

# BUILD YOUR MEALS

*Each Protein comes with 2 sides of your choice.*

## CHOOSE A PROTEIN:

Grilled Chicken	(166/31.6/2.6/4/4)	<b>\$8.99</b>
Tilapia	(228/40.5/6.2/3.2/0.6)	<b>\$8.99</b>
Catfish	(271/33/13.4/3.4/0.6)	<b>\$8.99</b>
Salmon	(317/37.9/17.2/3.4/0.6)	<b>\$11.99</b>

## SIDES

Seasoned Rice	(100/2.6/0.6/19.5/2.9)
Zucchini	(48/2.3/1.3/5.4/3.6)
Asparagus	(36/3.1/0.9/5.5/2.7)
Broccoli	(41/4.7/0.6/3.8/0.8)
Black Bean and Corn	(93/3/4.3/11.3/1.8)
Corn on the Cob	(70/2/0.5/16/2)
Grilled Sweet Potatoes	(224/7.1/3.7/41.7/12.4)

## SAUCES

Lemon & Herb	(45.8/0/3.8/6/4.6)
Medium Piri Piri	(52.5/0/3.8/6/4.5)
Hot Piri Piri	(53.3/0/3.8/6/4.6)
Piri BBQ	(54.8/0/3.4/7.4/5.6)
Polynesian	(53.3/.2/0/12.8/11.7)
Boneheads Sauce	(242.3/.4/26.6/1.3/1)

## WRAPS

<b>Grilled Chicken</b>	<b>\$8.99</b>	(476.3/40.6/9.6/57.1/4)
Chicken, romaine lettuce, and tomato wrapped in a wheat tortilla.		
<b>Southwest Chicken</b>	<b>\$8.99</b>	(724.5/43.4/32.7/66.4/8.1)
Taco chicken, black bean & corn, spicy sour cream, and cilantro slaw wrapped in a wheat tortilla.		
<b>Veggie</b>	<b>\$8.99</b>	(648.5/12.8/39.1/65.4/4.1)
Avocado, black bean & corn, cilantro slaw, and spicy sour cream wrapped in a wheat tortilla.		

## SALADS

<b>House Salad</b>	<b>\$6.99</b>	(126.2/0/.4/29.8/21.4)
Mixed Greens, tomato, cucumbers, carrots, and dried cranberries.		
<b>Greek Salad</b>	<b>\$7.99</b>	(256/4.9/26.3/6.5/1.8)
Greek dressing, onions, tomato, cucumber, feta, cabbage over mixed greens.		
<b>Cilantro Lime Chicken Salad</b>	<b>\$9.99</b>	(373.4/35.6/15.9/22.2/5.8)
Tomato, black beans & corn, avocado, diced chicken over mixed greens.		
<b>Karma Bowl</b>	<b>\$8.99</b>	(285.7/5.5/20.8/19.7/1.6)
Quinoa, avocado, tomato, cucumber, carrots & slivered almonds over mixed greens.		

## SALAD ADD-ONS

<b>Chicken</b>	<b>\$4</b>	(166/31.6/2.6/4/4)
<b>Tilapia</b>	<b>\$4</b>	(228/40.5/6.2/3.2/0.6)
<b>Catfish</b>	<b>\$4</b>	(271/33/13.4/3.4/0.6)
<b>Salmon</b>	<b>\$7</b>	(317/37.9/17.2/3.4/0.6)

## SALAD DRESSINGS

Balsamic Vinaigrette	(90/0/7.5/6/6)
Ranch Dressing	(165/0/16.5/3/1.5)
Greek Dressing	(195/0/21/0/0)
Cilantro Lime Dressing	(90.4/.5/9.9/.9/.7)
Asian Dressing	(138/.6/10/12.6/11.6)

**KEY(in grams): (CALORIES/PROTEIN/FAT/CARBS/SUGAR)**