



ENERGIZE YOUR MEAL WITH PROTEIN



Chicken



Steak



Tofu



Falafel

Salads & Wraps

Metaboost

spinach, kale & field greens, goat cheese, mango, almonds, carrots, edamame, balsamic vinaigrette

Cobb

romaine & field greens, hard boiled egg, avocado, bacon, blue cheese, tomatoes, corn, honey dijon dressing

Fiesta

field greens, avocado, aged cheddar, corn, black beans, salsa fresca, cilantro lime vinaigrette

Market

field greens & spinach, quinoa, avocado, feta cheese, beet slaw, dried cranberries, green apple, carrots, honey dijon dressing

Buffalo

romaine, blue cheese, cherry tomatoes, carrots, celery, greek yogurt ranch, buffalo sauce

Zen

spinach & romaine, mango, edamame, cabbage, broccoli, carrots, crispy wontons, sesame seeds, asian sesame dressing

Bowls

Pangoa

brown rice, avocado, aged cheddar, cherry tomatoes, black beans, corn, cilantro, lime wedge, fiery bbq sauce

Teriyaki Twist

brown rice, edamame, crispy wontons, broccoli, carrots, cucumber, green onions, sesame seeds, teriyaki sauce

Oaxaca

brown rice & kale, avocado, beet slaw, black beans, corn, salsa fresca, crispy wontons, lime wedge, spicy yogurt sauce

Mediterranean

quinoa & field greens, feta cheese, kalamata olives, almonds, red onions, cucumber, roasted red peppers, tomatoes, cilantro, red pepper sauce

Buddha's Satay

rice noodles, broccoli, carrots, cabbage, crispy wontons, green onions, spicy peanut sauce

Burritos

Tex Mex

brown rice, avocado, aged cheddar, black beans, corn, salsa fresca, greek yogurt ranch

Khao San

brown rice, spinach, almonds, edamame, mushrooms, carrots, cabbage, spicy peanut & lemongrass sauce

Smokehouse

brown rice, aged cheddar, black beans, red onions, tomatoes, corn, spicy yogurt sauce

Baja

quinoa, romaine, avocado, corn, cabbage, green onions, salsa fresca, cilantro lime vinaigrette

Soups

Spicy Lemongrass

spicy lemongrass broth, rice noodles, cabbage, carrots, tomatoes, mushrooms, cilantro

Superfood

vegetable broth, quinoa, kale, broccoli, cabbage, carrots, celery, red onions

Southwestern

chicken broth, brown rice, aged cheddar, broccoli, tomatoes, corn, black beans

Frozen Yogurt

Low-Fat Frozen Yogurt

with choice of two toppings



almonds



blueberries



chocolate chips



cinnamon



dried cranberries



green apples



honey



mango



oreo



strawberries

Juices

Green Energy

kale, spinach, romaine, green apple, cucumber, carrot, lemon

Mighty Detox

pineapple, green apple, celery, cucumber, ginger

Carrot Zinger

carrot, green apple, ginger

Red Power

beet, lemon, ginger, carrot

Smoothies

made with low-fat frozen yogurt

Freshii Green

kale, spinach, pineapple, avocado

Banana Nut Crunch

banana, almonds, walnuts

Powerhouse

pineapple, mint, coconut milk

Strawberry Banana

strawberries, banana

Breakfast

Grilled Breakfast Burritos

Ranchero

scrambled egg, avocado, aged cheddar, black beans, cilantro, salsa fresca

Steak, Egg & Cheese

scrambled egg, steak, aged cheddar, tomatoes

Grilled Egg Pockets

Bacon, Egg & Cheese

scrambled egg, bacon, aged cheddar, tomatoes

Spinach, Mushroom & Cheese

scrambled egg, goat cheese, spinach, roasted red peppers, mushrooms

House-Made Oatmeal

Apple Cinnamon

house-made oatmeal, green apple, walnuts, cinnamon

Blueberry Crumble

house-made oatmeal, blueberries, walnuts

Cranberry Almond Crunch

house-made oatmeal, dried cranberries, almonds

Essentials

Greek Yogurt Parfait

greek yogurt, honey, granola, fresh fruit