

# SALADS & WRAPS

Tossed with fresh greens, served as your choice of a **salad** or in a **low-carb tortilla**

## SOUTHWEST

\$9.99



All-natural chicken, black beans, organic quinoa, avocado, cheddar, roasted corn, tomato, carrot and cilantro lime dressing

Salad|Wrap: 600/780 cals, 37g/53g protein, 40g/52g net carbs

## KALE CAESAR

\$10.29

All-natural chicken, avocado, tomato, parmesan, kale, romaine, crispy parmesan crumble and Greek yogurt Caesar dressing

Salad|Wrap: 540/700 cals, 44g/57g protein, 13g/30g net carbs

## HEALTHY CLUB

\$10.29



All-natural chicken, turkey bacon, avocado, pickled red onion, tomato and Greek yogurt ranch dressing

Salad|Wrap: 540/710 cals, 42g/56g protein, 25g/40g net carbs

## CLASSIC BUFFALO

\$9.29

All-natural chicken, blue cheese, celery, carrot, cucumber and Greek yogurt Buffalo ranch dressing

Salad|Wrap: 280/440 cals, 30g/43g protein, 7g/23g net carbs

## SUPERFOOD VEGAN

\$9.29

Organic roasted tofu, carrot, chickpeas, avocado, spinach, kale, pickled red onion, celery, organic quinoa, hemp seed blend and house-made creamy chia dressing

Salad|Wrap: 520/670 cals, 21g/34g protein, 36g/51g net carbs

## RANCHERO

\$9.99



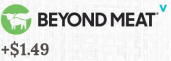
All-natural steak, roasted corn, cucumber, tomato, pickled onion, crispy jalapenos and Greek yogurt Cholula ranch dressing

Salad|Wrap: 390/410 cals, 21g/23g protein, 30g/31g net carbs



Ranchero

### CUSTOMIZE YOUR PROTEIN:



+\$1.49

SALMON  
+\$1.99

STEAK

CHICKEN

ORGANIC TOFU

# SOUP & CHILIS

## SPICY LENTIL

\$8.49



Chickpeas, red lentil, tomato and spices with riced cauliflower

310 cals, 15g protein, 26 net carbs

## BEYOND CHILI

\$8.99



100% plant-based Beyond Beef® simmered with tomato, pepper, onion, charred corn, and beans with cheddar, Greek yogurt and organic quinoa

430 cals, 34g protein, 45g net carbs

## CHICKEN CHILI

\$8.99

All-natural chicken, beans, tomato and spices, cheddar and Greek yogurt with organic quinoa

400 cals, 32g protein, 38g net carbs



Spicy Lentil

Contains Gluten

Vegan/Can Be Made Vegan

Fan Favorites

# BOWLS & BAR-RITOS

Organic quinoa blend or riced cauliflower, served as a **bowl** or in a **low-carb grilled tortilla**

## MEXICALI

\$9.79



All-natural chicken, corn, black beans, cheddar, warm kale, salsa, spicy tomatillo lime sauce and chipotle Greek yogurt topped with avocado and cilantro

Bowl|Bar-rito: 600/770 cals, 41g/53g protein, 41g/57g net carbs

## SPINACH & PESTO

\$8.79



All-natural chicken, nut-free pesto, spinach and parmesan

Bowl|Bar-rito: 740/730 cals, 46g/54g protein, 42g/40g net carbs

## BLACK BEAN

\$8.79

All-natural chicken, black beans, salsa, cheddar and cilantro

Bowl|Bar-rito: 600/700 cals, 47g/57g protein, 56g/60g net carbs

## SPICY KOREAN

\$11.49



Beyond Beef® meatballs, cucumber, spinach, pickled red onion, riced cauliflower, pickled carrot and sweet & spicy chili sauce

Bowl: 600 cals, 21g protein, 52g net carbs

## HEALTHY PARM

\$11.49



Beyond Beef® meatballs, house-made tomato sauce fortified with ghee, spinach, organic quinoa, nut-free pesto and parmesan

Bowl: 600 cals, 33g protein, 40g net carbs

## CLASSIC BUFFALO

\$8.79

All-natural chicken, blue cheese, celery, carrot and traditional Buffalo sauce

Bowl|Bar-rito: 410/540 cals, 34g/46g protein, 33g/41g net carbs

## SWAP QUINOA FOR RICED CAULIFLOWER

Lower your carbs up to 70%\*

JUST +\$.99

### CUSTOMIZE YOUR PROTEIN:



+\$1.49

SALMON  
+\$1.99

STEAK

CHICKEN

ORGANIC TOFU

# SEASONAL BOWLS

## WINTER PROTEIN BOWL

\$9.99

All-natural chicken, braised mushrooms, egg, spinach, kale, microgreens, almonds and hemp seed blend

360 cals, 32g protein, 7g net carbs

## SALMON & WINTER VEGETABLES

\$12.29

Salmon, braised mushrooms, spinach, microgreens and riced cauliflower

310 cals, 22g protein, 8g net carbs

## STEAK

## CHIMICHURRI

\$10.99

All-natural steak, chimichurri sauce, avocado, tomato, spinach, cucumber, serrano pepper, cilantro and organic quinoa

590 cals, 23g protein, 19g net carbs

Winter Protein Bowl



Contains Gluten

Vegan/Can Be Made Vegan

Fan Favorites

# PROTEIN SHAKES

PROTEIN:	MILK:	NEED A BOOST?		
Vanilla Whey Chocolate Whey	Almond Milk 2% Milk Oat Milk	Immunity Energy Fat-burner Multi-vitamin	CBD Oil \$2.99 VITA PROTEINS \$1.99 MCT Oil \$.99 Ashwagandha \$.99	Peanut Butter \$.99 Chia Seed \$.99 Organic Agave \$.99 Organic Honey \$.99
*raw, organic & vegan				

## WRIGLEY PEELED

\$6.49

Organic peanut butter, banana, organic agave nectar, chocolate whey protein and almond milk

500 cals, 25g protein, 33g net carbs

## JOKES ACAI'D

\$6.49



Acai berry, banana, blueberries, vanilla whey protein and Greek yogurt

410 cals, 19g protein, 74g net carbs

## BERRY GOOD

\$6.49

Strawberry, blueberry, banana, organic agave nectar, vanilla whey protein and almond milk

220 cals, 15g protein, 31g net carbs

## PB & J

\$6.49



Organic peanut butter, blueberries, strawberries, organic agave nectar, vanilla whey protein and almond milk

330 cals, 19g protein, 25g net carbs

## THE PERK

\$6.49

House-made cocoa malt, espresso whey protein, chocolate whey protein and almond milk

190 cals, 25g protein, 12g net carbs

## AVO-MATCHA

\$6.99

Matcha green tea, avocado, raw organic honey, vanilla whey protein and almond milk

240 cals, 15g protein, 26g net carbs

## HIPPIE SHAKE

\$6.99

Oats, banana, organic peanut butter, cinnamon, vanilla whey protein and oat milk

350 cals, 17g protein, 37g net carbs

# SUPER BLENDS

Hand-crafted fruit and superfood blends supporting **health** and **wellness**

## FAUCI (IMMUNITY)

\$7.99



Mango, banana, strawberry, orange, lemon, ginger, honey, cayenne and Flu Fighter boost (vitamin c, zinc, echinacea)

170 cals, 2g protein, 37 net carbs

## BEAUTY

\$7.99



Hibiscus, strawberry, apple, lemon, celery, coconut water and organic ashwagandha

230 cals, 1g protein, 52g net carbs

## DETOX

\$7.99



Pineapple, celery, cucumber, lemon, spinach, parsley, organic honey, coconut water and multi-vitamin boost (vitamins a, c, d, k, b6 and b12)

240 cals, 3g protein, 57g net carbs

## ENERGY

\$7.99



Pomegranate, strawberry, orange, organic beet, coconut water and energy boost (green tea extract, vitamins b6 and b12)

350 cals, 2g protein, 83g net carbs



Counter-clockwise:  
Fauci, Beauty,  
Detox, Energy

Contains Gluten

Vegan/Can Be Made Vegan

Fan Favorites



# SCRAMBLES & BAR-RITOS

Eggs scrambled with grass-fed ghee, in your choice of **bowl**, **original**<sup>G</sup> or **skinny bar-rito**<sup>G</sup>

## STEAK & EGGS ⭐

**\$5.99** SKINNY **\$4.29**  
All-natural steak, black beans and salsa  
Bowl: 290 cals, 36g protein, 10g net carbs  
Skinny<sup>G</sup>|Bar-rito<sup>G</sup>:180|470 cals, 18g|51g protein, 9g|28g net carbs

## SUNRISE SPINACH & PESTO ⭐

**\$5.99** SKINNY **\$4.29**  
Spinach, nut-free pesto and parmesan  
Bowl: 270 cals, 22g protein, 2g carbs  
Skinny<sup>G</sup>|Bar-rito<sup>G</sup>: 230|450 cals, 18g|37g protein, 13g|20g net carbs

## MORNING MEXICALI ⭐

**\$5.99** SKINNY **\$4.29**  
Black beans, cheddar, kale, salsa, spicy tomatillo lime sauce, avocado, cilantro and chipotle Greek yogurt  
Bowl: 330 cals, 22g protein, 9g net carbs  
Skinny<sup>V</sup>|Bar-rito<sup>G</sup>: 280|540 cals, 19g|41g protein, 14g|28g net cabs

## BIG BACON

**\$5.99** SKINNY **\$4.29**  
Crispy turkey bacon and cheddar  
Bowl: 350 cals, 36g protein, 4g net carbs  
Skinny<sup>V</sup>|Bar-rito<sup>G</sup>: 260|530 cals, 25g|51g protein, 11g|21g net carbs

## WINTER PROTEIN BOWL \$5.99 NEW!

Braised mushrooms, spinach, kale, microgreens, almonds and hemp seed blend  
Bowl: 240 cals, 18g protein, 6g net carbs



Winter Protein Bowl

## IT'S BETTER WITH COFFEE

ADD A DRIP COFFEE: \$.99 | ADD A LATTE: \$2.99

### CUSTOMIZE YOUR PROTEIN:

**DOUBLE YOUR EGGS +\$1.49**

**ADD STEAK +\$1.49**

**SCRAMBLED EGG WHITES**

**ADD TURKEY BACON +\$1.49**

Steak & Eggs



<sup>G</sup> Contains Gluten <sup>V</sup> Vegan/Can Be Made Vegan ⭐ Fan Favorites

# FUNCTIONAL LATTES

## MOCHA LATTE \$3.79 SEASONAL

MCT oil, cocoa malt, organic agave nectar, oat milk and locally roasted coffee  
240 cals, 4g protein, 35g net carbs

## BEAUTY BREW LATTE \$6.99 ⭐

<sup>VITAL PROTEINS</sup> collagen, vanilla whey protein, espresso protein, almond milk and locally roasted coffee (available hot or iced)  
170 cals, 31g protein, 6g net carbs

## MATCHA LATTE<sup>V</sup> \$5.79 ⭐

Matcha, MCT oil, organic raw honey and oat milk  
130 cals, 0g protein, 17g net carbs

## KETO COFFEE \$5.79

MCT oil, grass-fed ghee and locally roasted coffee  
140 cals, 1g protein, 1g net carbs

## COFFEE<sup>V</sup> 12oz \$2.29

Locally roasted iced or hot coffee

Mocha Latte



# OATMEAL PLUS

Stay fuller, longer with our signature **organic steel-cut oats** and **quinoa blend**

## APPLE WALNUT<sup>V</sup> \$5.29 ⭐

Cinnamon spiced apples, walnuts and hemp seed blend  
330 cals, 9g protein, 51g net carbs

## PEANUT BUTTER & ACAI<sup>V</sup> \$5.29 ⭐

Organic peanut butter, acai puree, banana and hemp seed blend  
460 cals, 13g protein, 63g net carbs

## OVERNIGHT OATS \$5.29

Chilled oats, apple, Greek yogurt, maple syrup, chia, almond milk topped with banana, strawberry, blueberry and hemp seed blend  
370 cals, 17g protein, 60g net carbs

## ALMOST NAKED<sup>V</sup> \$4.99

Banana and raw organic honey  
360 cals, 13g protein, 54g net carbs

Peanut Butter & Acai



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# PROTEIN SHAKES

PROTEIN:	MILK:	NEED A BOOST?		
Vanilla Whey Chocolate Whey	Almond Milk 2% Milk Oat Milk	Immunity Energy Fat-burner Multi-vitamin	CBD Oil \$2.99 ⭐ <sup>VITAL PROTEINS</sup> \$1.99 MCT Oil \$.99 Ashwagandha \$.99	Peanut Butter \$.99 Chia Seed \$.99 Organic Agave \$.99 Organic Honey \$.99
<small>*raw, organic &amp; vegan</small>				

## WRIGLEY PEELED<sup>V</sup> \$6.49

Organic peanut butter, banana, organic agave nectar, chocolate whey protein and almond milk  
500 cals, 25g protein, 33g net carbs

## JOKES ACAI'D \$6.49 ⭐

Acai berry, banana, blueberries, vanilla whey protein and Greek yogurt  
410 cals, 19g protein, 74g net carbs

## BERRY GOOD<sup>V</sup> \$6.49

Strawberry, blueberry, banana, organic agave nectar, vanilla whey protein and almond milk  
220 cals, 15g protein, 31g net carbs

## PB & J<sup>V</sup> \$6.49 ⭐

Organic peanut butter, blueberries, strawberries, organic agave nectar, vanilla whey protein and almond milk  
330 cals, 19g protein, 25g net carbs

## THE PERK<sup>G</sup> \$6.49

House-made cocoa malt, espresso whey protein, chocolate whey protein and almond milk  
190 cals, 25g protein, 12g net carbs

## AVO-MATCHA<sup>V</sup> \$6.99

Matcha green tea, avocado, raw organic honey, vanilla whey protein and almond milk  
240 cals, 15g protein, 26g net carbs

## HIPPIE SHAKE<sup>V</sup> \$6.99

Oats, banana, organic peanut butter, cinnamon, vanilla whey protein and oat milk  
350 cals, 17g protein, 37g net carbs

# SUPER BLENDS

Hand-crafted fruit and superfood blends supporting **health** and **wellness**

## FAUCI (IMMUNITY)<sup>V</sup> \$7.99 ⭐

Mango, banana, strawberry, orange, lemon, ginger, honey, cayenne and Flu Fighter boost (vitamin c, zinc, echinacea)  
170 cals, 2g protein, 37 net carbs)

## BEAUTY<sup>V</sup> \$7.99 NEW!

Hibiscus, strawberry, apple, lemon, celery, coconut water and organic ashwagandha  
230 cals, 1g protein, 52g net carbs

## DETOX<sup>V</sup> \$7.99 NEW!

Pineapple, celery, cucumber, lemon, spinach, parsley, organic honey, coconut water and multi-vitamin boost (vitamins a, c, d, k, b6 and b12)  
240 cals, 3g protein, 57g net carbs

## ENERGY<sup>V</sup> \$7.99 NEW!

Pomegranate, strawberry, orange, organic beet, coconut water and energy boost (green tea extract, vitamins b6 and b12)  
350 cals, 2g protein, 83g net carbs



Counter-clockwise:  
Fauci, Beauty,  
Detox, Energy

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