



CHICKEN

1	Chicken Tinga Tacos Shredded chicken breast in homemade tinga sauce (tomato, onion, chiles, pepper, cloves, chipotle, oregano). With a side of Mexican beans & cous cous. Topped with radishes, cilantro, lime & street corn tortillas. <i>Cals: 486 F: 5g C: 44g P: 61g</i>	\$13.95
2	Thai Chicken Buddha Bowl Diced grilled chicken, carrots, red cabbage, peppers, onions, edamame & soy. Topped with cilantro & lime with a side of spicy peanut sauce. <i>Cals: 383 F: 6g C: 44g P: 31g</i>	\$14.95
3	Buffalo Chicken Meatballs Chicken meatballs in a hot buffalo sauce over brown rice & broccoli. Paired with a side of carrots & celery. <i>Cals: 352 F: 13g C: 28g P: 32g</i>	\$13.95
4	Rosemary Lemon & Chicken <i>*NEW*</i> Grilled lemon chicken w. Green beans & roasted rosemary n garlic white potato wedges & a side of balsamic reduction. <i>Cals: 390 F: 8g C: 39g P: 36g</i>	\$14.95

BEEF

5	Steak & Mashed Potatoes <i>*NEW*</i> Grilled sirloin steak paired with creamy spinach mashed potatoes (prepared w. almond milk & parmesan cheese), green beans, roasted red peppers & sauteed baby bella mushrooms <i>Cals: 487 F: 20g C: 40g P: 37g</i>	\$14.95
6	The Best Chili Bowl Mix of savory beans, lean ground beef, carrots, onions, tomatoes, celery, green chilies, topped w. cheddar cheese & cilantro along w. a side of greek yogurt based "sour cream" & brown rice. <i>Cals: 416 F: 12.3g C: 43.2g P: 31g</i>	\$13.95
7	Cheeseburger Bowl w. lean ground beef, jasmine rice, cheddar cheese, bread & butter pickles, diced red onions and a side of ketchup & mustard. <i>Cals: 479 F: 18g C: 26g P: 43g</i>	\$13.75

TURKEY

8	Sweet Potato & Turkey Skillet <i>#fanfavorite</i> Lean ground turkey & sweet potatoes w. sauteed spanish onions, diced sweet peppers, red chili flakes & ground pepper, topped w. fresh parsley & shredded mozzarella cheese. <i>Cals: 472 F: 18g C: 31g P: 40g</i>	\$13.95
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SEAFOOD

9	Pesto Shrimp Sautéed shrimp over zucchini noodles, baby belly mushrooms, cherry tomatoes & a creamy pesto sauce <i>Cals: 306 F: 7g C: 12g P: 48g</i>	\$14.75
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BREAKFAST

10	Turkey Sausage & Veggie Breakfast Skillet Ground turkey sausage, scrambled eggs, red potatoes diced broccoli & topped with diced tomatoes and green onions with a side of hot sauce. <i>Cals: 421 F: 19g C: 30g P: 29</i>	\$11.95
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Salad

11	Mediterranean Salad A bed of spring greens w. cucumbers, cherry tomatoes, chick peas, artichoke hearts, feta, roasted red peppers, green onions & a Greek vinaigrette <i>Cals: 181 F: 7g C: 21g P: 10g</i>	\$12.95
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SNACKS - \$5

A	Creamy Peanut Butter – Protein Overnight Oats Old fashioned oats, chia seeds, almond milk, Greek yogurt, honey crisp apples, crasians, pecans, peanut butter, protein <i>Cals: 439 F: 13g C: 62g P: 18.5g</i>
B	Pumpkin Breakfast Muffin (2) Pumpkin, peanut butter, eggs, agave, almond milk, vanilla, old fashioned oats, baking powder, pumpkin spice, walnuts, pumpkin seeds, pecans & crasians. <i>Cals: 220 F: 11.8g C: 22g P: 8g (per one muffin)</i>
C	Protein Balls (4) Oats, peanut butter, agave, ground flaxseeds, mini chocolate chips, & crasians <i>Cals: 180 F: 9g C: 19g P: 7g (per one ball)</i>
D	Honey Vanilla Greek Yogurt Parfait <i>*NEW*</i> Topped w. fresh blueberries, strawberries & granola <i>Cals: 188 F: 1.2g C: 29g P: 17g</i>
E	Blueberry Pie Crust Bars Introducing our "Sweet Treat" of the menu! Oats, brn sugar, cinnamon, baking soda, salt, butter, vanilla, almond, blueberries, maple, cornstarch <i>Cals: 199 F: 9g C: 28g P: 3g</i>
F	\$5 Tip For Your Delivery Driver!