



# rice bowls 7.69

## Thai Chicken 550 cal

Peanut free Asian Thai dressing, chicken\*, lettuce, carrots, cabbage, cucumber, black sesame seeds, white rice

## Frito Grande 690 cal

Chicken\*, Fritos® corn chips, refried beans, queso, corn, lettuce, chipotle sauce, white rice

## KC BBQ 620 cal

Sweet Baby Ray's® BBQ sauce, chicken\*, bacon, corn, tomatoes, cheddar-jack, red onion, lettuce, white rice

## Baja Queso 680 cal

Chicken\*, queso blanco, corn, salsa, lettuce, chipotle ranch dressing, white rice

## Substitute Quorn Meatless Chicken 10 cal

## Buffalo 590 cal

Buffalo ranch, chicken\*, bacon, Gorgonzola, tomatoes, carrots, lettuce, white rice

## Mexican 690 cal

Chicken\*, black beans, salsa, corn, red onion, cheddar-jack, lettuce, chipotle ranch dressing, white rice

## Power Protein Grain Bowl 720 cal

**38g** Chicken\*, black beans, egg, bacon, cheddar-jack, lettuce, buffalo ranch dressing, brown rice & quinoa blend

## ✓ Meatless Mexican 710 cal

Quorn™ meatless chicken, black beans, salsa, corn, red onion, cheddar-jack, lettuce, chipotle ranch, white rice

## CRAFT YOUR OWN

7.09

- Add Chicken\* adds 60 cal
- Add Quorn adds 70 cal
- Add Queso adds 160 cal

1.85

1.85

1.35

\*NO Antibiotics EVER!

✓ = VEGETARIAN

2,000 calories a day used for general nutritional advice, but calorie needs vary. Additional nutritional information available upon request.



# grilled flatbreads 7.39

## Chipotle Chicken Club 670 cal

Chicken\*, tomatoes, romaine, provolone, bacon, chipotle ranch dressing

## BBQ Bacon Chicken 660 cal

Chicken\*, bacon, romaine, cheddar-jack, Sweet Baby Ray's® BBQ sauce

## Pesto Chicken 600 cal

Chicken\*, provolone, red peppers, fresh baby spinach, pesto

## Sante Fe 720 cal

Chicken\*, black beans, cheddar-jack, romaine, salsa, chipotle ranch dressing

## Nashville Hot Chicken 640 cal

Chicken\*, provolone, bacon, slaw, pickle slices, scratch-made Nashville hot sauce



# salads 8.79

Served in a crispy crepe shell

## Roadhouse BBQ

### Chicken 420 cal

Romaine, chicken\*, corn, tomatoes, onions, cheddar-jack with Roadhouse BBQ ranch dressing

## Strawberry & Kale 370 cal

Romaine, kale, chicken, strawberries, apples, dried cranberries, pecans, Gorgonzola, strawberry vinaigrette

## Chicken Avocado Cobb 600 cal

Romaine, chicken\*, bacon, cheddar-jack, tomatoes, parmesan, egg, avocado lime ranch dressing

\*NO Antibiotics EVER!

## Buffalo Chicken 480 cal

Romaine, chicken\*, bacon, carrots, tomatoes, parmesan, Gorgonzola, buffalo ranch dressing

## Chicken Caesar 510 cal

Romaine, chicken\*, tomatoes, parmesan, Caesar dressing

## SW Chipotle Chicken 570 cal

Romaine, chicken\*, black beans, onions, corn, tomatoes, cheddar-jack, salsa, crisps with chipotle ranch dressing

## CRAFT YOUR OWN 7.89

Choose fresh ingredients

- Add Chicken\* adds 60 cal 1.85
- Add Quorn adds 70 cal 1.85



# crunchadillas 7.49

## Chicken Bacon Ranch 690 cal

Chicken\*, cheddar-jack, bacon, lettuce, tostada chips, ranch wrapped in a flour tortilla

## The Cowboy 640 cal

Chicken\*, bacon, cheddar-jack, lettuce, tostada chips, BBQ sauce, wrapped in a flour tortilla

## On the Border 670 cal

Chicken\*, refried beans, salsa, cheddar-jack, tostada chips, chipotle ranch wrapped in a flour tortilla

## Supreme 710 cal

Chicken\*, cheddar-jack, tomatoes, lettuce, tostada chips, chipotle ranch dressing, wrapped in a flour tortilla

## Chicken Avocado 650 cal

Chicken\*, provolone, lettuce, tomatoes, bacon, tostada chips, avocado lime ranch dressing wrapped in a flour tortilla

Substitute Quorn Meatless Chicken 10 cal



\*NO Antibiotics EVER!

✓ = VEGETARIAN

# artisan melts

## Classics

6.99

## Mom's Grilled Cheese 1160 cal

✓ Homemade signature cheese blend on sourdough served with a tomato soup dipper

## Grilled Cheese & Bacon 1220 cal

Crispy bacon, homemade signature cheese blend on sourdough served with tomato soup dipper

## Chef Created

7.69

## Chicken Bacon Ranch 1070 cal

Chicken\*, bacon and our homemade signature cheese blend, ranch dressing on sourdough

## Chicken Caprese 940 cal

Chicken\*, spinach, homemade signature cheese blend, tomatoes and basil balsamic vinaigrette

## Buffalo Chicken 1020 cal

Chicken\*, bacon, signature cheese blend, buffalo ranch dressing on sourdough

Add a Tomato Soup dipper

1.05



# smoothies

100% **clean** ingredients | gluten free







## CLASSIC BLENDS

	SM	RG	LG
	4.79	5.79	7.09
			
			CAL
<b>WILD STRAWBERRY</b>			240-450
Strawberries & kiwi lime			
<b>CARIBBEAN CRAZE</b>			230-440
Bananas & Strawberries			
<b>MAUI MANGO</b>			280-560
Mango, strawberries & bananas			
<b>TROPICAL THERAPY</b>			320-570
Pineapple, coconut & kiwi lime			
<b>MANGO ME CRAZY</b>			250-460
Mango & pineapple			
<b>BANGIN' BERRY</b>			260-490
Pomegranate, raspberries, blueberries & bananas			
<b>ACAI ENERGY</b>			310-590
Organic acai, strawberries, bananas, blueberries & granola			
<b>ORANGE SUNRISE</b>			250-480
Pineapple, strawberries, bananas & orange			
<b>PEACH ON THE BEACH</b>			260-500
Peaches, strawberries, mango & orange			
<b>BANANA BERRY</b>			260-480
Strawberries, bananas & yogurt			

PLANT-BASED POWER

DAIRY

## PURPOSE BLENDS

	SM	RG	LG
	5.29	6.35	7.89
			
			CAL
<b>GOIN' GREEN</b>			230-420
1 Full Serving Fruits & Veggies*			
Fresh kale, spinach, mango & pineapple			
<b>SUPER C IMMUNE SUPPORT</b>			260-500
600mg Vitamin C*			
Strawberries, pineapple, bananas, orange, immunity boost			
<b>BERRY BURN</b>			230-440
300 Calories*			
Strawberries, bananas, metabolizer boost			
<b>SUPER FUEL</b>			230-400
2.5 Servings Fruits & Veggies*			
Orange, pineapple, strawberries, apples, 4 organic veggies			
<b>PB PROTEIN</b>			420-770
24g Plant Protein*			
Peanut butter, bananas, cocoa, yogurt & plant protein			

**BOOSTERS** 1.25 each • Energy 5 cal • Protein 35 cal • Immunity (500mg C) 10 cal



## AÇAI BOWLS 7.99

**AÇAI BANANA BERRY** 580 cal

**Blend:** Organic açai, bananas, strawberries, blueberries  
**Topping:** Granola, bananas, strawberries, honey

**AÇAI PEANUT BUTTER** 640 cal

**Blend:** Organic açai, bananas, blueberries, peanut butter  
**Topping:** Granola, strawberries, bananas

 = VEGAN  = DAIRY \*BASED ON RG SIZE SERVING.