

## Greens

### Farmhouse Cobb <sup>GF</sup> 16.00

Oven roasted chicken and applewood smoked bacon on a bed of chopped romaine topped with avocado, cherry tomatoes, hard-boiled eggs, and blue cheese crumbles

HONEY LIME DRESSING

BEST SELLER 

### Kale Caesar 15.00

Oven roasted chicken on a bed of chopped romaine and marinated kale topped avocado, hard-boiled eggs, shaved parmesan, seasoned croutons and a lime squeeze

CAESAR DRESSING

### Mexicali Chop 16.00

Honey garlic shrimp on a bed of chopped romaine and mix greens topped with avocado, corn & black bean salsa, pickled red onion, pico de gallo, shredded pepper jack, tortilla strips and a lime squeeze

BUTTERMILK RANCH

### Spring & Summer <sup>N</sup> 15.50

Oven roasted chicken and applewood smoked bacon on a bed of baby spinach and mixed greens topped with diced apples, strawberries, cotija cheese and sweet & spicy pecans

RASPBERRY WALNUT VINAIGRETTE

## Grains

### Southwest Steak 16.50

Grilled steak on a scoop of brown rice topped with avocado, corn & black bean salsa, pico de gallo, shredded pepper jack and tortilla strips

GREEN GODDESS DRESSING

BEST SELLER 

### Medi Bowl <sup>GF</sup> 15.50

Oven roasted chicken on a scoop of brown rice topped with baby spinach, herbed falafel crumbles, chickpeas, cucumber & tomato salad and feta cheese

LEMON & THYME VINAIGRETTE

### Beach Bowl 16.00

Honey garlic shrimp on a scoop of brown rice topped with avocado, edamame, diced mango, pico de gallo, purple cabbage and crispy wontons

MANDARIN SESAME GINGER DRESSING

### Harvest Bowl <sup>N</sup> <sup>GF</sup> 15.00

Oven roasted chicken on a scoop of brown rice topped with marinated kale, roasted sweet potatoes, diced apples, shaved parmesan and sliced almonds

HONEY MUSTARD

## Soup

Add a cup of soup & a slice of bread to any bowl for only 5.00!

Tomato Basil Bisque

White Cheddar & Cauliflower Bisque <sup>GF</sup>

# Create Your Own




Starting at **15.00**

## STEP 1

### Choose a Base

#### Greens or Grains

Baby Spinach  
Chopped Romaine  
Mixed Greens  
Marinated Kale  
Brown Rice

-  gluten free
-  vegan
-  contains nuts

## STEP 2

### Add a Protein

**Applewood Smoked Bacon** 

**Grilled Steak** 


Marinated in olive oil, garlic and seasonings

**Herbed Falafel Crumbles**  

Chickpeas blended with herbs, onion, garlic, spices and olive oil

**Honey Garlic Shrimp** 

Marinated in olive oil, garlic, honey, seasonings and red pepper flakes

**Oven Roasted Chicken** 

Marinated in olive oil, garlic, and seasonings

## STEP 3

### Choose your Toppings (Up to 5)

#### **Veggies**

Roasted Broccoli  
Roasted Sweet Potatoes  
Cherry Tomatoes  
Chickpeas  
Corn & Black Bean Salsa  
Cucumbers  
Cucumber & Tomato Salad  
Edamame  
Pickled Red Onions  
Pico de Gallo  
Purple Cabbage  
Shredded Carrots

#### **Fruit**

Avocado **+1**  
Diced Apples  
Diced Mango  
Strawberries

#### **Cheeses & Dairy**

Blue Cheese Crumbles  
Cotija Cheese  
Feta Cheese  
Hard-Boiled Eggs  
Shaved Parmesan  
Shredded Pepper Jack







#### **Crunchies**

Crispy Wontons  
Seasoned Croutons  
Sliced Almonds  
Sweet & Spicy Pecans  
Tortilla Strips

## STEP 4

### Pick a Dressing

All dressings are gluten free except for mandarin sesame ginger dressing.

Balsamic Vinaigrette  • Buttermilk Ranch • Caesar • Green Goddess •  
Honey Lime • Honey Mustard • Lemon & Thyme Vinaigrette  •  
Mandarin Sesame Ginger  • Raspberry Walnut Vinaigrette   •  
Olive Oil & Vinegar  • Fresh Lime Squeeze

CONSUMER ADVISORY: CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS