



BREAKFAST SELECTIONS \$8

MASON JAR SMOOTHIES

AMBER'S FAVORITE

berries, banana, spinach, peanut butter, protein powder, almond milk

TROPICAL KISS

oranges, banana, coconut, protein powder, almond milk

MASON JAR OVERNIGHT OATS

HEALTHY ELVIS

peanut butter, banana, dark chocolate

LOCAL'S CHOICE

blueberries, toasted almonds, drizzled honey

SUNRISE

granny smith apples, golden raisins, walnuts, cinnamon

MASON JAR POWER-UP PARFAITS

RED WHITE AND BLUE

fresh berries, toasted almonds, house-made granola, lo-fat Greek vanilla yogurt

HEART START

banana, pecans, honey, house-made granola, lo-fat Greek vanilla yogurt

ISLAND EGG WHITE MUFFINS

WADMALAW

spinach, broccoli, zucchini, onions, peppers, herb goat cheese

SEABROOK

chicken, black beans, peppers, onions, spinach, cheddar, jalapenos

fat free yogurt & salsa

SOUTHWESTERN WHOLE WHEAT BURRITO

scrambled egg whites, chicken, spinach, black beans, tomato, peppers, onion, lo-fat mozzarella
-vegetarian \$7

POWER BALLS

peanut butter, oats, flax, coconut, dark chocolate

Mason Jar Pint = 6 Balls \$12

Mason Jar Quart = 12 balls \$20

LUNCH and DINNER

MASON JAR SALADS \$12.50

(all with house made balsamic vinaigrette)

ROASTED BRUSSELS SPROUT SALAD

sesame-peanut chicken, herb goat cheese, balsamic Brussels sprouts, Craisins, oranges, grape tomatoes, pecans, spinach

FARM HOUSE FARRO SALAD

farro with tomatoes, chicken, blue cheese, roasted sweet potatoes, shredded carrots, granny smith apples, radish, spinach

GREEK SALAD

chicken, feta, tomatoes, cucumbers, Kalamata olives, pepperchini, artichokes, roasted peppers, romaine

THAI SHRIMP SALAD

Asian spiced shrimp, shredded carrots, bean sprouts, cucumber, peppers, grape tomatoes, fresh basil, toasted almonds, spinach

CHARLESTON POWER BOWLS \$12.50

THAI CHICKEN BUDDHA BOWL

farro & tomatoes, chicken, pickled red cabbage, shredded carrots, bean sprouts, spinach
pickled ginger, crushed peanuts, cilantro - peanut sauce

GREEK BOWL

couscous with spinach, chicken, feta, zucchini, cucumbers, roasted peppers, roasted chick peas
Kalamata olives, spinach – balsamic vinaigrette

FRESH GARDEN BOWL

lemon herb quinoa, balsamic Brussels sprouts, roasted sweet potatoes, roasted peppers, cucumber, grape tomatoes, pepitas, spinach - balsamic vinaigrette

BLACKENED SHRIMP

garlic scented brown rice, blackened shrimp, black beans, corn, shredded carrots, fresh basil, spinach, lime wedge - cilantro lime dressing

HEALTHY MEALS \$12.50

1 chicken saltimbocca with prosciutto, spinach & asiago
farro & tomatoes/skillet green beans

2 lemon pepper salmon
herb quinoa/balsamic Brussels sprouts

3 turkey meatloaf with feta & sun-dried tomatoes
low carb cauliflower mac n cheese/coriander maple glazed carrots

4 Caribbean chicken with pineapple salsa
garlic scented brown rice & black beans/roasted asparagus & asiago

5 chicken picatta
mashed potatoes/roasted broccoli