



## **Summer 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 \$11, Pint Mason Jar \$6

*White Bean Chard*

## **MASON JAR SALAD**

*Harvest Salad \$12*

chicken, Brussel sprouts, sweet potatoes, Craisins, almonds  
shredded carrots, tomato, feta, baby kale  
\*apple cider vinaigrette\*

## **POWER BOWL**

*Blackened Shrimp \$12*

black beans, corn, asparagus, red onion, basil, salsa, spinach, lime wedge  
\*creamy cilantro lime dressing\*

*Fresh Garden Bowl \$11*

quinoa, Brussel sprouts, sweet potatoes, cauliflower,  
red onions, peppers, cucumber, grape tomatoes, baby kale  
\*balsamic vinaigrette and pepitas\*

## **SPECIALS**

*Mexican Stuffed Peppers \$11*

quinoa, ground turkey, black beans, corn, tomato, onions  
topped with shredded cheddar, lo-fat Greek Yogurt  
served with cucumber-tomato salad

*Chicken Mushroom and Spinach Lasagna \$11*

sauce of lo-fat yogurt, cottage cheese and lo-fat mozzarella  
with whole grain pasta

*Low Country Crab Cake \$13*

crab cake with double baked sweet potato,  
zucchini, onion corn hash  
\*tarragon tartar sauce\*