicken Parmesan \$12

skinless chicken breasts, house made marinara, lo-fat mozzarella
sides of shirataki noodles with fresh oregano, snap peas

Caprese Chicken and Quinoa Bake \$12

chicken, quinoa, tomatoes, fresh mozzarella, fresh basil
balsamic vinaigrette

One Pan Healthy Meatballs and Veggies \$12

baked red potato, green beans, broccoli, sweet peppers, Brussel sprouts,
asparagus, turkey and pork meatballs, brown rice pilaf

Sweet Potato Black Bean Slider \$12

black bean burger between 2 sweet potato rounds
with lettuce, tomato, red onion, guacamole,
fresh fruit side

Dijon, yogurt, garlic sauce