

SALADS AND WRAPS

ALL ARE AVAILABLE AS A SALAD OR WRAP

wrap options: **White** or **Honey Wheat Tortilla**

ROASTED SWEET POTATO & STRAWBERRY \$5.74

Mixed Greens and Romaine, Quinoa, Roasted Sweet Potato, Strawberries and Goat Cheese

260 CAL | 3.5G SAT FAT | 10G PROTEIN | 39G CARBS | 10G FB GF

Paired with Champagne Vinaigrette 200 CAL GF DF

BBQ RANCH \$5.74

Mixed Greens and Romaine, Corn, Spicy Black Beans, Pico de Gallo, Avocados, Tortilla Strips and Pepper Jack Cheese

440 CAL | 6G SAT FAT | 15G PROTEIN | 55G CARBS | 14G FB Can be modified to be GF

Paired with Chipotle BBQ Ranch Dressing 111 CAL GF

GREEK \$5.74

Mixed Greens and Romaine, Cucumbers, Red Onions, Green Onions, Tomatoes, Kalamata Olives and Feta Cheese

170 CAL | 2.5G SAT FAT | 9G PROTEIN | 18G CARBS | 6G FB GF

Paired with Creamy Greek Dressing 155 CAL GF

Red Wine Vinaigrette Available Upon Request 190 CAL GF V DF

SANTA FE \$5.74

Mixed Greens and Romaine, Red Peppers, Spicy Black Beans, Corn, Jicama, Tomatoes and Cotija Cheese

200 CAL | 2G SAT FAT | 11G PROTEIN | 32G CARBS | 13G FB GF

Paired with Cilantro Lime Vinaigrette Dressing 168 CAL GF DF

COBB \$5.74

Mixed Greens and Romaine, Green Onions, Tomatoes, Hard Boiled Egg, Blue Cheese Crumbles, Avocado and Bacon

350 CAL | 10G SAT FAT | 20G PROTEIN | 15G CARBS | 9G FB GF

Paired with Creamy Blue Cheese Dressing 214 CAL GF

CAESAR \$5.74

Romaine, Fresh Cracked Black Pepper, Sourdough Croutons, Tomatoes and Parmesan Cheese

180 CAL | 1.5G SAT FAT | 9G PROTEIN | 24G CARBS | 8G FB Can be modified to be GF

Paired with Caesar Dressing 245 CAL GF

SOUTHWEST CAESAR \$5.74

Kale and Romaine, Radishes, Pico de Gallo, Chickpeas, Carrots, Pepper Jack Cheese and Tortilla Strips

280 CAL | 3.5G SAT FAT | 13G PROTEIN | 33G CARBS | 8G FB Can be modified to be GF

Paired with Poblano Caesar Dressing 161 CAL GF

ASIAN \$5.74

Mixed Greens and Romaine, Peanuts, Pineapple, Edamame, Carrots, Green Onions and Sesame Seeds

310 CAL | 2.5G SAT FAT | 14G PROTEIN | 30G CARBS | 11G FB GF V DF

CONTAINS NUTS

Paired with Asian Vinaigrette Dressing 207 CAL GF V DF

MIXED GREENS AND APPLE \$5.74

Mixed Greens and Romaine, Golden Raisins, Candied Pecans, Apples and Blue Cheese Crumbles

430 CAL | 6G SAT FAT | 12G PROTEIN | 45G CARBS | 8G FB GF

CONTAINS NUTS

Paired with Balsamic Vinaigrette Dressing 209 CAL GF V DF

CAPRESE \$5.74

Mixed Greens and Romaine, Grilled Red Onions, Tomatoes and Mozzarella Cheese, topped with Basil Pesto

350 CAL | 10G SAT FAT | 14G PROTEIN | 14G CARBS | 6G FB GF

CONTAINS NUTS

Paired with Balsamic Vinaigrette Dressing 209 CAL GF V DF

ADD PROTEIN TO ANY SALAD OR WRAP

CHICKEN 140 CAL \$1.44

STEAK 186 CAL \$2.39

CHICKEN SUBSTITUTE 160 CAL \$2.30

SHRIMP 101 CAL \$2.49

DRESSINGS

CALORIE COUNT BASED ON STANDARD TOSSED-IN PORTION SIZE OF 2 FL OZ

ASIAN VINAIGRETTE 207 CAL GF V DF

BALSAMIC VINAIGRETTE 209 CAL GF V DF

BUTTERMILK RANCH 115 CAL GF

CAESAR 245 CAL GF

CHAMPAGNE VINAIGRETTE 200 CAL GF DF

CHIPOTLE BBQ RANCH 111 CAL GF

CILANTRO LIME VINAIGRETTE 168 CAL GF DF

CREAMY BLUE CHEESE 214 CAL GF

CREAMY GREEK 155 CAL GF

POBLANO CAESAR 161 CAL GF

RED WINE VINAIGRETTE 190 CAL GF V DF

GF=GLUTEN FREE V=VEGAN DF=DAIRY FREE

WHILE THE ITEMS INDICATED ARE GLUTEN FREE, WE ARE NOT A GLUTEN FREE FACILITY AND THERE ARE AT-RISK FOOD CONTACT CONTAMINATION. CONSUMING RAW OR UNDERCOOKED MEATS, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.

KIDS MENU

ALL KIDS MENU ITEMS COME WITH:

Fruit AND Milk, Apple Juice or Lemonade
(Plain or Chocolate)

KIDS SALAD \$3.99

Romaine, Croutons, Carrots and Cucumbers

Tossed in Ranch Dressing

38 CALORIES | 2.1G PROTEIN | 8.1G CARBS

CUCUMBER PINWHEELS \$3.99

Cream Cheese, Turkey and Cucumbers rolled in your choice of a White or Honey Wheat Tortilla

444 CALORIES | 15G PROTEIN | 26G CARBS

KIDS PEANUT BUTTER & BANANA WRAP \$3.99

Peanut Butter, Banana and a drizzle of Honey in a White or Honey Wheat Tortilla

525 CALORIES | 15G PROTEIN | 68G CARBS DF CONTAINS NUTS

KIDS TURKEY WRAP \$3.99

Turkey, American Cheese, Lettuce, Tomato and a drizzle of Ranch in your choice of a White or Honey Wheat Tortilla

347 CALORIES | 20G PROTEIN | 34G CARBS

BREAKFAST

MONDAY - FRIDAY 6:30am - 10:30am

SATURDAY - SUNDAY 8:00am - 12:00pm

TRADITIONAL BURRITO OR BOWL \$4.50

Egg Whites, Breakfast Potatoes, Salsa, Pepper Jack Cheese and Bacon in a White or Honey Wheat Tortilla

Burrito: 630 CALORIES | 10G SAT FAT | 31G PROTEIN | 64G CARBS | 3G FB

Bowl: 320 CALORIES | 7G SAT FAT | 23G PROTEIN | 12G CARBS | 1G FB GF

WARM BERRY QUINOA BOWL \$4.99

Warm Quinoa, Fresh Berries, Bananas, Peanut Butter with Toasted Almonds and Coconut

547 CALORIES | 7G SAT FAT | 10G PROTEIN | 50G CARBS | 12 G FB GF DF

SPINACH BREAKFAST WRAP OR BOWL \$4.99

Egg Whites, Bacon, Breakfast Potatoes, Spinach, Pico de Gallo, Avocado and Cheese in a White or Honey Wheat Tortilla

Wrap: 781 CALORIES | 14G SAT FAT | 35G PROTEIN | 79G CARBS | 7.7G FB

Bowl: 471 CALORIES | 11G SAT FAT | 27G PROTEIN | 27G CARBS | 5.7G FB GF

ALL DAY FAVORITES

CHIA SEED PARFAIT \$4.50

Chia Seed Pudding, Greek Yogurt, Granola, Coconut, Fresh Berries and Banana

385 CALORIES | 10G SAT FAT | 10G PROTEIN | 50G CARBS | 8G FB GF

POWER WRAP \$3.99

Peanut Butter, Strawberries, Bananas, Granola with a Drizzle of Honey in a White or Honey Wheat Tortilla

688 CALORIES | 6G SAT FAT | 17G PROTEIN | 101G CARBS | 10G FB DF

SMOOTHIES

Add Pea Protein \$1.00

100 CALORIES | 21G PROTEIN

TROPICAL GREEN SMOOTHIE \$4.50

Fresh Pineapple, Mango, Kale, Spinach, Ginger and Apple Juice

210 CALORIES GF V DF

STRAWBERRY & SPINACH \$4.50

Fresh Strawberries, Banana, Apples, Spinach, Apple Juice and Orange Juice

200 CALORIES GF V DF

KALE & BANANA \$4.50

Fresh Kale, Banana, Cucumbers, Ginger, Apple Juice and Lemon Juice

210 CALORIES GF V DF

BREAKFAST SMOOTHIE \$4.99

Fresh Apple, Banana, Rolled Oats, Peanut Butter and a Dash of Cinnamon and Honey, blended with Low Fat Chocolate Milk

544 CALORIES | 5.6G SAT FAT | 20G PROTEIN | 60G CARBS | 9G FB GF CONTAINS NUTS

SEASONAL \$4.50

Ask about our Chef-Created Seasonal Smoothie

BEVERAGES

FRESH LEMONADE

Traditional, Cucumber Mint, Seasonal

16OZ \$2.29, 24OZ \$2.59

FRESH BREWED ICED TEA

ALSO AVAILABLE AS AN ARNOLD PALMER

16OZ \$1.99, 24OZ \$2.29

BOTTLED BOYLAN SODA \$2.50

Cane Cola, Diet Cane Cola, and Black Cherry

COFFEE

HOT COFFEE ONLY AVAILABLE DURING BREAKFAST HOURS

AVAILABLE WITH MILK, CREAM, ALMOND MILK OR SOY MILK. ADDITIONAL FLAVOR SHOTS INCLUDE CARAMEL, HAZELNUT AND VANILLA .50

BERGIES ORGANIC HOT COFFEE

12OZ \$1.59, 16OZ \$1.79

BERGIES ORGANIC ICED COFFEE

16OZ \$2.29, 24OZ \$2.59

ICED CHAI TEA LATTE

16OZ \$3.49, 24OZ \$3.99