



This week's special:

Southwest Chicken Mesa Bowl 680cal

Grilled cumin chicken breast over long-grain brown rice with grape tomatoes, roasted corn, black beans and sliced avocado. Topped with fresh cilantro, sliced green onion and baked tortilla crisps. Served with chipotle-lime mayonnaise and a lime wedge.

All items on salad bar are Build Your Own

Every salad bar item is weighed at \$0.59 per ounce



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



This week's special:

- Tandoori Chicken Salad**   **240cal**
 Grilled Tandoori chicken breast, sliced cucumbers and radishes, pickled red onion, cilantro leaves, green onion and baked pita strips over crisp iceberg lettuce and shaved red cabbage. Served with minted yogurt-lime dressing.
- All items on salad bar are Build Your Own
- Every salad bar item is weighed at \$0.59 per ounce



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This week's special:

Mediterranean Chicken & Red Quinoa Bowl **360cal**

Field greens, balsamic chicken, red quinoa, grape tomatoes, crispy cucumbers, red onion, and Kalamata olives tossed with Dijon lemon-shallot vinaigrette and topped with crumbled feta.

 All items on salad bar are Build Your Own

 Every salad bar item is weighed at \$0.59 per ounce



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This week's special:

Glazed Apple, Arugula and Grain Bowl 400cal

Honey-glazed apples, spiced lentils and farro over tender arugula with crunchy pepita brittle and fresh mint. Served with apple-cider Dijon vinaigrette.

All items on salad bar are Build Your Own

Every salad bar item is weighed at \$0.59 per ounce



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This week's special:

- Roasted Fall Vegetable Grain Bowl**

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Vegetarian

320cal

Cumin-roasted cauliflower and carrots, baby kale, grape tomatoes, tricolor quinoa, topped with pepitas and served with golden turmeric tahini dressing.
- All items on salad bar are Build Your Own
- Every salad bar item is weighed at \$0.59 per ounce



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This week's special:

Fiery Chicken Salad 350cal

Red pepper and lime chicken, sliced jalapeño, shredded carrots, sliced avocado sprinkled with sesame seeds, black beans and shredded mozzarella on a bed of baby spinach. Served with cilantro-mint vinaigrette.

All items on salad bar are Build Your Own

Every salad bar item is weighed at \$0.59 per ounce



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This week's featured bowl:

● **Sweet Potato & Chickpea Buddha Bowl** **430cal**

Tricolor quinoa, roasted sweet potato, spiced chickpeas, sautéed kale and lemon tahini dressing.

● All items on salad bar are Build Your Own

● Every salad bar item is weighed at \$0.59 per ounce



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