

# SALADS & WRAPS

Make Kale (add 1.99) or Quinoa (add 2.50) a base

**13.99**

## Buffalo

Salad: 250 kcal / Wrap: 490 kcal  
romaine, cherry tomatoes,  
blue cheese, carrots,  
celery, greek yogurt ranch,  
buffalo sauce

## Fiesta

Salad: 540 kcal / Wrap: 675 kcal  
field greens, black beans,  
avocado, aged cheddar,  
corn, salsa fresco, cilantro  
lime vinaigrette

## Metaboost

Salad: 560 kcal / Wrap: 690 kcal  
field greens & spinach,  
kale, mangos, carrots,  
edamame, almonds, goat  
cheese, balsamic  
vinaigrette

## Cobb

Salad: 610 kcal / Wrap: 785 kcal  
field greens & romaine, hard  
boiled egg, avocado, bacon,  
blue cheese, corn, tomatoes,  
honey dijon dressing

## Market

Salad: 610 kcal / Wrap: 785 kcal  
field greens & spinach, quinoa,  
avocado, feta cheese, beet slaw,  
green apples, dried cranberries,  
carrots, honey dijon dressing

## Zen

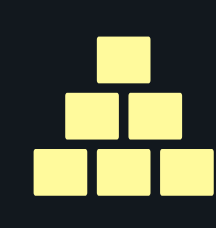
Salad: 390 kcal / Wrap: 570 kcal  
spinach & romaine, cabbage,  
edamame, carrots, mango,  
crispy wontons, sesame seeds,  
asian sesame dressing



Chicken \*  
3.59



Falafel  
2.99



Tofu  
2.79



# BOWLS

Make Kale (add 1.99) or Quinoa (add 2.50) a base

**13.99**

## Buddha's Satay

500 kcal

rice noodles, crispy wontons, carrots, broccoli, cabbage, green onions, spicy peanut sauce

## Pangoa

770 kcal

brown rice, avocado, black beans, aged cheddar, corn, cherry tomatoes, cilantro, lime wedge, fiery bbq sauce

## Oaxaca

610 kcal

brown rice & kale, avocado, beet slaw, black beans, corn, salsa fresca, crispy wontons, lime wedge, spicy yogurt sauce

## Teriyaki Twist

450 kcal

brown rice, broccoli, carrots, edamame, cucumber, green onions, sesame seeds, crispy wontons, teriyaki sauce

## Mediterranean

510 kcal

quinoa & field greens, kalamata olives, red onions, feta cheese, cucumbers, roasted red peppers, tomatoes, cilantro, almonds, red pepper sauce

## Bamboo

550 kcal

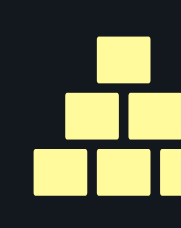
brown rice, coconut, broccoli, mushrooms, carrots, cabbage, cilantro, green curry sauce



Chicken \*  
3.59



Falafel  
2.99



Tofu  
2.79



# BURRITOS

Make Kale (add 1.99) or Quinoa (add 2.50) a base

**12.99**

## Baja

670 kcal

quinoa, romaine, avocado, green onions, cabbage, salsa fresca, cilantro lime vinaigrette

## Khao San

680 kcal

brown rice, spinach, almonds, carrots, edamame, mushrooms, cabbage, spicy peanut & lemongrass sauce

## Smokehouse

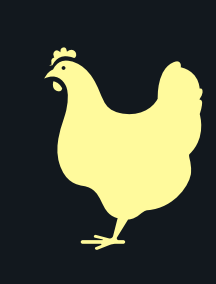
660 kcal

brown rice, black beans, red onions, tomatoes, corn, aged cheddar, spicy yogurt sauce

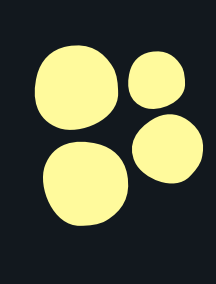
## Tex Mex

740 kcal

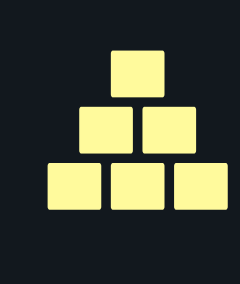
brown rice, black beans, avocado, aged cheddar, corn, salsa fresca, greek yogurt ranch



Chicken \*  
3.59



Falafel  
2.99



Tofu  
2.79

# SOUPS

Make Kale (add 1.99) or Quinoa (add 2.50) a base

**12.99**

## Superfood

170 kcal

vegetable broth, quinoa, kale, broccoli, cabbage, carrots, celery, red onions

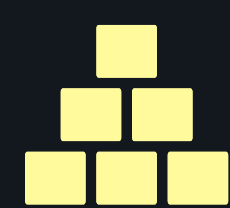
## Spicy Lemongrass

300 kcal

spicy lemongrass broth, rice noodles, tomatoes, cabbage, carrots, mushrooms, cilantro



Chicken \*  
3.59



Tofu  
2.79

## Southwestern

370 kcal

chicken broth, brown rice, broccoli, tomatoes, corn, aged cheddar, black beans

## Tortilla Soup

380 kcal

chicken broth, brown rice, kale, avocado, kidney beans, tomatoes, corn, peppers, carrots, onions, cilantro, tortilla chips

# FROZEN YOGURT

**6.99**

## Low-Fat Froyo

260 kcal

low-fat probiotic frozen yogurt with your choice of two toppings

additional toppings 0.99 each

### Toppings:

Almonds

Chocolate Chips

Dried Cranberries

Honey

Oreo

Walnuts

Blueberries

Cinnamon

Apples

Mango

Strawberries





# BREAKFAST

## Grilled Breakfast Burritos 10.99

**Ranchero** 700 kcal  
scrambled eggs, avocado,  
black beans, aged cheddar,  
cilantro, salsa fresca

**Chicken, Egg & Cheese** 630 kcal  
scrambled eggs, chicken,  
tomatoes, aged cheddar

## Grilled Egg Pockets 7.49

**Bacon, Egg & Cheese** 420 kcal  
scrambled eggs, bacon,  
tomatoes, aged cheddar

**Spinach, Mushroom & Cheese** 320 kcal  
scrambled eggs, spinach, roasted  
red peppers, mushrooms, goat  
cheese

## Breakfast Bowls 10.99

**Huevos** 480 kcal  
scrambled eggs & kale,  
avocado, aged cheddar, black  
beans, salsa fresca, fiery bbq  
sauce

**Green Eggs & Kale** 280 kcal  
scrambled eggs & kale, feta  
cheese, cherry tomatoes,  
broccoli, red pepper sauce

## Breakfast Essentials

**Cali Bowl** 530 kcal 10.99  
freshii green smoothie, banana,  
mango, strawberries, granola,  
coconut

**Egg Bites** 310 kcal 6.25  
egg, cottage cheese, uncured  
bacon, monterey jack & cheddar  
cheese

**Greek Yogurt Parfait** 6.99  
420 kcal  
greek yogurt, honey, granola,  
fresh fruit

**Hard Boiled Eggs** 160 kcal 4.59  
two hard boiled eggs

**Energii Bites** 280 kcal 3.99  
peanut butter, honey,  
oats, coconut, chocolate  
chips

**Coconut Chia Pudding** 6.49  
330 kcal  
chia seeds, coconut milk, honey,  
strawberries, mango, coconut