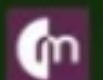
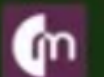
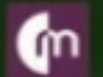
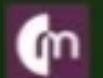
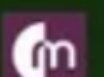


PICK A PROTIEN...		4 TOPPINGS BOWL...	6 TOPPINGS BOWL...
Grilled or BBQ Chicken Breast	CAL 110	\$12.39	\$14.39
Marinated Beef	580	\$12.89	\$14.89
Tofu	440	\$12.39	\$14.39

PICK A GRAIN (1 CUP)			ADD A SCOOP OF FLAVOR (1 SCOOP)		
Beluga Lentils	CAL 280	VG	Avocado Mash	CAL 30	VG
Brown Rice	240	m VG	Creamy Feta Spread	70	V
Quinoa	110	m VG	Kale Pesto Tomatoes	40	V
Toasted Barley	160	VG	Hummus	70	VG
Chickpeas	200	m VG			

PICK A GREEN			ENHANCE YOUR BOWLFUL & A LA CARTE		
Baby Kale	CAL 10	m VG	Marinated Flank Steak	CAL 380	\$7.19
Baby Arugula	10	m VG	Grilled Salmon	580	\$7.19
Mixed Greens	30	m VG	Shrimp	440	\$7.19

TOP WITH 3 VEGGIES (¼ CUP)

	CAL				CAL		
Roasted Broccoli	15			Roasted Beets	20		
Charred Carrots	30			Roasted Butternut Squash	20		
Roasted Mushrooms	5			Roasted Sweet Potatoes	20		
Roasted Cauliflower	30			Roasted Red Peppers	45		

FINISH WITH A DRESSING (2 OZ)

	CAL	
White Balsamic Shallot Vinaigrette	260	
Champagne Vinaigrette	330	
Honey Mustard Dressing	280	

A PICKLE FOR TANG (1 TBSP)

	CAL		
Pickled Red Onions	5		
Pico De Gallo	10		
Pickled Cucumber Slices	10		

Add Beef (3oz)	\$4.09
Add Chicken or Tofu	\$3.59
Fountain Soda	\$2.99



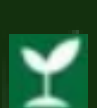
Mindful



Vegetarian



Vegan



Plant based

2000 calories a day is used for general nutrition advice, but calorie needs vary.
Additional nutrition information available upon request.