

CHICKEN

SEAFOOD

1 Shredded Buffalo Chicken
Shredded buffalo chicken topped with mozzarella. Green beans, cous cous & cherry tomatoes
Cals: 454 F: 15g C: 32g P: 48g

\$13.75

2 Teriyaki Quinoa Bowl *NEW*
Broccoli, carrots, bok choy, quinoa, brown rice & grilled chicken tossed in teriyaki & sesame

\$14.75

3 Greek Pita Bowl *New & IMPROVED*
Grilled chicken, sliced cucumbers, red onions, kalamata olives, cherry tomatoes over romaine lettuce w. whole wheat pita bread & a side of Tzaziki sauce
Cals: 381 F: 15g C: 20g 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

7 Ground Beef Tacos *NEW*
Lean, taco seasoned ground beef w. sautéed peppers, onions, black beans, basmati rice & a side of valentina & corn tortillas
Cals: 650 F: 18g C: 68g P: 43g

\$14.75

TURKEY

8 Sweet Potato & Turkey Skillet #fanfavorite
Lean ground turkey & sweet potatoes w. sauteed 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

9 Blackened Salmon
w. Israeli cous cous, green beans & topped with mango salsa
Cals: 397 F: 9g C: 33g P: 42g

\$14.75

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

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

Salad *NEW*

12 Greek Salad
Romaine lettuce & cous cous .Topped with feta, red onions, cherry tomatoes, kalamata olives, cucumbers, green peppers & our house vinaigrette.
Cals: 235 F: 10g C: 28g P: 13g

\$12.75

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

Soup Of The Week!

X Coming Soon :)