



Healthy Meals

Charleston

March 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

toasted coconut, almond and cherry

Mason Jar Smoothie \$9

vanilla protein, banana, strawberry, cherry, peanut butter,
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

Kimchee Soft Tofu Stew

thinly sliced beef, soft tofu, kimchee, vegetable broth

MASON JAR SALAD

Cider Mason Jar Salad \$13

cider chicken, feta cheese, walnuts, golden raisins, beets, pears, red onion
sweet potatoes, spinach/balsamic vinaigrette

Thai Shrimp Mason Jar Salad \$14

shrimp, carrots, bean sprouts, cucumber, red cabbage, cilantro and basil, arugula
spicy almond dressing

POWER BOWL

Korean \$13

brown rice, shredded carrots, cucumber, daikon radish, bean sprouts,
flank steak with Korean BBQ sauce and kimchi

Italian \$13

farro with tomatoes, sautéed zucchini, roasted red peppers, grape tomatoes,
artichoke hearts, marinated olives, albacore tuna and pesto

SPECIALS

Zucchini Noodle Casserole \$13

stir fry veggies of broccoli, snap peas, onion, red peppers with chicken in a Thai sauce
topped with zucchini noodles

Spicy Tuna Casserole \$12

*albacore tuna, spaghetti squash, cremini mushrooms, onion, poblano peppers,
nutritional yeast and nut based yogurt sauce
topped with a brazil nut crumb*

Mini Meatloaves \$13

*ground turkey and ground pork mixed with oats
served with baked carrot chips and cauliflower mac n cheese*