



224 North Bedford St. East Bridgewater 508.456.4417

## **Menu**

### **Breakfast**

**\*Egg Bites / 4 for \$8.00**

*Egg, Bacon & Cheddar or Veggie and Egg Whites*

**Protein Bites /4 for \$6.50**

*Your choice of Chocolate Peanut Butter or Snickerdoodle*

**Overnight Oats / \$6.50**

*Your choice of Mixed Berry, Almond Joy, Chunky Monkey or Carrot Cake*

**Açaí Parfait / \$9.00**

*Greek & Vanilla Yogurt, Acai, Banana, Blueberry, Strawberry, Coconut, Almond Peanut butter, Granola*

### **Individual Serving Entrees (Hot or Cold)**

**Egg Roll Bowl / \$12.99**

*Turkey, Cabbage Slaw, Carrots, Hoison Sauce, Mushrooms, and Scallions served over white rice*

**\*Mexican Bowl /Chicken \$13.99 Steak \$14.99**

*Choice of Chicken or Steak served over Cilantro Lime Rice*

*Black Beans, lettuce, sour cream and fresh pico de gallo \*GF with no taco sauce*

**\*Marinated Steak Tips / \$16.99**

*Choice of Balsamic or Honey Bourbon with a choice of two sides*

**\*Blackened Salmon / \$15.99**

*Your choice of two sides*

**\*Chicken Kabobs / \$14.99**

*Your choice of two sides*

**Sesame Ginger Stir Fry/ Chicken \$13.99 Shrimp \$15.99**

*Choice of Chicken or Shrimp served over cilantro lime brown rice*

**Boom Boom Chicken \$13.99**

*Served with roasted zucchini over cilantro lime brown rice or choice of two sides*

**BBQ Bacon Wrapped Meatloaf \$14.99**

*Your choice of two sides*

**\*Mediterranean Buddha Bowl (Vegan) / \$10.00**

*Quinoa, broccoli, chic peas, kale, red onion, sweet potato and tahini sauce*

**Macaroni & Cheese Cavatappi Pasta/ \$12.99 add chicken \$2.00**

*Your choice of Plain, BBQ, Buffalo or Tuscan*

**Maple Bourbon Chicken \$14.99**

*Your choice of two sides*

\* Gluten Free

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## **Family Meals Serves 6-8**

- Baked Ziti / \$25.00  
Chicken Broccoli Ziti / \$35.99  
Macaroni & Cheese / \$30.00  
Flavah'd Macaroni & Cheese with Chicken / \$36.99  
*Choice of Tuscan Chicken, BBQ Chicken or Buffalo Chicken*  
Sesame Ginger Chicken Stir Fry / \$36.99  
Broccoli, carrots, onion, peppers, pea pods  
*Served over brown rice.\*Can be made gluten free upon request*  
BBQ Bacon Wrapped Meatloaf Dinner / \$65.99  
*Served with green beans and roasted potatoes*

### **Wraps**

- all Wraps come with a choice of one side*  
Buffalo Chicken Wrap / \$12.99  
*Lettuce, tomato, red onion, blue cheese crumbles and blue cheese dressing*  
Greek Wrap / \$10.99 *add chicken \$2.00*  
*Greek salad blend, tomatoes, feta and greek dressing*  
Chipotle Turkey Wrap / \$11.99  
*Lettuce, tomato, avocado, chipotle mayo*

### **Salads:**

- \*House Salad / \$7.99  
\*Greek Salad / \$8.99  
*Add Chicken \$4.00 Steak \$6.00 Shrimp \$6.50 Salmon \$7.00*  
\*Taco Salad / \$12.00  
*Served with ground beef, lettuce, tomato, shredded cheese blend, cilantro, fresh lime, pico and taco sauce on side. \*GF with no taco sauce*  
Caesar Salad / \$8.00  
*Add Chicken \$4.00 Steak Tips \$5.00)*

### **Sides:**

*Additional Side Orders \$3.99*

- Sweet Potato Mashed  
White or Brown Rice  
Cilantro Lime Brown Rice  
Roasted Baby Potatoes  
Broccoli  
Asparagus  
French Fries  
House made Potato Chips

\* Gluten Free

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