



SALADS (no substitutes please)

SOUTHWEST V GF

mixed greens, cherry tomatoes, roasted corn, black beans, avocado, red onion, julienned peppers, queso fresco, tortilla strips, southwest ranch dressing

\$8.00 | 680 CALS

CAJUN COBB GF

blackened shrimp, chopped romaine, grape tomatoes, avocado, red onion, cage free hardboiled egg, crispy bacon, creamy remoulade dressing

\$9.50 | 600 CALS

BE WELL VG DF

mixed greens, avocado, chickpeas, quinoa, carrots, edamame, cucumbers, green onions, pepita & lime vinaigrette

\$9.50 | 610 CALS

FEATURED

APPLE SPINACH V

granny smith apples, baby spinach, candied walnuts, feta cheese, dried cranberries, honey mustard dressing

\$8.25 | 640 CALS



OFF TO THE RIGHT START

BUFFALO CHICKEN GF

roasted chicken, buffalo & ranch drizzle, romaine lettuce, blue cheese, shredded carrots, celery

\$8.25 | 500 CALS

POPULAR

CRISPY CHICKEN

breaded chicken tenders, lettuce, tomato, onion, cucumber, cheddar cheese, ranch dressing

\$8.00 | 710 CALS

THAI CRUNCH CN

roasted chicken, super blend slaw, carrots, crispy wontons, cilantro, scallions, thai peanut dressing

\$8.00 | 380 CALS

CHICKEN CAESAR

romaine, roasted chicken, parmesan cheese, croutons, creamy caesar dressing

\$8.00 | 740 CALS

SIDES

ADD CHICKEN GF DF
\$2.25

ADD BACON (2) GF DF
\$2.00

ADD AVOCADO VG GF DF
\$1.25

ADD CHEESE V GF
\$1.00

V-VEGETARIAN

VG-VEGAN

GF-GLUTEN FREE

DF-DAIRY FREE

CN-CONTAINS NUTS



THOROUGHLY COOKING FOODS OF ANIMAL ORIGIN SUCH AS BEEF, EGGS, FISH, LAMB, MILK, POULTRY OR SHELLFISH REDUCES THE RISK OF FOODBORNE ILLNESS INDIVIDUALS WITH CERTAIN HEALTH CONDITIONS MAY BE AT HIGHER RISK IF THESE FOODS ARE CONSUMED RAW OR UNDERCOOKED.



FOOD PREPARED MAY CONTAIN WHEAT, FISH, DAIRY, EGGS, SOY, & NUTS.