SALADS & WRAPS

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

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

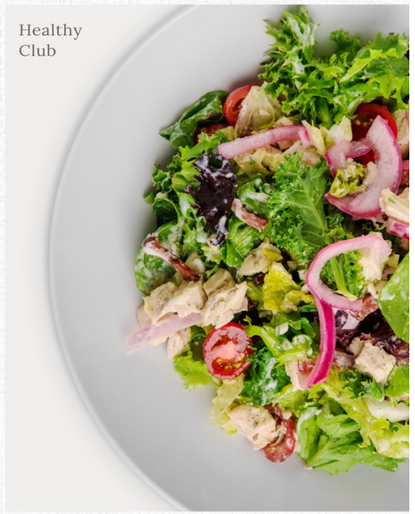
HEALTHY CLUB $10.29
All-natural chicken, turkey bacon, avocado, pickled red onion, tomato and Greek yogurt ranch dressing
Salad|Wrap[G]: 540/710 cals, 42g/56g protein, 25g/40g net carbs

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

THE GREEK[V] $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[G]: 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[G]: 280/440 cals, 30g/43g protein, 7g/23g net carbs

SUPERFOOD VEGAN[V] $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[G]: 520/670 cals, 21g/34g protein, 36g/51g net carbs


Healthy Club

CUSTOMIZE YOUR PROTEIN:

BEYOND MEAT[V] +$1.49 | SALMON +$1.99 | FALAFEL[V] | CHICKEN | ORGANIC TOFU[V]

SOUP & CHILIS

COCONUT CURRY[V] $8.49 SEASONAL
Organic blend of green lentils, onion, carrot, spinach, coconut milk, cilantro, lime and Thai spices with riced cauliflower
350 cals, 17g protein, 27 net carbs

BEYOND CHILI[V] $8.99
100% plant-based Beyond Beef® simmered with tomatoes, peppers, 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

[G] **Contains Gluten** [V] **Vegan/Can Be Made Vegan** **Full nutritional info available at theproteinbar.com*

BOWLS & BAR-RITOS

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

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[G]: 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[G]: 740/730 cals, 46g/54g protein, 42g/40g net carbs

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

SPICY KOREAN[V] $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[V] $8.79
All-natural chicken, blue cheese, celery, carrot and traditional Buffalo sauce
Bowl|Bar-rito[G]: 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[V] +$1.49 | SALMON +$1.99 | FALAFEL[V] | CHICKEN | ORGANIC TOFU[V]

SEASONAL

SUMMER PROTEIN BOWL
$9.99 NEW!
All-natural chicken, roasted tomatoes, marinated mushroom, egg, spinach, kale, micro greens, with toasted almonds, hemp seed blend and avocado crema
520 cals, 35g protein, 10g net carbs

Summer Protein Bowl

BEYOND CHIMICHURRI $11.49
Beyond Beef® meatballs, chimichurri sauce, avocado, tomato, spinach, cucumber, serrano pepper, cilantro and organic quinoa
590 cals, 23g protein, 19g net carbs

SALMON & SUMMER VEGETABLES $12.29 NEW!
Salmon, roasted tomatoes, marinated mushrooms, spinach, kale, micro greens, avocado crema and riced cauliflower
350 cals, 17g protein, 10g carbs

SEASONAL FALAFEL[V] $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

[G] **Contains Gluten** [V] **Vegan/Can Be Made Vegan** **Full nutritional info available at theproteinbar.com*

PROTEIN SHAKES

PROTEIN:	MILK:	NEED A BOOST?
Whey	Almond	Oat	Energy	Organic Peanut Butter +$.99
Plant-based (raw, organic, vegan)	2%	Coconut	Fat-burner	Chia Seed +$.99
			Multi-vitamin	VITAL PROTEINS Collagen +$1.99
			MCT Oil +$.99	LIMITED TIME ONLY! CBD OIL +$2.99

BASIC BEACH $6.99 SEASONAL
Coconut milk, mango, pineapple, strawberry, golden milk powder, collagen, and banana
210 cals, 27g protein, 6g net carbs

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

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

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

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

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

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

HIPPIE SHAKE[V] $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[V] $6.99
Dates, cocoa nibs, banana, vanilla whey protein and oat milk
360 cals, 17g protein, 53g net carbs

Basic Beach SEASONAL

SUPER GREEN DRINKS

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

HEALTH NUT[V] $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

[G] **Contains Gluten** [V] **Vegan/Can Be Made Vegan** *Net Carbs = Carbs - Fiber*

SCRAMBLES & BAR-RITOS

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

SUMMER PROTEIN BOWL
$5.99 NEW!
Roasted tomatoes, marinated mushroom, egg, spinach, kale, micro greens, with toasted almonds, hemp seed blend and avocado crema *Bowl: 520 cals, 35g protein, 10g net carbs*

BEYOND CHORIZO
$6.99 SKINNY **$4.99**
Beyond C SOLD OUT eta, chipotle Greek yo
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-rito*[G]*: 260/530 cals, 25g/51g protein, 11g/21g net carbs*

Summer Protein Bowl

MAKE IT A SKINNY BAR-RITO

Lower your Calories | Lower the Carbs

CUSTOMIZE YOUR PROTEIN:

- SOLD OUT ADD BEYOND CHORIZO[V] +$1.99
- SCRAMBLED EGG WHITES
- ADD TURKEY BACON +$1.49
- DOUBLE YOUR EGGS +$1.99

Morning Mexicali

[G] Contains Gluten [V] Vegan/Can Be Made Vegan

FUNCTIONAL LATTES

BEAUTY BREW LATTE **$6.99**
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

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

Iced Beauty Brew

OATMEAL PLUS

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

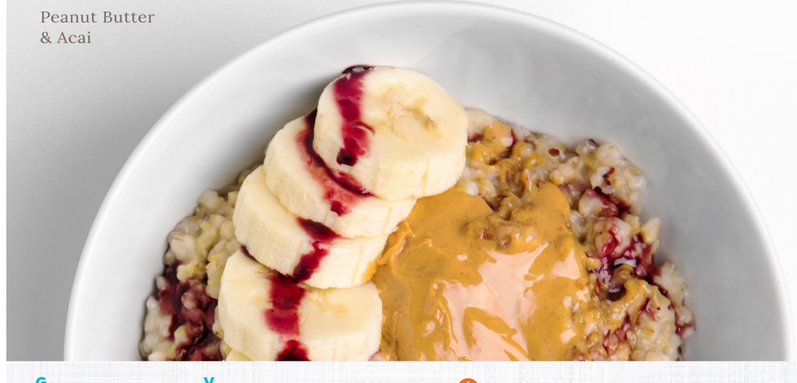
PEANUT BUTTER & ACAI[V] **$5.29**
Organic peanut butter, acai puree, banana and hemp seed blend
460 cals, 13g protein, 63g net carbs

ALMOST NAKED[V] **$4.99** NEW!
Banana and raw organic honey
360 cals, 13g protein, 54g net carbs

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

MAPLE BACON **$5.29**
Turkey bacon, maple syrup and cheddar
410 cals, 24g protein, 42g net carbs

Peanut Butter & Acai



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

PROTEIN SHAKES

PROTEIN:
Whey
Plant-based *(raw, organic, vegan)*

MILK:
Almond | Oat
2% | Coconut

NEED A BOOST?
Energy
Fat-burner
Multi-vitamin
MCT Oil +$.99
Organic Peanut Butter +$.99
Chia Seed +$.99
VITAL PROTEINS Collagen +$1.99
LIMITED TIME ONLY! CBD OIL +$2.99

BASIC BEACH **$6.99** SEASONAL
Coconut milk, mango, pineapple, strawberry, golden milk powder, collagen, and banana
210 cals, 27g protein, 6g net carbs

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