

## Vegan/Vegetarian Menu & Weekly Favorites

### Chicken

<b>1</b>	<b>Shredded BBQ Chicken</b> Shredded bbq chicken w. green beans & smashed red potatoes Cals: 359 F: 8g C: 31g P: 36g	\$13.75
<b>2</b>	<b>Chicken Salad Salad</b> Shredded chicken mixed with Greek yogurt, crasians, celery & almonds over a bed of spinach and arugula. Topped with sunflower seeds & a side of balsamic reduction. Cals: 305 F: 11g C: 10g P: 36g	\$13.75

### Beef

<b>3</b>	<b>Cheeseburger Bowl</b> w. lean ground beef, jasmine rice, cheddar cheese, mustard, pickles & red onions Cals: 479 F: 18g C: 26g P: 43g	\$13.75
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### Vegan

<b>6</b>	<b>Spicy Peanut Tofu Bowl</b> Baked tofu tossed in a spicy peanut sauce w. broiled broccoli & peppers. Paired with jasmine rice, sesame seeds, edamame and shredded carrots Cals: 410 F: 13g C: 47g P: 22g	\$13.75
<b>7</b>	<b>Black Bean Burger</b> Black bean burger topped w. red onion, spinach & tomato. Paired with sweet potato fries & a tangy lemon tahini sauce Cals: 475 F: 18g C: 66g P: 16g	\$12.75
<b>8</b>	<b>Cashew Cream Sauced Chickpea Penne Pasta</b> Chickpea pasta smothered in a creamy cashew sauce topped with sautéed mushrooms, spinach & cherry tomatoes Cals: 320 F: 10g C: 43g P: 20g	\$13.75

### Turkey

<b>4</b>	<b>Honey Sriracha Ground Turkey</b> w. Chopped asparagus, raw sweet peppers, green onions & jasmine rice Cals: 432 F: 12g C: 37g P: 36g	\$13.75
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### Seafood

<b>5</b>	<b>Sweet &amp; Sour Shrimp</b> w. jasmine rice & asparagus Cals: 345 F: 3g C: 30g P: 46g	\$14.75
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### Snacks- \$5

<b>A</b>	<b>Pumpkin Pie Overnight Oats *NEW*</b> w. chai, vanilla Greek yogurt, pumpkin, oats, cinnamon & nutmeg. Topped with candid pecans & pumpkin seeds *Vegetarian*	
<b>B</b>	<b>Blueberry Protein Muffins *NEW* (2)</b> Cals: 158 F: 1.5g C: 29g P: 7.8g (per one muffin) *Vegetarian*	
<b>C</b>	<b>Protein Balls (4)</b> Cals: 180 F: 9g C: 19g P: 7g (per one ball) *Vegetarian*	
<b>D</b>	<b>Honey Vanilla Greek Yogurt Parfait</b> Cals: 280 F: 9g C: 28g P: 20g *Vegetarian*	

### More Vegan

<b>9</b>	<b>Edamame &amp; Cashew Crunch Salad</b> Shredded brussels, diced red cabbage, cilantro, carrots, green onions, sweet peppers. Topped with cashews, almonds & edamame with a side of sesame tahini dressing Cals: 639 F: 46g C: 38g P: 25g	\$12.75
<b>10</b>	<b>Roasted Cauliflower Hummus Bowl</b> Creamy chickpea hummus paired with crispy cauliflower, diced sweet peppers, cherry tomatoes, parsley & whole wheat pita Cals: 513 F: 13g C: 82g P: 20g	\$13.75