

### CHICKEN

1	<b>Chicken Cashew Lettuce Wraps</b> Shredded chicken mixed w. carrots, diced peppers, cilantro & quinoa stuffed in a lettuce wrap with a side of teriyaki sauce Cals: 344 F: 10.9g C: 28g P: 36g	\$13.75
2	<b>Sweet &amp; Sour Chicken</b> Grilled chicken tossed in sweet & sour sauce w. broccoli, jasmine rice & grilled pineapple. Cals: 433 F: 13g C: 35g P: 46g	\$13.75
3	<b>Chicken Meatballs &amp; Coconut Rice</b> <b>*NEW*</b> Chicken meatballs over spiced yellow coconut rice with broccoli & cilantro.	\$13.75
4	<b>Chicken Pesto Pasta</b> 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	<b>Pesto Steak &amp; Fries</b> 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	<b>Cheeseburger Bowl</b> 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	<b>Beef Fajitas</b> Lean, taco seasoned ground beef w. sautéed sweet peppers, onions, black beans, basmati rice & a side of hot sauce, corn tortillas & lime Cals: 541 F: 19g C: 48g P: 41g	\$14.75

### TURKEY

8	<b>Sweet Potato &amp; Turkey Skillet #fanfavorite</b> Lean ground turkey & sweet potatoes w. sauteed spanish onions, diced sweet peppers, red chili flakes & ground pepper .Topped w. fresh parsley & shredded mozzarella cheese. Cals: 472 F: 18g C: 31g P: 40g	\$13.75
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### SEAFOOD

9	<b>Spicy Salmon Bowl *NEW*</b> Baked salmon over a bed of pineapple, edamame, pea pods, purple cabbage, shredded carrots, basmati rice w. A side of our spicy peanut sauce. Cals: 499 F: 15g C: 39g P: 42g	\$14.75
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### BREAKFAST

10	<b>Chorizo Breakfast Skillet *NEW*</b> Spicy ground chorizo, scrambled eggs, baked potatoes, cotija cheese, cilantro & salsa verde.	\$11.75
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### Vegetarian

11	<b>Portobello Tacos</b> 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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### Salad

12	<b>Greek Salad</b> 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
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### SNACKS - \$5

A	<b>Apple Crisp – Protein Overnight Oats</b> 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	<b>Cocoa Breakfast Protein Muffins (2)</b> Oats, apple sauce, bananas, egg white, cocoa protein, choc chips & baking powder Cals: 192 F: 3g C: 33g P: 8.5g (per one muffin)
C	<b>Protein Balls (4)</b> Cals: 180 F: 9g C: 19g P: 7g (per one ball)
D	<b>Honey Vanilla Greek Yogurt Parfait</b> Topped w. fresh blueberries, strawberries & granola Cals: 280 F: 9g C: 28g P: 20g
E	<b>Chocolate Protein Donuts by Elite Sweets (1)</b> Cals: 210 F: 13 C: 33 P: 13