

SALADS & WRAPS

Tossed with fresh greens, served as your choice of a **salad** or in a **low-carb tortilla**

SOUTHWEST [★] **\$9.99**
All-natural chicken, black beans, organic quinoa, avocado, cheddar, roasted corn, tomato, carrot and cilantro lime dressing
Salad|Wrap: 600/780 cals, 37g/53g protein, 40g/52g net carbs

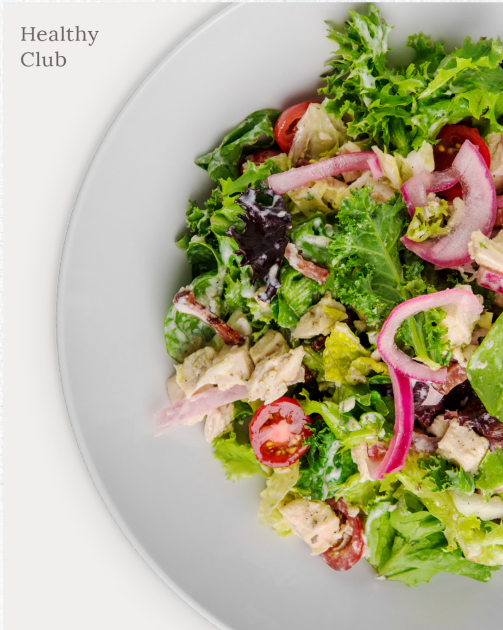
KALE CAESAR **\$10.29**
All-natural chicken, avocado, tomato, parmesan, kale, romaine, crispy parmesan crumble and Greek yogurt Caesar dressing
Salad|Wrap: 540/700 cals, 44g/57g protein, 13g/30g net carbs

THE GREEK **\$10.29**
All-natural chicken, feta, house-made hummus, tomato, cucumber, oregano, pickled red onion and apple cider vinaigrette, served with bag of pita chips
Salad|Wrap: 720/900 cals, 40g/55g protein, 45g/63g net carbs

CLASSIC BUFFALO **\$9.29**
All-natural chicken, blue cheese, celery, carrot, cucumber and Greek yogurt Buffalo ranch dressing
Salad|Wrap: 280/440 cals, 30g/43g protein, 7g/23g net carbs

SUPERFOOD VEGAN **\$9.29**
Organic roasted tofu, carrot, chickpeas, avocado, spinach, kale, pickled red onion, celery, organic quinoa, hemp seed blend and house-made creamy chia dressing
Salad|Wrap: 520/670 cals, 21g/34g protein, 36g/51g net carbs

HEALTHY CLUB [★] **\$10.29**
All-natural chicken, turkey bacon, avocado, pickled red onion, tomato and Greek yogurt ranch dressing
Salad|Wrap: 540/710 cals, 42g/56g protein, 25g/40g net carbs



Healthy Club

CUSTOMIZE YOUR PROTEIN:

BEYOND MEAT [★] **+\$1.49** **SALMON** **+\$1.99** **STEAK** **NEW!** **FALAFEL** **CHICKEN** **ORGANIC TOFU**

SOUP & CHILIS

SPICY LENTIL [★] **\$8.49** **SEASONAL**
Chickpeas, red lentil, tomato and spices with riced cauliflower
310 cals, 15g protein, 26 net carbs

BEYOND CHILI [★] **\$8.99**
100% plant-based Beyond Beef® simmered with tomato, pepper, onion, charred corn, and beans with cheddar, Greek yogurt and organic quinoa
430 cals, 34g protein, 45g net carbs

CHICKEN CHILI **\$8.99**
All-natural chicken, beans, tomato and spices, cheddar and Greek yogurt with organic quinoa
400 cals, 32g protein, 38g net carbs



Spicy Lentil

^G Contains Gluten ^V Vegan/Can Be Made Vegan [★] Fan Favorites

BOWLS & BAR-RITOS

Organic quinoa blend or riced cauliflower, served as a **bowl** or in a **low-carb grilled tortilla**

MEXICALI [★] **\$9.79**
All-natural chicken, corn, black beans, cheddar, warm kale, salsa, spicy tomatillo lime sauce and chipotle Greek yogurt topped with avocado and cilantro
Bowl|Bar-rito: 600/770 cals, 41g/55g protein, 41g/57g net carbs

SPINACH & PESTO [★] **\$8.79**
All-natural chicken, nut-free pesto, spinach and parmesan
Bowl|Bar-rito: 740/730 cals, 46g/54g protein, 42g/40g net carbs

BLACK BEAN **\$8.79**
All-natural chicken, black beans, salsa, cheddar and cilantro
Bowl|Bar-rito: 600/700 cals, 47g/57g protein, 56g/60g net carbs

SPICY KOREAN [★] **\$11.49**
Beyond Beef® meatballs, cucumber, spinach, pickled red onion, riced cauliflower, pickled carrot and sweet & spicy chili sauce
Bowl: 600 cals, 21g protein, 52g net carbs

HEALTHY PARM [★] **\$11.49**
Beyond Beef® meatballs, house-made tomato sauce fortified with ghee, spinach, organic quinoa, nut-free pesto and parmesan
Bowl: 600 cals, 33g protein, 40g net carbs

CLASSIC BUFFALO **\$8.79**
All-natural chicken, blue cheese, celery, carrot and traditional Buffalo sauce
Bowl|Bar-rito: 410/540 cals, 34g/46g protein, 33g/41g net carbs

SWAP QUINOA FOR RICED CAULIFLOWER

Lower your carbs up to 70%* JUST +\$.99

CUSTOMIZE YOUR PROTEIN:

BEYOND MEAT [★] **+\$1.49** **SALMON** **+\$1.99** **STEAK** **NEW!** **FALAFEL** **CHICKEN** **ORGANIC TOFU**

SEASONAL BOWLS

STEAK CHIMICHURRI **\$10.99** **NEW!**
All-natural steak, chimichurri sauce, avocado, tomato, spinach, cucumber, serrano pepper, cilantro and organic quinoa
590 cals, 23g protein, 19g net carbs

SALMON & FALL VEGETABLES **\$12.29** **NEW!**
Salmon, turmeric-roasted cauliflower and butternut squash, kale, spinach, micro greens and lemon vinaigrette
510 cals, 24g protein, 13g net carbs

SEASONAL FALAFEL **\$9.99**
Sweet pea falafel, house-made hummus, feta, cucumber, tomato, pickled onion, cilantro, organic quinoa, mixed greens and lemon tahini
740 cals, 25g protein, 71g net carbs

FALL PROTEIN BOWL **\$9.99** **NEW!**
All-natural chicken, turmeric-roasted cauliflower and butternut squash, egg, kale, spinach, toasted almonds, hemp seed blend, micro greens and lemon vinaigrette
520 cals, 35g protein, 10g net carbs



Fall Protein Bowl

^G Contains Gluten ^V Vegan/Can Be Made Vegan [★] Fan Favorites

PROTEIN SHAKES

PROTEIN:	MILK:	NEED A BOOST?	
Whey	Almond Oat	Energy CBD Oil +\$2.99	
Plant-based <i>(raw, organic, vegan)</i>	2% Coconut	Fat-burner Peanut Butter +\$.99	
		Multi-vitamin Chia Seed +\$.99	
		MCT Oil +\$.99 Collagen +\$1.99	

SMASHING PUMPKIN **\$6.99** **SEASONAL**
Real pumpkin, cinnamon-spiced apples, maple syrup, toasted almonds, vanilla whey protein and coconut milk topped with pumpkin seed blend
320 cals, 18g protein, 30g net carbs

PB & J [★] **\$6.49**
Organic peanut butter, blueberries, strawberries, organic agave nectar, vanilla whey protein and almond milk
330 cals, 19g protein, 25g net carbs

WRIGLEY PEELED [★] **\$6.49**
Organic peanut butter, banana, organic agave nectar, chocolate whey protein and almond milk
500 cals, 25g protein, 33g net carbs

BERRY GOOD [★] **\$6.49**
Strawberry, blueberry, banana, organic agave nectar, vanilla whey protein and almond milk
220 cals, 15g protein, 31g net carbs

JOKES ACAI'D [★] **\$6.49**
Acai berry, banana, blueberries, vanilla whey protein and Greek yogurt
410 cals, 19g protein, 74g net carbs

THE PERK **\$6.49**
House-made cocoa malt, espresso whey protein, chocolate whey protein and almond milk
190 cals, 25g protein, 12g net carbs

AVO-MATCHA [★] **\$6.99**
Matcha green tea, avocado, raw organic honey, vanilla whey protein and almond milk
240 cals, 15g protein, 26g net carbs

HIPPIE SHAKE [★] **\$6.99**
Oats, banana, organic peanut butter, hemp seed blend, cinnamon, vanilla whey protein and oat milk
610 cals, 29g protein, 61g net carbs

BIG DATE [★] **\$6.99**
Dates, cocoa nibs, banana, vanilla whey protein and oat milk
360 cals, 17g protein, 53g net carbs

SUPER BLENDS

THE FAUCI [★] **\$7.99** **NEW!**
Mango, banana, strawberry, orange, lemon, ginger, honey and cayenne with a Flu Fighter vitamin boost (vitamin c, zinc, echinacea)
170 cals, 2g protein, 39g net carbs

HI-5 [★] **\$6.99**
Kale, spinach, cilantro and pineapple blended with crushed ice
180 cals, 3g protein, 44g net carbs

HEALTH NUT [★] **\$6.99**
Kale, spinach, green apple, banana, organic peanut butter, organic agave nectar and almond milk blended with crushed ice
340 cals, 9g protein, 37g net carbs



The Fauci

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SCRAMBLES & BAR-RITOS

Eggs scrambled with grass-fed ghee, in your choice of **bowl**, **original^G** or **skinny bar-rito^G**

STEAK & EGGS ^{NEW!}

\$5.99 SKINNY \$4.29
All-natural steak, black beans and salsa

Bowl: 290 cals, 36g protein, 10g net carbs
Skinny^G|Bar-rito^G: 180|470 cals, 18g|51g protein, 9g|28g net carbs

BEYOND CHORIZO ^G

\$6.99 SKINNY \$4.99
Beyond Chorizo, pico de gallo, feta, chipotle Greek yogurt and cilantro

Bowl: 270 cals, 28g protein, 4g net carbs
Skinny^G|Bar-rito^G: 240|460 cals, 23g|43g protein, 11g|21g net carbs

EGG WHITE, SPINACH & FETA

\$5.99 SKINNY \$4.29
Nut-free pesto, feta, spinach, house-made tomato sauce fortified with ghee

Bowl: 260 cals, 23g protein, 4g net carbs
Skinny^G|Bar-rito^G: 270|450 cals, 23g|38g protein, 13g|22g net carbs

MORNING MEXICALI [★]

\$5.99 SKINNY \$4.29
Black beans, cheddar, kale, salsa, spicy tomatillo lime sauce, avocado, cilantro and chipotle Greek yogurt

Bowl: 330 cals, 22g protein, 9g net carbs
Skinny^G|Bar-rito^G: 280|540 cals, 19g|41g protein, 14g|28g net cabs

BIG BACON

\$5.99 SKINNY \$4.29
Crispy turkey bacon and cheddar

Bowl: 350 cals, 36g protein, 4g net carbs
Skinny^G|Bar-ritos^G: 260|530 cals, 25g|51g protein, 11g|21g net carbs

MAKE IT A SKINNY BAR-RITO

Mini but mighty: lower in calories & carbs

FALL PROTEIN BOWL ^{NEW!}

Turmeric-roasted cauliflower and butternut squash, kale, spinach, micro greens toasted almonds and hemp seed blend

Bowl: 520 cals, 35g protein, 10g net carbs

Fall Protein Bowl



CUSTOMIZE YOUR PROTEIN:

^G ADD BEYOND CHORIZO^V +\$1.99

ADD STEAK +\$1.49 ^{NEW!}

SCRAMBLED EGG WHITES

ADD TURKEY BACON +\$1.49

Steak & Eggs



^G Contains Gluten ^V Vegan/Can Be Made Vegan [★] Fan Favorites

FUNCTIONAL LATTES

BEAUTY BREW LATTE [★] \$6.99

^V VITAL PROTEINS^G collagen, vanilla whey protein, espresso protein, almond milk and locally roasted coffee *Available hot or iced*

170 cals, 31g protein, 6g net carbs

MATCHA LATTE^V \$5.79 [★]

Matcha, MCT oil, organic raw honey and coconut milk

130 cals, 0g protein, 17g net carbs

GOLDEN MILK LATTE \$5.79

MCT oil, grass-fed ghee, coconut milk, organic agave nectar, turmeric spice blend and locally roasted coffee

190 cals, 1g protein, 11g net carbs

KETO COFFEE \$5.79

MCT oil, grass-fed ghee and locally roasted coffee

140 cals, 1g protein, 1g net carbs

COFFEE^V 12oz \$2.29

Locally roasted iced or hot coffee

GREAT PUMPKIN LATTE^V \$5.79

^{SEASONAL} Real pumpkin, MCT oil, maple syrup, cinnamon, oat milk and locally roasted coffee

170 cals, 2g protein, 23g net carbs

Great Pumpkin Latte



OATMEAL PLUS

Stay fuller, longer with our signature **organic steel-cut oats** and **quinoa blend**

APPLE WALNUT^V \$5.29 ^{NEW!} [★]

Cinnamon spiced apples, walnuts and hemp seed blend

330 cals, 9g protein, 51g net carbs

PEANUT BUTTER & ACAI^V \$5.29 [★]

Organic peanut butter, acai puree, banana and hemp seed blend

460 cals, 13g protein, 63g net carbs

Apple Walnut



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OVERNIGHT OATS \$5.29

Chilled oats, apple, Greek yogurt, maple syrup, chia, almond milk topped with banana, strawberry, blueberry and hemp seed blend

370 cals, 17g protein, 60g net carbs

ALMOST NAKED^V \$5.29

Banana and raw organic honey

360 cals, 13g protein, 54g net carbs

PROTEIN SHAKES

PROTEIN:

Whey
Plant-based
(raw, organic, vegan)

MILK:

Almond Oat
2% Coconut

NEED A BOOST?

Energy CBD Oil +\$2.99
Fat-burner Peanut Butter +\$.99
Multi-vitamin Chia Seed +\$.99
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