

CHICKEN

1	Tandoori Chicken 8oz of tender slow cooked chicken thighs cooked in Indian spices & coconut milk with white rice & cilantro & a side of whole wheat Naan Cals: 579 F: 17g C: 56g P: 46g	\$13.75
2	Sweet & Sour Chicken Grilled chicken tossed in sweet & sour sauce w. broccoli, jasmine rice & grilled pineapple Cals: 433 F: 13g C: 35g P: 46g	\$13.75
3	Chicken Bruschetta w. Grilled chicken over asparagus & baked sweet potato bites w. a side of tomato/basil bruschetta Cals: 388 F: 9g C: 35g P: 39g	\$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 *NEW* 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	Giant Turkey Meat Balls Two 4oz Lean Turkey Meat Balls over a bed of zucchini noodles topped with shredded parmesan & a side of basil marinara Cals: 417 F: 19g C: 9g P: 47g	\$13.75

SEAFOOD

9	Pesto Shrimp *NEW* Sautéed shrimp over zucchini noodles, baby belly mushrooms, cherry tomatoes & a creamy pesto sauce Cals: 306 F: 7g C: 12g P: 48g	\$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 portobellas, 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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Bonus Meal - Turkey

12	Turkey Chili Bowl Mix of savory beans, lean turkey, carrots, onions, tomatoes & jalapenos topped w. cheddar cheese & cilantro along w. a side of brown rice Cals: 450 F: 11g C: 45g P: 38g	\$13.75
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SNACKS - \$5

A	Pumpkin Pie Overnight Oats *Seasonal* w. chai, vanilla Greek yogurt, pumpkin, oats, cinnamon & nutmeg. Topped w/candied pecans & pumpkin seeds Cals: 190 F: 3.2g C: 34g P: 6.5g
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

SIDES

X	Caprese Salad \$9 *NEW* Heirloom tomato, basil leaves, fresh mozzarella & balsamic reduction
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