



May 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 \$24

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

Add Protein \$36

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 \$7

(3 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
Spring Minestrone Soup

MASON JAR SALAD

Cruciferous Salad \$12
Brussel sprouts, broccoli, cauliflower, daikon radish,
shredded carrots, zucchini, baby kale
Asian sesame dressing

Summer Sunshine Salad \$13
quinoa, chicken, peppers, cucumbers, cooked peas and carrots
grape tomatoes, radish, baby kale and spinach
lemon sesame dressing

POWER BOWL

Vietnamese BBQ Shrimp Bowl \$13
rice noodles, BBQ shrimp, shredded carrots, cucumbers,
crushed peanuts, cilantro, lime wedge
Nuoc Cham

Bahn Mi Bowl \$13
brown rice, slow roasted pork tenderloin, pickled daikon radish and carrots,
cucumber, radish, green onions, cilantro, avocado and baby kale

SPECIALS

Sage Rubbed Chicken \$12
bone in chicken breast and thigh with spicy peach glaze,
sides of mashed sweet potatoes and snap peas

Drunken Chicken Zoodle Casserole \$11
chicken, shredded carrots, zucchini, stir fry vegetables
chili garlic sauce and coconut amino

Pulled Pork \$11
skillet okra and tarragon potato salad
asparagus, turkey and pork meatballs, brown rice pilaf

Chicken Mushroom and Spinach Lasagna \$11
sauce of lo-fat yogurt, cottage cheese and lo-fat mozzarella
with whole grain pastas