

NUTRITION GUIDE								
	CALORIES	TOTAL FAT	SATURATED FAT	TOTAL CARBS	PROTEIN	GLUTEN-FREE	VEGAN	CONTAINS NUTS
<b>SMOOTHIES</b>								
Morning Matcha	230	13	2	24	9	x	x	
Kale Banana Ginger	240	1	0	58	3	x	x	
Strawberry Beet	140	2	0	29	4	x	x	
Blueberry Oat	470	13	2	80	13	x	x	
Silver Bullet	270	14	1.5	32	7	x	x	x
<b>SMALL PLATES</b>								
Roasted Cauliflower & Crispy Chickpeas	410	23	1.5	44	14	x	x	
Chips & Guac	330	16	2	46	6	x	x	
Buffalo Chicken Strips	412	20	4	27	31			
Sweet Corn Chowder	164	7	1	23	5	x	x	x
Baked Sweet Potato Fries	327	15	0	43	7	x	x	
Garlic Parmesan Sweet Potato Fries	487	35	5	36	10	x		
<b>FLATBREADS</b>								
Margherita	511	24	7	58	15	x		
Roasted Mushroom & Goat Cheese	500	21	12	54	21	x		
BBQ Chicken	474	14	5	49	18	x		
<b>SALADS</b>								
Mighty Kale Caesar	350	22	7	22	16	x	by request	
Super Food Salad	660	40	9	51	28	x	x	x
Quinoa Crunch Bowl	550	28	3.5	62	20	x	x	
Bold Berry Salad	500	36	8	32	15	x	by request	x
Mediterranean Chop Salad	510	34	8	37	19	x	by request	x
Buffalo Chicken Salad	489	26	3	34	32	x		
<b>PROTEIN ADD-ONS</b>								
Chicken	167	7	1	1	24	x		
Salmon	184	22	4	2	28	x		
Tofu	163	6	2	17	11	x		
<b>BURGERS &amp; PLATES</b>								
Grass-Fed Burger	710	40	10	42	39	by request		
Grilled Chicken & Avocado	581	31	4	45	32	by request		
Beyond Burger	550	27	6	56	28		x	
Mahi Mahi Tacos	487	29	3	34	25	x	by request	
Buffalo Cauliflower Tacos	480	33	3	39	7	x	x	
Turkey Havarti & Avocado Sandwich	820	42	13	68	41			
Avocado Toast	550	34	9	47	19		by request	
Crispy Chicken & Brussels	550	18	1.5	61	37	by request	by request	
<b>MEGA BOWLS</b>								
Red Lentil & Halloumi Bowl	630	26	9	65	37	x		
Chicken & Black Bean Burrito Bowl	850	30	8	95	52	x		
Ahi Tuna Poke Bowl	610	32	2.5	50	27			x
Thai Tofu Bowl	850	48	27	83	31	x	x	x
Roasted Salmon & Soba Bowl	780	37	6	63	58			x
Chicken Mushroom Cashew Penne Bowl	600	20	3.5	76	33	x		x
<b>DESSERT</b>								
Chocolate Pomegranate Parfait	206	17	10	15	4	x	x	x
Coconut Chia Seed Pudding	254	15	6	28	4	x	x	x
Gluten-Free Brownie	360	19	10	43	4	x		x
Gluten-Free Cookie	190	8	3.5	24	2	x		
Vegan Chocolate Chip Cookie	156	7	3	23	2		x	

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	CALORIES	GLUTEN-FREE	VEGAN	CONTAINS NUTS
<b>BREAKFAST</b>				
Acai Bowl	480	X	X	X
Avocado Toast	550		by request	
Classic Breakfast	456	x		
Breakfast Pizza	710	x		
Shakshuka	460	x		
Blueberry Buttermilk Pancakes	580			
Buttermilk Pancakes	540			
Fresh-Mex Breakfast Bowl	760	x		
Morning Tofu Wrap	590		x	x
Mighty Breakfast Burrito	576			
Simple Egg Sandwich	521	by request		
Bright Eyes Omelette	389	x		
Protein Power Start	490			
Oatmeal Start	405		x	x
Coconut Chia Seed Pudding	256	x	x	x
<b>BREAKFAST SIDES</b>				
Chicken Sausage Patties	160	x		
Applewood Smoked Bacon	195	x		
Carrot-Zucchini Walnut Muffin	190			x
Breakfast Potatoes	213	x	x	
English Muffin	159			
Seasonal Fruit Bowl	75	x	x	
Hewn Sourdough Toast	219		x	