

Vegan/Vegetarian Menu & Weekly Favorites

Chicken

1	Shredded BBQ Sandwich*NEW* Tender shredded bbq chicken thighs on a whole wheat sandwich thin w. red potato fries, pickled red onion, tomato & a side of homemade bbq sauce & sweet pickle. Cals: 558 F: 13g C: 62g P: 37g	\$14.95
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	\$14.95

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	\$14.95
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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	\$14.95
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	\$14.95
9	Portobello Tacos w. sautéed portobellas, sweet peppers & onions. black beans, a creamy cilantro-lime sauce & flour tortillas Cals: 346 F: 5g C: 61g P: 14g	\$14.95

Ginger Turkey Stir Fry *NEW*

All natural, lean ground turkey with shredded carrots, diced green beans & brown rice topped with sesame seeds & cilantro. With a side of our homemade ginger sauce (ginger, carrots, soy, vinegar, evoo, sesame & tahini).

Cals: 416 F: 16g C: 30g P: 32g

5

\$14.95

Seafood

Mexican Quinoa Bowl

A bed of brown rice & quinoa topped w. shrimp, black beans, red onion, peppers, cilantro & spicy cilantro lime sauce

Cals: 402 F: 6g C: 37g P: 53g

6

\$15.95

Our Homemade, ingredient friendly - Snacks

Strawberry Vanilla Protein Overnight Oats

NEW - \$5.95

Old fashioned oats, chia seeds, almond milk, Greek yogurt, strawberries, flax granola, vanilla protein, vanilla, almonds.

Cals: 328 F: 8.5g C: 48g P: 14g

A

- Carrot Cake Oatmeal Cups NEW* 5.95

Old fashioned oats, coconut, raisins, carrots, pecans, apple sauce, almond milk, agave, coco oil, eggs, baking powder, salt & cinnamon.

Cals: 194 F: 7.6g C: 29g P: 4g (per one muffin)

B

- Protein Balls (4) - \$6.95

Oats, peanut butter, agave, ground flaxseeds, mini chocolate chips, & craisins

Cals: 180 F: 9g C: 19g P: 7g (per one ball)

C

- Peach Cobbler Parfait NEW* - \$5.95

Vanilla Greek yogurt topped with fresh peaches, flax granola

Cals: 228 F: 3.5g C: 32g P: 18g

D

F

\$5 Tip For Your Delivery Driver!

More Vegan/Vegetarian

10

Mediterranean Roasted Veggie Bowl

Spinach, grilled squash, grilled peppers, kalamata olives, cous cous & chickpeas w. a tangy lemon tahini sauce & hummus

Cals: 486 F: 26g C: 50g P: 17g

\$14.95

11

Cashew Lettuce Wraps

Quinoa, carrots, peppers, cilantro, w. crisp romaine lettuce wraps & teriyaki sauce

Cals: 261 F: 8g C: 41g P: 8g

\$14.95

12

Summer Bliss Salad NEW*

A bed of crisp romaine topped with Strawberries, Blueberries, Tomato, Parmesan, White Beans, Lemon Zest, Mint, Almonds & a side of homemade Dijon Dressing

Cals: 226 F: 11g C: 24g P: 7g

\$13.95