

CHICKEN

| | | |
|---|---|---------|
| 1 | Summer BBQ Thins *NEW* Tender shredded bbq chicken thighs on whole wheat sandwich thins w. red potato fries & a grilled vegetable medley. | \$13.95 |
| 2 | Teriyaki Quinoa Bowl Broccoli, carrots, bok choy, quinoa, brown rice & grilled chicken tossed in teriyaki, sesame & lime Cals: 519 F: 10g C: 62g P: 41g | \$13.95 |
| 3 | Chicken Meatballs & Zoodles *NEW* Chicken meatballs over fresh zucchini noodles, with cherry tomatoes parmesan cheese and a side of pesto & tomato basil marinara. Cals: 339 F: 19g C: 6g P: 38g | \$13.95 |
| 4 | Rosemary Lemon Chicken Grilled lemon chicken w. Green beans & roasted rosemary n garlic white potato wedges. Cals: 355 F: 8g C: 31g P: 36g | \$13.95 |

BEEF

| | | |
|---|--|---------|
| 5 | Steak Teriyaki Teriyaki marinated steak with basmati rice, broccoli, sauteed sweet peppers & grilled red onions topped with sesame seeds. Cals: 440 F: 13g C: 43g P: 33g | \$14.95 |
| 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 | \$13.95 |

TURKEY

| | | |
|---|--|---------|
| 7 | Turkey Tacos Ground turkey w. sautéed peppers & onions, black beans, basmati rice, a side of our homemade salsa & corn tortillas Cals: 528 F: 14g C: 53g P: 39g | \$13.95 |
| 8 | Sweet Potato & Turkey Skillet #fanfavorite 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 | \$13.95 |

SEAFOOD

| | | |
|---|---|---------|
| 9 | Mexican Quinoa Bowl A bed of brown rice & quinoa topped w. shrimp, black beans, red onion, sweet peppers, cilantro & a spicy cilantro lime sauce Cals: 402 F: 6g C: 37g P: 53g | \$14.95 |
|---|---|---------|

BREAKFAST

| | | |
|----|--|---------|
| 10 | Chorizo Breakfast Skillet Spicy ground chorizo, scrambled eggs, baked potatoes, cotija cheese, cilantro & salsa verde. Cals: 471 F: 27g C: 30g P: 30g | \$11.95 |
|----|--|---------|

Salad

| | | |
|----|--|---------|
| 11 | 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 | \$12.95 |
|----|--|---------|

SNACKS - \$5

| | |
|---|---|
| A | Apple Crisp – Protein Overnight Oats 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 | Cocoa Breakfast Protein Muffins (2) 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 | Protein Balls (4) Cals: 180 F: 9g C: 19g P: 7g (per one ball) |
| D | Honey Vanilla Greek Yogurt Parfait Topped w. fresh blueberries, strawberries & granola Cals: 280 F: 9g C: 28g P: 20g |
| E | Chocolate Protein Donuts by Elite Sweets (1) Cals: 210 F: 13 C: 33 P: 13 |