

# STEP 1

## START YOUR DISH

### GRILLED WRAP \$8.50

Choose whole-wheat, flour, or tomato tortilla.  
Served with warm tortilla chips.

#### Buffalo Wrap

Romaine, creamy buffalo sauce

#### Caesar Wrap

Romaine, asiago, caesar dressing

#### Pesto Wrap

Spinach-arugula blend, asiago, nut-free basil pesto

#### BBQ Wrap

Red pepper, zucchini, cheddar, BBQ sauce

#### Thai Wrap

Spicy slaw, gluten-free Thai peanut sauce

#### Teriyaki Wrap

Steamed mixed veggies\* with teriyaki sauce

#### Veggie & Feta Wrap

Zucchini, red pepper, spinach-arugula blend, feta, pico de gallo, tzatziki sauce

#### Mediterranean Wrap

House-made hummus, romaine, sun-dried tomato, Kalamata olives, feta, tzatziki sauce

#### Traditional Wrap

Beans, romaine, cheddar, avocado, pico de gallo

### BOWL

#### Fajita Bowl \$7.50 / \$8.50

Red pepper, zucchini, tomato, jalapeño-cilantro sauce, pepperoncini, beans, cheddar, avocado, squeeze of lime; stir-fried and served with a warm tortilla

#### Power Bowl \$6.75 / \$8.00

Romaine, beans, cheddar, corn salsa; served with warm tortilla chips

#### Teriyaki Bowl \$6.25 / \$7.50

Mixed veggies\* with your choice of regular or spicy teriyaki

#### Bean & Veggie Bowl \$6.25 / \$7.50

Beans, mixed veggies\*

#### Thai Bowl \$6.25 / \$7.50

Mixed veggies\*, gluten-free Thai peanut sauce

#### High-Protein Bowl (Grain Free) \$8.00 / \$9.00

Mixed veggies\*, double protein, no grain, with your choice of regular teriyaki, spicy teriyaki, gluten-free Thai peanut sauce, or olive oil and herb

#### Stir-Fry Bowl \$6.50 / \$7.75

Mixed veggies\* stir-fried in your choice of regular teriyaki, spicy teriyaki, gluten-free Thai peanut sauce, or olive oil and herb

#### Sweet & Sour Bowl \$7.00 / \$8.25

Red peppers and onions stir-fried in a sweet and sour sauce

#### Pesto Bowl \$6.75 / \$7.75

Spinach-arugula blend, red pepper, zucchini, asiago, stir-fried in a nut-free basil pesto



### SALAD \$8.50

Served with warm tortilla or tortilla chips.

#### Grilled Veggie Salad (Seasonal)

Mixed greens, carrot, zucchini, red onion, tomato, red pepper, asiago, pesto yogurt dressing

#### Santa Fe Salad

Mixed greens (or spinach upon request), corn salsa, tomato, avocado, cheddar, sun-dried tomato ranch

#### Multigrain Quinoa Salad

Quinoa, brown rice, mixed greens, tomato, garbanzo beans, avocado, red onion, feta, crispy noodles, sesame seeds, gluten-free tahini vinaigrette

#### Tostada Salad

Mixed greens, garbanzo beans, pico de gallo, feta, avocado, pepperoncini, tortilla strips, gluten-free jalapeño-cilantro vinaigrette

#### Tossed Kale & Quinoa Salad

Kale, quinoa, feta, Kalamata olives, garbanzo beans, sun-dried tomato, pepperoncini, red onion, gluten-free tahini vinaigrette

\*Mixed Veggies Broccoli, red pepper, zucchini, purple and green cabbage, kale, carrot

## STEP

### 2

## CHOOSE A GRAIN

(Skip this step if you picked a salad.)

Jasmine Rice

Brown Rice

Organic Quinoa +\$0.75

Non-Grain: Spiraled Carrots & Zucchini +\$0.75  
(Bowls only)

## STEP

### 3

## CHOOSE A PROTEIN

Grilled Chicken Breast

(Cage Free, No Hormones or Antibiotics)

Crunchy Chicken Breast +\$0.50

(No Hormones or Antibiotics)

Grilled Organic Tofu (Non GMO)

Tenderloin Steak +\$1.00

Grilled Wild Alaskan Salmon +\$1.00

Double Protein +\$1.75

## SEASONAL SOUPS \$6.50

Served with warm tortilla or tortilla chips.  
Add protein for an additional charge.

### Santa Fe Bean Soup (Vegetarian)

Your choice of grain with mixed beans, pico de gallo, corn, feta, avocado, cilantro in a vegetable broth

### Kale & Quinoa Soup (Vegan)

Organic lacinato kale, organic quinoa, garbanzo beans, avocado, tomato, crispy whole-wheat noodles in a vegetable broth

### Basil Pesto Vegetable Soup (Vegetarian)

Your choice of grain with vegetable medley, tomato, nut-free basil pesto, spinach, avocado, asiago, garbanzo beans in a vegetable broth

## SIDES

Black Bean & Green Chile Egg Roll \$1.95  
Served with creamy buffalo sauce

Lobster Rangoon (3) \$2.95  
Served with sweet and sour sauce

## KIDS' MEALS

Kids' Teriyaki Chicken Bowl \$6.25  
Grilled or crispy chicken, jasmine rice, teriyaki sauce

Kids' Teriyaki Chicken Wrap \$6.25  
Grilled chicken, jasmine rice, teriyaki sauce wrapped in a flour tortilla

Cheese Quesadilla \$5.25

## DRINKS

Regular \$1.95 Large \$2.25

### Made In House

Limeade, Organic Black Tea, Organic Green Tea, Organic Hibiscus Tea

Coca-Cola Products

## DESSERTS

Crazy Crispy Treat \$1.75  
Original or chocolate

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