

## CHICKEN

1	<b>BBQ Chicken &amp; Fries</b> Shredded chicken tossed in an all natural bbq sauce w. baked potato fries & green beans Cals: 359 F: 8g C: 31g P: 36g	\$13.75
2	<b>Chicken &amp; Mashed Potatoes</b> Grilled chicken w. whipped spinach mashed potatoes & asparagus Cals: 362 F: 10g C: 29g P: 39g	\$13.75
3	<b>Sweet &amp; Sour Chicken</b> Grilled chicken tossed in sweet & sour sauce w. broccoli, basmati rice & grilled pineapple, topped w. sesame seeds Cals: 389 F: 10g C: 35g P: 37g	\$13.75
4	<b>Chicken Salad Wrap</b> Shredded chicken mixed with Greek yogurt, crasians, celery, red grapes & almonds .With spinach & arugula. Wrapped in a flour spinach wrap. Along with a side of hummus & veggies Cals: 461 F: 13g C: 52g P: 40g	\$12.75

## BEEF

5	<b>Steak &amp; Potatoes</b> Steak w. smashed red potatoes & parmesan crusted green beans Cals: 419 F: 18g C: 29g P: 35g	\$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

## TURKEY

7	<b>Honey Sriracha Ground Turkey</b> w. Chopped asparagus, raw sweet peppers, green onions & basmati rice Cals: 432 F: 12g C: 37g P: 36g	\$13.75
8	<b>Turkey Burgers</b> Lean Turkey burgers w. broccoli & smashed red potatoes w. a side of bbq sauce. Cals: 420 F: 12g C: 34g P: 34g	\$13.75

## SEAFOOD

9	<b>Salmon Wok Bowl</b> Perfectly baked salmon over a bed of quinoa w. broccoli & parsnips, topped with cashews & a side of soy sauce Cals: 494 F: 17g C: 35g P: 46g	\$14.75
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## BREAKFAST

10	<b>Egg, Veggie &amp; Potato Scramble</b> scrambled eggs & veggie scramble with baked potatoes & a side of hot sauce Cals: 332 F: 15g C: 25g P: 24g	\$10.75
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## Vegetarian

11	<b>Summer Chickpea Salad</b> Spinach & quinoa w/ chickpeas, strawberries, feta cheese & slivered almonds. With a side of creamy balsamic dressing. Cals: 450 F: 17g C: 60g P: 17g	\$12.25
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## CHEAT MEAL

12	<b>Italian Sausage Sandwich</b> Two grilled Italian sausages with grilled peppers & a side of giardiniera	\$12.75
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## SNACKS - \$5

A	<b>Overnight Oats - <i>PACKED W PROTEIN!</i> ***</b> w. fresh berries & nuts Cals: 282 F: 6.7g C: 34g P: 22.5g
B	<b>Chocolate Chip Banana Protein Muffins (2)</b> Cals: 122 F: 1.5g C: 19g P: 7g (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> Cals: 280 F: 9g C: 28g P: 20g

## SIDES

X	<b>Side Salad: \$7</b> Mixed greens w. sliced red onion, cherry tomatoes, cucumber & a side of creamy balsamic
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