

WARM BOWLS

Organic quinoa blend or riced cauliflower, served as a **bowl** or in a **low-carb grilled tortilla** (+\$1)

NEW!

FALL PRO BOWL

\$11.99

All natural chicken, roasted brussels sprouts and butternut squash, spinach, braised kale, almonds, riced cauliflower and balsamic vinaigrette

670 calories, 30g protein, 17g net carbs

JAPANESE BBQ SALMON

\$13.99

Salmon, roasted japanese sweet potato, roasted mushrooms, red cabbage, Japanese BBQ sauce, organic quinoa, mixed greens, toasted sesame seeds and toasted sesame dressing

690 cals, 33g protein, 60g net carbs

SPINACH & PESTO

\$10.29

All natural chicken, nut-free pesto, spinach, organic quinoa and parmesan

690 cals, 39g protein, 42g net carbs

MEXICALI

\$10.99

All natural chicken, corn, black beans, cheddar, braised kale, salsa, spicy tomatillo lime sauce, organic quinoa and chipotle Greek yogurt topped with PBK Guac and cilantro

600 cals, 39g protein, 44g net carbs

CLASSIC BUFFALO

\$9.99

All natural chicken, blue cheese, celery, organic rainbow carrots, organic quinoa and traditional Buffalo sauce

400 cals, 29g protein, 33g net carbs

CARNITAS

\$11.29

All natural braised pork, corn and black bean salsa, cotija cheese, PBK Guac, adobo sauce, pickled red onion, lime, Greek yogurt, cilantro, organic quinoa and green onions

560 cals, 31g protein, 53g net carbs

SWAP QUINOA FOR RICED CAULIFLOWER

JUST +\$1.49

CUSTOMIZE YOUR PROTEIN:

SALMON +\$3.99

ALL NATURAL BRAISED PORK

ALL NATURAL CHICKEN

JENNY'S TOFU

Fall Pro Bowl



Contains Gluten Vegetarian Vegan Fan Favorites

FRESH SALADS

Tossed with fresh greens, served as your choice of a **salad** or in a **low-carb tortilla** (+\$1)

NEW!

GREEN GODDESS

\$11.29

All natural chicken, shaved brussels sprouts, mushrooms, goat cheese, chickpeas, organic rainbow carrots, spinach, tender greens, green onion, crispy quinoa and green goddess dressing

440 calories, 30g protein, 16g net carbs

SALMON CAESAR

\$14.99

Salmon, parmesan crisps, grated parmesan, tomatoes, romaine, kale and yogurt Caesar dressing

490 calories, 42g protein, 8g net carbs

SOUTHWEST

\$11.29

All-natural chicken, black beans, organic rainbow carrots, PBK Guac, cheddar, roasted corn, organic quinoa, tomatoes, romaine, tender greens and cilantro lime vinaigrette

620 cals, 40g protein, 50g net carbs

NEW!

HARVEST

\$11.99

All natural chicken, roasted brussels sprouts and butternut squash, apples, goat cheese, pickled red onion, green onion, almonds, kale, tender greens, organic quinoa and balsamic vinaigrette

550 calories, 28g protein, 32g net carbs

SUPERFOOD

\$10.99

Organic roasted tofu, organic rainbow carrots, chickpeas, PBK Guac, spinach, kale, pickled red onion, celery, organic quinoa, hemp seed blend and creamy chia dressing

510 cals, 21g protein, 37g net carbs

CLASSIC COBB

\$11.99

All natural chicken, turkey bacon, tomatoes, avocado, hard boiled egg, blue cheese, romaine and yogurt ranch dressing

530 calories, 45g protein, 12g net carbs

CUSTOMIZE YOUR PROTEIN:

SALMON +\$3.99

ALL NATURAL BRAISED PORK

ALL NATURAL CHICKEN

JENNY'S TOFU



SOUP & CHILI

CHICKEN CHILI

\$9.49

Topped with cheddar, green onion and Greek yogurt served on top of organic quinoa

400 cals, 32g protein, 38 net carbs

TOMATO BASIL SOUP

\$6.29

Signature tomato basil soup topped with crispy parmesan and sprinkled with parsley

220 cals, 15g protein, 16 net carbs

Contains Gluten Vegetarian Vegan Fan Favorites

PROTEIN SHAKES

PROTEIN:	MILK:	NEED A BOOST?		
Vanilla Whey Chocolate Whey	Almond Milk 2% Milk Oat Milk	Immunity* Energy* Fat-burner* Multi-vitamin*	CBD Oil \$2.99 VITAL PROTEINS \$1.99 Electrolytes \$.99 MCT Oil \$.99	Peanut Butter \$.99 Chia Seed \$.99 Organic Agave \$.99
Plant-based Vanilla* Plant-based Chocolate*		*one per beverage		

PB & J

\$7.99

Organic peanut butter, blueberry, strawberry, organic agave, vanilla whey protein and almond milk

330 cals, 21g protein, 23g net carbs

HIPPIE SHAKE

\$7.99

Oats, banana, peanut butter, cinnamon, vanilla whey protein and oat milk

580 cals, 28g protein, 61g net carbs

JOKES ACAI'D

\$7.99

Acai berry, banana, blueberry, vanilla whey protein and Greek yogurt

420 cals, 20g protein, 74g net carbs

WRIGLEY PEELED

\$7.99

Organic peanut butter, banana, organic agave, chocolate whey protein and almond milk

520 cals, 26g protein, 34g net carbs

THE PERK

\$7.99

Cocoa malt, espresso whey protein, chocolate whey protein and almond milk

190 cals, 24g protein, 11g net carbs

BLUE HEAVEN

\$7.99

LIINA blue spirulina powder, Greek yogurt, banana, pineapple organic agave and oat milk

240 cals, 15g protein, 27g net carbs

NEW!

SMASHING PUMPKIN

\$7.99

Pumpkin, frozen apples, almonds, organic maple syrup, vanilla whey protein and oat milk

370 cals, 20g protein, 40g net carbs

NEW!

BOO-BERRY

\$7.99

Blackberries, blueberries, banana, organic agave nectar, Greek yogurt, vanilla whey protein and almond milk

280 cals, 18g protein, 43g net carbs



FRUIT SMOOTHIES

Expertly crafted fruit and superfood smoothie blends. Add **protein powder** for (+\$1.29)

MANGO CURE

\$8.99

Mango, banana, strawberry, orange, lemon, ginger, raw organic honey, cayenne with an immunity boost

250 cals, 4g protein, 60g net carbs

BERRY BANANA

\$7.99

Strawberry, blueberry, banana, organic agave and oat milk

330 cals, 4g protein, 60g net carbs

Contains Gluten Vegetarian Vegan

TROPIC THUNDER

7.99

Pineapple, strawberry, mango, coconut water and lime

170 cals, 2g protein, 40g net carbs

LEAN & GREEN

\$8.99

Pineapple, celery, cucumber, lemon, spinach, parsley, raw organic honey and organic coconut water with a multi-vitamin boost

180 cals, 2g protein, 43g net carbs

Fan Favorites

EGG SCRAMBLES

Scrambled eggs in your choice of **owl** or in a **low-carb grilled tortilla** (+\$1)

MORNING MEXICALI

\$6.99

Eggs scrambled with grass-fed ghee, black beans, cheddar, kale, salsa, spicy tomatillo lime sauce, PBK Guac, cilantro and chipotle Greek yogurt

Bowl|Bar-rito: 320|540 cals, 22|43g protein, 9g|31g net carbs

SUNRISE SPINACH & PESTO

\$6.99

Eggs scrambled with grass-fed ghee, spinach, nut-free pesto and parmesan

Bowl|Bar-rito: 240|420 cals, 20|35g protein, 2g|19g net carbs

BACON, EGG & CHEESE

\$6.99

Eggs scrambled with grass-fed ghee, crispy turkey bacon and cheddar

Bowl|Bar-rito: 350|530 cals, 36|51g protein, 4g|21g net carbs



Morning Mexicali

CUSTOMIZE YOUR PROTEIN:

DOUBLE YOUR EGGS +\$1.49

SCRAMBLED EGG WHITES

JENNY'S TOFU

ADD TURKEY BACON +\$1.49

POWER OATMEAL

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

OVERNIGHT OATS

\$6.79

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

370 cals, 17g protein, 60g net carbs

PB&A OATMEAL

\$5.99

Organic oatmeal and quinoa blend with organic peanut butter, acai puree, banana and hemp seed blend

460 cals, 13g protein, 63g net carbs

ALMOST NAKED

\$4.99

Organic oatmeal and quinoa blend with banana and raw organic honey

360 cals, 14g protein, 54g net carbs



Overnight Oats

FUNCTIONAL LATTES

Not your average Joe, these lattes are fortified to power your day

PUMPKIN POWER SPICE

\$7.29

Pumpkin spice, vanilla whey protein, organic maple syrup, oat milk and locally roasted coffee

70 cals, 9g protein, 6g net carbs

BEAUTY BREW LATTE

\$7.29

VITAL PROTEINS collagen, vanilla whey protein, espresso protein, almond milk and locally roasted coffee (available hot or iced)

170 cals, 31g protein, 6g net carbs

COFFEE

12oz \$2.29

Locally roasted iced or hot coffee

KETO COFFEE

\$5.79

MCT oil, grass-fed ghee and locally roasted coffee

140 cals, 1g protein, 1g net carbs

MATCHA LATTE

\$5.79

Matcha, MCT oil, raw organic honey and oat milk

130 cals, 0g protein, 17g net carbs

Pumpkin Power Spice



ACAI BOWLS + PARFAITS

COCO AZUL

\$10.49

LIINA blue spirulina powder blended with pineapple, banana and coconut water, topped with strawberries, blueberries chia seed and housemade granola

350 calories, 15g protein, 43g net carbs

TRIPLE BERRY ACAI

\$10.49

Acai blended with banana and blueberries, topped with strawberries, blueberries, chia seed and housemade granola

510 cals, 4g protein, 91g net carbs

CHIA BERRY PARFAIT

\$7.29

Greek yogurt, strawberries, blueberries, banana, chia seed, raw organic honey and housemade granola

330 cals, 17g protein, 43g net carbs

HONEY GRANOLA PARFAIT

\$7.29

Greek yogurt, housemade granola, raw organic honey, banana, strawberries and chia seed

310 cals, 16g protein, 37g net carbs



Coco Azul

PROTEIN SHAKES

PROTEIN:	MILK:	NEED A BOOST?		
Vanilla Whey Chocolate Whey	Almond Milk 2% Milk Oat Milk	Immunity* Energy* Fat-burner* Multi-vitamin*	CBD Oil \$2.99 VITAL PROTEINS \$1.99 Electrolytes \$.99 MCT Oil \$.99	Peanut Butter \$.99 Chia Seed \$.99 Organic Agave \$.99
Plant-based Vanilla* Plant-based Chocolate*				

PB & J

\$7.99

Organic peanut butter, blueberry, strawberry, organic agave, vanilla whey protein and almond milk

330 cals, 21g protein, 23g net carbs

HIPPIE SHAKE

\$7.99

Oats, banana, peanut butter, cinnamon, vanilla whey protein and oat milk

580 cals, 28g protein, 61g net carbs

JOKES ACAI'D

\$7.99

Acai berry, banana, blueberry, vanilla whey protein and Greek yogurt

420 cals, 20g protein, 74g net carbs

WRIGLEY PEELED

\$7.99

Organic peanut butter, banana, organic agave, chocolate whey protein and almond milk

520 cals, 26g protein, 34g net carbs

THE PERK

\$7.99

Cocoa malt, espresso whey protein, chocolate whey protein and almond milk

190 cals, 24g protein, 11g net carbs

BLUE HEAVEN

\$7.99

LIINA blue spirulina powder, Greek yogurt, banana, pineapple organic agave and oat milk

240 cals, 15g protein, 27g net carbs

NEW! SMASHING PUMPKIN

\$7.99

Pumpkin, frozen apples, almonds, organic maple syrup, vanilla whey protein and oat milk

370 cals, 20g protein, 40g net carbs

NEW! BOO-BERRY

\$7.99

Blackberries, blueberries, banana, organic agave nectar, Greek yogurt, vanilla whey protein and almond milk

280 cals, 18g protein, 43g net carbs



Boo Berry

FRUIT SMOOTHIES

Expertly crafted fruit and superfood smoothie blends. Add **protein powder** for (+\$1.29)

MANGO CURE

\$8.99

Mango, banana, strawberry, orange, lemon, ginger, raw organic honey, cayenne with an immunity boost

250 cals, 4g protein, 60g net carbs

BERRY BANANA

\$7.99

Strawberry, blueberry, banana, organic agave and oat milk

330 cals, 4g protein, 60g net carbs

TROPIC THUNDER

7.99

Pineapple, strawberry, mango, coconut water and lime

170 cals, 2g protein, 40g net carbs

LEAN & GREEN

\$8.99

Pineapple, celery, cucumber, lemon, spinach, parsley, raw organic honey and organic coconut water with a multi-vitamin boost

180 cals, 2g protein, 43g net carbs

Contains Gluten Vegetarian Vegan

Fan Favorites

Contains Gluten Vegetarian Vegan

Fan Favorites

Contains Gluten Vegetarian Vegan

Fan Favorites

Scrambles + oatmeal available M-F until 10:30. Weekend hours may vary.