



GLP-1 Friendly Menu with Nutrition Facts

Designed for guests using tirzepatide (Mounjaro)/semaglutide, or similar GLP-1 therapies emphasizing lean protein, lighter portions, and gentle-on-the-stomach options.



Smart Start Breakfasts

Healthy Start Chicken Egg-White Scramble — \$13.99

Fluffy egg whites with grilled chicken, spinach & tomatoes, topped with avocado mash. Served with fresh fruit & red salsa. (GF, High Protein)

Nutrition Facts: Calories 310 kcal | Protein 32 g | Carbs 12 g | Fat 13 g | Fiber 3 g

Powerhouse Protein Platter — \$12.99

Scrambled eggs with your choice of two proteins (turkey, chicken sausage, ham or bacon). Served with sliced tomatoes. (GF, Keto)

Nutrition Facts: Calories 390 kcal | Protein 37 g | Carbs 6 g | Fat 24 g | Fiber 2 g

Healthy Toasts

Nova Salmon Acapulco Toast — \$17.99

Wheat-berry toast, avocado, smoked salmon, capers, tomato & pickled onions; drizzled with Hollandaise.

Choose two eggs & a side. (Pescatarian)

Nutrition Facts: Calories 420 kcal | Protein 31 g | Carbs 26 g | Fat 20 g | Fiber 4 g

Open-Faced Green Goddess Turkey Avocado Toast — \$12.99

Herb-roasted turkey, avocado, microgreens, roasted tomato & artichoke on wheat-berry toast with a drizzle of house Green Goddess dressing. (High Protein)

Nutrition Facts: Calories 420 kcal | Protein 31 g | Carbs 26 g | Fat 20 g | Fiber 4 g

Acapulco Toast & Eggs — \$12.99

Nutrition Facts: Calories 400 kcal | Protein 19 g | Carbs 30 g | Fat 26 g | Fiber 8 g

Lean Protein Plates ~ Salads

(These salads are served without a biscuit)

Grilled Chicken & Strawberry Salad — \$13.99

Mixed greens, grilled chicken, strawberries & blue cheese crumbs with blueberry balsamic vinaigrette. (GF option available)

Nutrition Facts: Calories 370 kcal | Protein 32 g | Carbs 18 g | Fat 17 g | Fiber 4 g

Southern Hot Honey Chicken Cobb Salad (Grilled Option) — \$15.99

Ask for grilled chicken instead of crispy. Avocado, egg, tomato, bacon & blue cheese with house Green Goddess dressing.

Nutrition Facts: Calories 430 kcal | Protein 39 g | Carbs 15 g | Fat 24 g | Fiber 4 g

Lighter Sandwiches & Wraps

Hippie Picnic Sandwich — \$12.99

Whole-grain bread with vegan cheddar, roasted artichokes & tomatoes, cucumber, artisanal greens, avocado mash & pickled red onions. (VG)

Nutrition Facts: Calories 360 kcal | Protein 12 g | Carbs 46 g | Fat 14 g | Fiber 7 g

Vegetarian Wrap — \$13.99

Roasted artichokes, tomatoes, cucumbers, greens, goat cheese & citrus vinaigrette in a whole-wheat wrap. (V, Fiber-rich)

Nutrition Facts: Calories 370 kcal | Protein 15 g | Carbs 42 g | Fat 14 g | Fiber 8 g

Smart Indulgences

Greek Yogurt Parfait Cup — \$6.99

Mini portion of Greek yogurt with fruit & granola.

Nutrition Facts: Calories 210 kcal | Protein 10 g | Carbs 28 g | Fat 6 g | Fiber 2 g

Wellness Add Ons & Swaps • Substitute fresh fruit or sliced tomatoes for potatoes or fries. • Choose egg whites when possible.

• Ask for sauces & dressings on the side. • Hydrate: sparkling water, herbal tea, or lemon water. • Prefer grilled over fried; baked over smothered.

~ The nutrition facts are estimates not actual ~

