

CHICKEN

1	Chicken Cashew Lettuce Wraps w. carrots, diced peppers, cilantro, quinoa & a side of teriyaki sauce Cals: 344 F: 10.9g C: 28g P: 36g	\$13.75
2	Chicken & Grilled Pineapple Stir-fry *NEW* Grilled chicken over a bed of broccoli, sweet peppers, pea pods & grilled pineapple w. a side of basmati rice & pesto sauce. Cals: 423 F: 12g C: 40g P: 38g	\$13.75
3	Lemon Chicken Grilled lemon chicken w. brown rice & asparagus Cals: 345 F: 8.8g C: 27g P: 37g	\$13.75
4	Chicken Pesto Pasta Whole Wheat Pasta smothered in a creamy pine-nut based pesto w. chicken, sun-dried tomatoes, asparagus, cherry tomatoes & shredded parmesan Cals: 594 F: 15g C: 71g P: 47g	\$13.75

BEEF

5	Pesto Steak & Fries Grilled flank steak w. roasted red potato wedges, blanched green beans & a side of basil pesto Cals: 472 F: 18g C: 35g P: 38g	\$14.75
6	Cheeseburger Bowl w. lean ground beef, jasmine rice, cheddar cheese, bread & butter pickles, diced red onions and a side of ketchup & mustard. Cals: 479 F: 18g C: 26g P: 43g	\$13.75

TURKEY

7	Sweet Potato & Turkey Skillet #fanfavorite Lean ground turkey & sweet potatoes cooked in a cast iron skillet w. diced spanish onions, diced sweet peppers, red chili flakes & ground pepper then topped w. fresh parsley & shredded mozzarella cheese. Cals: 472 F: 18g C: 31g P: 40g	\$13.75
8	Honey Sriracha Ground Turkey *NEW & IMPROVED* (Now w. 8oz of lean turkey) w. Chopped asparagus, raw sweet peppers, green onions & jasmine rice Cals: 545 F: 18g C: 39g P: 51g	\$14.75

SEAFOOD

9	Sweet & Sour Shrimp w. Jasmine rice & pea pods Cals: 344 F: 3g C: 30g P: 46g	\$14.75
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BREAKFAST

10	Spicy Sausage Stuffed Peppers Spicy ground sausage & scrambled eggs stuffed peppers topped with cheddar cheese, green onions, a side of red potato fries & valentina hot sauce Cals: 410 F: 19g C: 24g P: 19g	\$10.75
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Vegetarian

11	Portobello Tacos w. sautéed portabellas, sweet peppers & onions. black beans, a creamy cilantro-lime sauce & flour tortillas Cals: 346 F: 5g C: 61g P: 14g	\$13.75
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SNACKS - \$5

A	Apple Crisp – Protein Overnight Oats *Seasonal* *NEW* Old fashioned oats, chia seeds, almond milk, Greek yogurt, honey crisp apples & brown sugar. Cals: 220 F: 3.2g C: 34g P: 12.8g
B	Blueberry Protein Muffins (2) Cals: 158 F: 1.5g C: 29g P: 7.8g (per one muffin)
C	Protein Balls (4) Cals: 180 F: 9g C: 19g P: 7g (per one ball)
D	Honey Vanilla Greek Yogurt Parfait Cals: 280 F: 9g C: 28g P: 20g
E	Chocolate Protein Donuts by Elite Sweets (1) *NEW* Cals: 210 F: 13 C: 33 P: 13

SIDES

X	Caprese Salad \$9 Cherry tomato, basil leaves, fresh mozzarella & a side of balsamic reduction
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