



HEALTHY MEALS

SEPTEMBER 27 – OCTOBER 23

BREAKFAST

OVERNIGHT OATS \$7 each

- *HEALTHY ELVIS *peanut butter, banana, dark chocolate*
- *LOCAL'S CHOICE *blueberries, toasted almonds, honey*
- *SUNRISE *apples, golden raisins, walnuts, cinnamon*

POWER BALLS *peanut butter, oats, flax seed, coconut, dark chocolate*

Mason Jar Pint = 6 Balls \$12 Mason Jar Quart = 12 balls \$20

ISLAND EGG WHITE MUFFINS \$9 each

- *WADMALAW *spinach, broccoli, zucchini, onions, peppers, herb goat cheese*
- *SEABROOK *chicken, black beans, peppers, onions, spinach, cheddar*

***SOUTHWESTERN WHOLE WHEAT BURRITO \$9 each**

egg whites, chicken, spinach, black beans, tomato, peppers, onion, mozzarella

LUNCH OR DINNER

MASON JAR SALADS \$14 each

*FARM HOUSE FARRO SALAD

farro & tomatoes, chicken satay, blue cheese, roasted sweet potatoes, shredded carrots, granny smith apples, radish, spinach – balsamic vinaigrette

*BERRY MASON JAR SALAD

*lemon herb quinoa, Italian chicken, herb goat cheese, strawberries, blueberries
English cucumber, toasted almonds, spinach*

CHARLESTON POWER BOWLS \$15 each

*SPICY AHI TUNA POKE BOWL

*brown rice, edamame, cucumber, shredded carrots, radish, pineapple,
*fresh ginger, pickled ginger, crispy onions, wasabi, ponzu sauce**

*KOREAN BOWL

*quinoa, chili garlic shredded beef, sautéed spinach, cucumber, hard-boiled egg, kimchi, romaine
*green onion, sesame seeds – Nuoc Chan dressing**

*FRESH GARDEN BOWL

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

HEALTHY MEALS \$17

(6 ounces protein, 4 ounces Carb & 3oz veggie)

***CARIBBEAN CHICKEN WITH PINEAPPLE PICO DE GALLO**

brown rice & black beans/parmesan zucchini

***CAPRESE CHICKEN**

tomatoes, fresh mozzarella, basil, balsamic glaze/herb quinoa/blanched broccoli

PRICING

- 1. Minimum order \$80**
- 2. 5% discount for \$100 Orders**
- 3. 10% discount for \$150 Orders**
- 4. Orders placed by 5:00 PM Sunday for Wednesday Delivery 12:00 – 2:00**
- 5. Delivery charges may be added based on location.**