

grilled flatbreads 7.79

Chipotle Chicken Club 670 cal

Chicken, tomatoes, romaine, provolone, bacon, chipotle ranch dressing

BBQ Bacon Chicken 660 cal

Chicken, bacon, romaine, cheddar jack, Sweet Baby Ray's® BBQ sauce

Nashville Hot Chicken 580 cal

Chicken, provolone, bacon, slaw, pickle slices, scratch-made Nashville hot sauce

Pesto Chicken 600 cal

Chicken, provolone, red peppers, spinach, pesto

Santa Fe 720 cal

Chicken, black beans, cheddar jack, romaine, salsa, chipotle ranch dressing



✓ Substitute Quorn™
(10 cal)

✓ = VEGETARIAN

artisan melts 7.69

Classics

✓ Mom's Grilled Cheese 1160 cal

Signature cheese blend melted on sourdough.
Served with creamy tomato soup dipper.

Grilled Cheese & Bacon 1220 cal

Crispy bacon and our signature cheese blend on sourdough. Served with creamy tomato soup dipper.

Chef Created

Chicken Bacon Ranch 1070 cal

Chicken, bacon, signature cheese blend, ranch dressing on sourdough

Chicken Caprese 940 cal

Chicken, spinach, signature cheese blend, tomatoes and basil balsamic on sourdough

Buffalo Chicken 1020 cal

Chicken, bacon, signature cheese blend, buffalo ranch dressing on sourdough

Add a Tomato
Soup dipper .79



toasted Wraps 7.69

Chicken Avocado 540 cal

Chicken, romaine, bacon, tomatoes, provolone, avocado lime ranch

Hot Honey Mustard 480 cal

Chicken, romaine, tomatoes, cheddar jack, hot honey mustard

Mexicano 600 cal

Chicken, black beans, rice, salsa, corn, cheddar jack, lettuce, chipotle and ranch

BBQ Jerk Chicken 460 cal

Chicken, black beans, romaine, cheddar jack, pineapple, Jerk sauce

CBR 640 cal

Chicken, bacon, romaine, cheddar jack, tomatoes, ranch



✓ Substitute Quorn™
(10 cal)

✓ = VEGETARIAN

salads 8.99

✓ Caesar 440 cal

Romaine, tomatoes, parmesan, croutons, Caesar dressing

✓ Southwest Chipotle 400 cal

Romaine, corn, black beans, tomatoes, cheddar jack, salsa, tortilla strips, chipotle ranch dressing

Avocado Cobb 440 cal

Romaine, tomatoes, bacon, cheddar jack, parmesan, egg, avocado lime ranch dressing

✓ Harvest 460 cal

Spinach, candied pecans, dried cranberries, feta cheese, apples, balsamic vinaigrette

Add Chicken (60 cal) 1.69



NEW

LIMITED TIME ONLY

CHICKEN 7.99 QUESADILLA

A mouthwatering combination of tender, juicy chicken and loads of cheddar jack cheese melted inside a crispy flour tortilla.

Served with a side of our housemade ranch dressing. 920 cal



rice bowls 8.19

Thai Chicken 550 cal

Asian Thai dressing, chicken, lettuce, carrots, cabbage, cucumber, black sesame seeds, white rice

Baja Queso 680 cal

Chicken, queso blanco, corn, salsa, lettuce, chipotle ranch, white rice

Frito Grande 690 cal

Chicken, Fritos® corn chips, refried beans, corn, queso, lettuce, chipotle sauce, white rice

Mexican 690 cal

Chicken, black beans, salsa, corn, red onion, cheddar jack, lettuce, chipotle ranch, white rice

Buffalo 590 cal

Spicy buffalo ranch, chicken, bacon, Gorgonzola, tomatoes, carrots, lettuce, white rice

KC BBQ 620 cal

Sweet Baby Ray's® BBQ sauce, chicken, bacon, corn, lettuce, cheddar jack, red onion, tomatoes, white rice

Power Protein Grain Bowl 720 cal

38g Black beans, chicken, egg, bacon, lettuce, cheddar jack, buffalo ranch, brown rice & quinoa blend

Meatless Mexican 710 cal

Quorn™ Meatless chicken, black beans, salsa, corn, red onion, cheddar jack, lettuce, chipotle ranch, white rice

 Substitute Quorn™
(10 cal)

CRAFT YOUR OWN

Choose white rice or brown rice & quinoa blend

• Add Chicken (60 cal) or Quorn™ (70 cal)

• Add Queso (160 cal)

 = VEGETARIAN



smoothies

WILD STRAWBERRY™  310 cal
Strawberries, kiwi-lime

ORANGE SUNRISE™  350 cal
Pineapple, strawberries, bananas, orange

GOIN' GREEN™  300 cal
1 Full Serving Fruits & Veggies
Kale, spinach, mango, pineapple

TROPICAL THERAPY™  420 cal
Pineapple, kiwi-lime, coconut

SUPER FUEL™  290 cal
2.5 Servings Fruits & Veggies
Orange, pineapple, strawberries, apples,
4 organic veggies

MAUI MANGO™  380 cal
Mango, strawberries, bananas

LIME BERRY™  340 cal
Strawberries, pineapple, kiwi-lime, orange

SUPER C™ 620mg Vitamin C  360 cal
Strawberries, pineapple, bananas, orange,
immunity boost

6.59 ^{NOW 25% LARGER!*} 100% **clean** ingredients
gluten free

BANGIN' BERRY™  380 cal
Pomegranate, raspberries, blueberries,
bananas

AÇAÍ ENERGY™ Brazilian Superfruit  390 cal
Organic Açaí, strawberries, bananas,
blueberries

MANGO ME CRAZY™  340 cal
Mango, pineapple

BERRY BURN™  320 cal
Strawberries, bananas, metabolizer boost

LUCKY 7™ Blended with 7 Fruits  440 cal
Pomegranate, raspberries, blueberries,
mango, peach, strawberries, bananas

CARIBBEAN CRAZE™  310 cal
Bananas, strawberries

PEACH ON THE BEACH™  360 cal
Peaches, strawberries, mango, orange

PB PROTEIN™ 29g Protein  640 cal
Peanut butter, bananas, cocoa, yogurt, protein

*Than our Regular size smoothie

BOOSTS .79 ea.

 = VEGAN  = DAIRY

- Energy 5 cal
- Protein 35 cal
- Immunity (500mg C) 10 cal

NEW! wild harvested açai bowls 8.29

PURE LIFE™ 330 cal

Organic açai, strawberries,
blueberries, granola, honey

NUTTY BOWL™ 480 cal

Organic açai, strawberries,
bananas, granola, Nutella®

AÇAÍ POWER™ 470 cal

Organic açai, strawberries,
bananas, granola, peanut butter

ALOHA BOWL™ 450 cal

Organic açai, pineapple, bananas,
granola, honey

