



BOWLS

ADD CHICKEN \$2.29 OR PORK \$2.59

KALE AND QUINOA 8.49

WITH ROASTED SWEET POTATOES, DRIED CRANBERRIES, FETA, SPROUTED PUMPKIN SEEDS, HONEY GARLIC VINAIGRETTE

MEDITERRANEAN 8.99

KALE, QUINOA, HUMMUS, CUCUMBER, KALAMATA OLIVES, FETA, CHERRY TOMATOES, LEMON GARLIC VINAIGRETTE

POWER CLEAN BOWL 8.29

RICE, BLACK BEANS, ROASTED CORN, CHERRY TOMATOES, MONTEREY JACK CHEESE, AVOCADO CILANTRO LIME SAUCE.

WRAPS

TURKEY BACON WRAP 8.99

WITH SWISS CHEESE, AVOCADO, AND RANCH. CHOOSE WHEAT OR SPINACH TORTILLA

BBQ RANCH PORK WRAP 8.99

SHREDDED PORK, BBQ SAUCE, CHEDDAR, RANCH DRESSING. CHOOSE WHEAT OR SPINACH TORTILLA

CHICKEN CAPRESE 8.99

CHICKEN BREAST, SPINACH, MOZZARELLA, TOMATOES, BASIL AND BALSAMIC VINAIGRETTE IN A TOASTED TORTILLA

VEGGIE WRAP 8.29

SPINACH, TOMATOES, AVOCADO, SPROUTS, BELL PEPPER, SWISS & HUMMUS

SANDWICHES

CUBAN 9.49

PORK, HAM, SWISS, PICKLES, MUSTARD

CHIPOTLE CHICKEN 9.49

PROVOLONE, LETTUCE, TOMATO, CHIPOTLE MAYO

CHICKEN SALAD 6.99

CHOOSE: HONEY CRANBERRY, MCKINLEY (W/GREEN ONION & GRAPES), OR AVOCADO

TUNA MELT 6.99

WHITE ALBACORE TUNA, CELERY, RED ONIONS AND CAPERS IN A LEMON MAYONNAISE DRESSING. WITH MELTED SWISS AND TOMATOES.

TURKEY PESTO 6.49

TURKEY, SWISS, AVOCADO, PESTO ON DELI FLATBREAD

CLUB SANDWICH 8.49

TURKEY OR HAM, BACON, CHEDDAR, LETTUCE, TOMATO, MAYO

BLAST 7.79

BACON, LETTUCE, AVOCADO, SWISS, TOMATO, MAYO

TOASTED VEGGIE AND HUMMUS 6.59

AVOCADO, TOMATO, SPROUTS, BELL PEPPER, PROVOLONE, SPINACH, HOUSE MADE HUMMUS

GRILLED PIMIENTO CHEESE 6.59

CHEDDAR, MONTEREY, PIMIENTO, MILD GREEN CHILES, POBLANO PEPPERS, TOMATO, RYE SWIRL BREAD

SALADS

AVOCADO CHICKEN SALAD 9.49

MIXED GREENS, SCOOP OF CREAMY, AVOCADO CHICKEN SALAD, CHERRY TOMATOES, HARD-BOILED EGG, TOASTED PECANS, AVOCADO DRESSING

GRACE'S CHOPPED 9.49

ROMAINE, CHOPPED CHICKEN, BACON, BLEU CHEESE, HARD-BOILED EGG, AVOCADO, BALSAMIC VINAIGRETTE

PALEO SALAD 9.49

SPINACH, CHOPPED CHICKEN, BELL PEPPER, ROMA TOMATOES, AVOCADO, HARD-BOILED EGG, LEMON GARLIC DRESSING

BARBI 9.49

ROMAINE, CHOPPED CHICKEN, STRAWBERRIES, WALNUTS, GOAT CHEESE, HONEY VINAIGRETTE

FOUNDER'S FAVORITE 8.79

SPRING MIX, DRIED CRANBERRIES, CANDIED PECANS, SHAVED PARMESAN, AVOCADO, TOURS NUT MIX, RED WINE VINAIGRETTE

WALDORF SALAD 9.49

SPRING MIX, CHICKEN BREAST, RAISINS, APPLES, CANDIED PECANS, SWISS CHEESE, RED WINE VINAIGRETTE

CLUB SALAD 9.49

MIXED GREENS, CHOPPED TURKEY, BACON, CHERRY TOMATOES, CUCUMBER, CHEDDAR CHEESE, AVOCADO, HARD-BOILED EGG

MCKINLEY SALAD 8.99

MIXED GREENS, DRIED CRANBERRIES, MANDARIN ORANGES, GOAT CHEESE, RED ONION, TOASTED ALMONDS, CRANBERRY VINAIGRETTE

PECAN CRUSTED CHICKEN 9.49

ROMAINE, SCALLIONS, FETA, PECAN CRUSTED CHICKEN FINGERS, MAPLE BBQ VINAIGRETTE

DOWNSIZE SALADS 7.29

SMALLER PORTIONS OF OUR SPECIALTY SALADS

HOUSE OR CAESAR

SMALL \$4.49 / LARGE \$7.49
ADD CHICKEN BREAST \$2.29

HOUSEMADE DRESSINGS

RANCH, AVOCADO RANCH, BLEU CHEESE, CAESAR, HONEY MUSTARD, BALSAMIC, LEMON GARLIC, MAPLE BBQ, CRANBERRY, HONEY GARLIC, RED WINE