

Vegan/Vegetarian Menu & Weekly Favorites

Chicken

1	Summer BBQ Thins *NEW* Tender shredded bbq chicken thighs on whole wheat sandwich thins w. red potato fries & a grilled vegetable medley. Cals: 505 F: 13g C: 62g P: 37g	\$13.95
2	Chicken Cashew Lettuce Wraps Shredded chicken breast, carrots, diced peppers, cilantro, quinoa & w. crisp romaine lettuce wraps & teriyaki sauce Cals: 344 F: 10.9g C: 28g P: 36g	\$13.95

BEEF

3	Cheeseburger Bowl Lean ground beef w. cheddar cheese, diced red onions, sweet pickles, basmati rice & a side of ketchup & mustard Cals: 479 F: 18g C: 26g P: 43g	\$13.95
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Turkey

4	Sweet Potato & Turkey Skillet #fanfavorite Lean ground turkey & sweet potatoes w. sauteed spanish onions, diced sweet peppers, red chili flakes & pepper. Topped w. fresh parsley & shredded mozzarella cheese. Cals: 472 F: 18g C: 31g P: 40g	\$13.95
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Vegan

7	Spicy Peanut Tofu Bowl 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	\$13.95
8	Black Bean Burger 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	\$12.95
9	Portobello Tacos w. sautéed portabellas, sweet peppers & onions. black beans, a creamy cilantro-lime sauce & flour tortillas Cals: 346 F: 5g C: 61g P: 14g	\$13.95

Honey Sriracha Ground Turkey

NEW & IMPROVED (Now w. 8oz of lean turkey)

5	w. Chopped asparagus, raw sweet peppers, green onions & jasmine rice Cals: 545 F: 18g C: 39g P: 51g	\$14.95
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Seafood

6	Mexican Quinoa Bowl A bed of brown rice & quinoa topped w. shrimp, black beans, red onion, sweet peppers, cilantro & spicy cilantro lime sauce Cals: 402 F: 6g C: 37g P: 53g	\$14.95
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Snacks- \$5

A	Apple Crisp – Protein Overnight Oats Old fashioned oats, chia seeds, almond milk, Greek yogurt, honey crisp apples & brown sugar. <i>*Vegetarian*</i> Cals: 220 F: 3.2g C: 34g P: 12.8g
B	Cocoa Breakfast Protein Muffins (2) Oats, apple sauce, banana, egg white, cocoa protein, choc chips & baking powder Cals: 192 F: 3g C: 33g P: 8.5g (per one muffin) <i>*Vegetarian*</i>
C	Protein Balls (4) Cals: 180 F: 9g C: 19g P: 7g (per one ball) <i>*Vegetarian*</i>
D	Honey Vanilla Greek Yogurt Parfait Cals: 280 F: 9g C: 28g P: 20g <i>*Vegetarian*</i>
E	Chocolate Protein Donuts by Elite Sweets (1) Cals: 210 F: 13g C: 33g P: 13

More Vegan

10	Mediterranean Roasted Veggie Bowl *NEW & IMPROVED* Spinach, grilled squash, grilled peppers, kalamata olives, cous cous & chickpeas with a tangy lemon tahini sauce & now served with hummus! Cals: 486 F: 26g C: 50g P: 17g	\$13.95
11	Roasted Cauliflower Hummus Bowl Creamy chickpea hummus paired with crispy cauliflower, diced sweet peppers, cherry tomatoes, parsley & whole wheat pita Cals: 513 F: 13g C: 82g P: 20g	\$13.95

Taxes are included in the per meal price. Delivery within Chicago area is FREE 😊