



# smoothies


**WILD STRAWBERRY™**  310 cal  
Strawberries, kiwi-lime

**ORANGE SUNRISE™**  350 cal  
Pineapple, strawberries, bananas, orange


**GOIN' GREEN™**  300 cal  
1 Full Serving Fruits & Veggies  
Kale, spinach, mango, pineapple

**TROPICAL THERAPY™**  420 cal  
Pineapple, kiwi-lime, coconut

**SUPER FUEL™**  290 cal  
2.5 Servings Fruits & Veggies  
Orange, pineapple, strawberries, apples,  
4 organic veggies

**MAUI MANGO™**  380 cal  
Mango, strawberries, bananas


**LIME BERRY™**  340 cal  
Strawberries, pineapple, kiwi-lime, orange

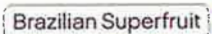
**SUPER C™**  360 cal  
620mg Vitamin C  
Strawberries, pineapple, bananas, orange,  
immunity boost




6.69 *NOW 25% LARGER!*

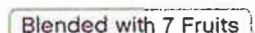

100% **clean** ingredients  
gluten free

**BANGIN' BERRY™**  380 cal  
Pomegranate, raspberries, blueberries,  
bananas

**AÇAÍ ENERGY™**   390 cal  
Organic Açai, strawberries, bananas,  
blueberries



**MANGO ME CRAZY™**  340 cal  
Mango, pineapple

**BERRY BURN™**  320 cal  
Strawberries, bananas, metabolizer boost

**LUCKY 7™**   440 cal  
Pomegranate, raspberries, blueberries,  
mango, peach, strawberries, bananas

**CARIBBEAN CRAZE™**  310 cal  
Bananas, strawberries

**PEACH ON THE BEACH™**  360 cal  
Peaches, strawberries, mango, orange

**PB PROTEIN™**   640 cal  
Peanut butter, bananas, cocoa, yogurt, protein

**BOOSTS** .79 ea.

 = VEGAN  = DAIRY

- Energy 5 cal
- Protein 35 cal
- Immunity (500mg C) 10 cal

## *NEW!* wild harvested açai bowls

8.19

**PURE LIFE™** 330 cal  
Organic açai, strawberries,  
blueberries, granola, honey

**NUTTY BOWL™** 480 cal  
Organic açai, strawberries,  
bananas, granola, Nutella®

**AÇAÍ POWER™** 470 cal  
Organic açai, strawberries,  
bananas, granola, peanut butter

**ALOHA BOWL™** 450 cal  
Organic açai, pineapple, bananas,  
granola, honey



\*Based on 16 oz. full size smoothie

# rice bowls 7.69

## Thai Chicken 550 cal

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

## Baja Queso 680 cal

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

## Frito Grande 690 cal

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

## Mexican 690 cal

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

## Buffalo 590 cal

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

## KC BBQ 620 cal

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

7.29



• Add Chicken\* adds 60 cal

1.69

• Add Queso adds 160 cal

1.49

• Substitute Quorn\*Meatless Chicken 10 cal

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

# salads 8.29

## Roadhouse BBQ Chicken 320 cal

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

## SW Chipotle Chicken 470 cal

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

## Chicken Avocado Cobb 480 cal

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

## Buffalo Chicken 410 cal

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

## Chicken Caesar 440 cal

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

## Strawberry & Kale 360 cal

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

## Sub Quorn 10 cal

# artisan melts

## Classics

7.89

## 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

8.19

## 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

1.19

\*NO Antibiotics EVER!

✓ = VEGETARIAN





# grilled flatbreads 7.49

## 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

## Santa Fe 720 cal

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

## Pesto Chicken 600 cal

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

## Nashville Hot Chicken 640 cal

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



\*NO Antibiotics EVER!

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