

LIFESTYLE MENU

CHICKEN & VEGGIE MACRO BOWL

Complete • Stay-Full • Protein + Fiber
41g protein | 12g fiber | 2g added sugar



Grilled chicken and roasted sweet potatoes, served over brussels, broccoli, green beans, kale and spinach \$16.95

MEGA-PROTEIN POWERBOX

Hearty • Protein-Packed • Satisfying
67g protein | 6g fiber | 1g added sugar



4 oz. grilled salmon and 8 grilled shrimp served over our ancient grain power blend of spinach, brown rice, quinoa and wheat berry. . . . \$21.65

LIGHT & BRIGHT GRILLED CATCH SALAD

Feel-Good • Lean Protein • GLP-1 Friendly
26g protein | 4g fiber | 1g added sugar



White fish served over leafy greens, kale, romaine, carrots, red cabbage, shaved parm & pickled cucumbers, with lemon vinaigrette on the side. \$14.65

WHOLE HARVEST SALMON BOWL

Clean • Balanced • Wholesome
33g protein | 7g fiber | 1g added sugar



Grilled salmon, served over ancient grains, roasted sweet potatoes, and leafy greens, shaved carrots, red cabbage and cashews, with Supergreen garlic & herb on the side. . . . \$17.95

brown bag
seafood co.

LIFESTYLE MENU