



BREAKFAST SELECTIONS \$8

MASON JAR SMOOTHIES

AMBER'S FAVORITE

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

TROPICAL KISS

oranges, banana, protein powder, almond milk

MASON JAR OVERNIGHT OATS

HEALTHY ELVIS

peanut butter, banana, dark chocolate

LOCAL'S CHOICE

blueberries, honey, toasted almonds

SUNRISE

golden raisins, granny smith apples, cinnamon, walnuts

MASON JAR POWER-UP PARFAITS

KRISTIAN'S

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

sautéed kale, broccoli, zucchini, onions, peppers, mushrooms, 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

(all with balsamic vinaigrette)

ROASTED BRUSSELS SPROUT SALAD

sesame-peanut chicken, herb goat cheese, balsamic Brussels sprouts, Craisins, mandarin 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

RAINBOW SALAD

lemon pepper salmon, feta, mandarin oranges, grapes, peppers
cucumber, shredded carrots, radish, spinach

BERRY QUINOA SALAD

lemon herb quinoa, herb goat cheese, strawberries, raspberries, blackberries, blueberries, cucumber, almonds, fresh basil, mint, arugula

GREEK SALAD

chicken, feta, tomatoes, cucumbers, Kalamata olives, pepperchini, red onion, romaine

THAI SHRIMP SALAD

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

CHARLESTON POWER BOWLS \$11.50

THAI CHICKEN BUDDHA BOWL

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

KOREAN BOWL

brown rice pilaf, flank steak, shredded carrots, cucumber, radish, bean sprouts, kimchi, baby kale - Korean BBQ sauce

GREEK BOWL

couscous with spinach, chicken, feta, eggplant, zucchini, cucumbers, roasted peppers, Kalamata olives, arugula - balsamic vinaigrette

VIETNAMESE BBQ SHRIMP BOWL

rice noodles, BBQ shrimp, shredded carrots, cucumbers, water chestnuts, kimchi, crushed peanuts, cilantro, lime wedge, baby kale – ponzu sauce

FRESH GARDEN BOWL

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

BLACKENED SHRIMP

blackened shrimp, black beans, corn, asparagus, red onion, basil, salsa, spinach, lime wedge - creamy yogurt cilantro lime dressing

HEALTHY MEALS \$12

1 chicken piccata/whole wheat pasta with lemon & capers/
coriander maple glazed carrots

2 sage roasted turkey/sweet potato wedges/skillet okra

3 chicken parmigiana/farro and tomatoes/zucchini with herbs and asiago

4 Asian spiced shrimp/brown rice pilaf/orange sumac broccoli

5 lemon pepper salmon/herb quinoa/balsamic Brussels sprouts

6 grilled marinated flank steak/roasted rosemary potatoes/garlic roasted asparagus

7 turkey meatloaf/couscous with spinach/garlic green beans with asiago

8 chicken enchilada/brown rice pilaf/Mexican black beans/cheddar & salsa

Protein

chicken, roasted turkey, shrimp, salmon, flank steak

Veggies

coriander maple glazed carrots, zucchini with herbs and asiago, skillet okra,
balsamic Brussels sprouts, garlic roasted asparagus, garlic asiago green beans

Beans & Carbs

Mexican black beans, sweet potato wedges, farro with tomatoes,
brown rice pilaf, herb quinoa, roasted rosemary potatoes, couscous with spinach

NO CARB, LOW CARB AND KETO OPTIONS AVAILABLE