

FRESH & TASTY

SALAD BAR

- #1 ONE PORTION PLATE**
One portion prepared salad, side green salad, 3 vegetable toppings, 1 dressing/ 7.49
- #2 TWO PORTION PLATE**
One portion chicken salad, one portion pasta, side green salad, 3 vegetable toppings, 1 dressing/ 8.99
- #3 DOUBLE PROTEIN**
Two Chicken salads of choice, side green salad, 3 vegetable toppings, 1 dressing/ 9.99

CHICKEN SALAD BY THE POUND
Half pound 6.99 One pound 12.99

- #4 CHICKEN SALAD SANDWICH COMBO**
Chicken salad sandwich with choice of chicken salad, soup or side salad, homemade drink / 9.99

- #5 SMOKED SALMON SALAD**
Mixed greens, Smoked Salmon, hard boiled eggs, capers, herb vinaigrette / 11.99

HOUSE TACOS

- #6 CHICKEN**
Four Chicken Tacos on veggie tortilla garnished with red onions, cilantro, chipotle aioli. Served with rice/ 7.99
- #7 PLANT-BASED**
Four Vegan Tacos on veggie tortilla: mix of sauteed mushrooms, chipotle vegan spread garnished with cilantro and purple cabbage. Served with salad or soup/ 9.99

HOUSE SANDWICHES

- #8 CLUB**
Toast bread, ham, cheese, turkey breast, chipotle chicken salad, tomato, red onions, avocado, chipotle aioli/ 9.99
- #9 CHICKEN & GOAT CHEESE**
Whole wheat bun, grilled chicken breast, beet aioli, toasted almonds, avocado, goat cheese, spinach/ 9.99
- #10 SMOKED SALMON**
Whole wheat bun, smoked salmon, cream cheese, capers, red onions, hard boiled eggs, spinach, olive oil, lime drizzle / 11.99

Includes a side of your choice: chips or salad.
sweet potatoes fries 1.75

HOUSE BURGERS

- #11 TURKEY AVOCADO**
Turkey patty, chipotle aioli, red onion, tomato, avocado, mozzarella cheese, arugula/ 9.99
- #12 PLANT-BASED**
vegan patty, vegan spread, sauteed mushrooms, avocado, red onion, arugula/ 11.99
- Includes a side of your choice: chips or salad.**
sweet potatoes fries 1.75

FRESH & TASTY

TOASTS

#13

SMOKED SALMON

Smoked Salmon with whipped cream cheese, red onion, capers, dill on sourdough multigrain bread/ 9.49

#14

AVOCADO

Smashed and seasoned avocado topped with crumbled feta and red pepper flakes on sourdough multigrain bread / 7.99

#15

ALMOND BERRY

Almond butter, strawberries, bananas, toasted almonds on sourdough multigrain bread/ 7.99

SOUPS

SMALL 3.49 LARGE 6.49

DESSERTS

CHEESECAKE 4.95

DRINKS

SOFT DRINKS	1.95
WATER	1.95
HOMEMADE DRINKS	
16OZ 2.50	20OZ 4.95
COFFEE	1.99
COLD PRESSED JUICE	7.49

WEEKLY MEAL PREPS

10 MEALS	74.99
5 MEALS	37.49
TO-GO MEALS	7.99

SPECIAL INGREDIENTS

Side salad: 3 vegetable toppings	3.49
Side prepared salad	4.25
Side pasta salad	3.00
Side sweet potatoes fries	3.99
Extra vegetable topping	.50
Cheese	.99
Feta Cheese	1.99
Almonds or dried fruit	.99
Homemade dressings	.99
Avocado	1.99
Chips	.99
Crackers	.50

FRESH & TASTY

MEAL PREPS

MP 1 TURKEY MEATBALLS

70z Ground Turkey, 1/4 cup grilled zucchini, 1/3 cup cooked white rice/
Protein 53g Carbs 14g Fats 21g
Total Calories: 457 cal

MP 2 HOUSE BOWL

70z Grilled Dark meat, 10z roasted corn, 1/2 cup cooked white rice, 10z chipotle dressing/
Protein 53g Carbs 40g Fats 35g
Total Calories: 689 cal

MP 3 CHILE RELLENO

1 Roasted Chile Relleno, 60z ground turkey, 10z mozzarella cheese, 1/3 cup cooked white rice/
Protein 53g Carbs 20g Fats 19g
Total Calories: 463 cal

MP 4 CILANTRO LIME CHICKEN

60z Grilled Chicken, 10z cilantro sauce,, 1/4 cup cooked green beans,, 1/3 cup cooked white rice/
Protein 45g Carbs 18g Fats 23g
Total Calories: 460 cal

MP 5 TERIYAKI CHICKEN

60z Grilled Chicken, 10z teriyaki sauce,, 1/4 cup cooked asparagus,, 1/3 cup cooked white rice/
Protein 45g Carbs 22g Fats 23g
Total Calories: 475 cal

MP 6 ZUCCHINI BOATS W/ CHICKEN

1 Large Cooked Zucchini, 60z dark chicken, 10z mozzarella cheese, 1/3 cup white rice, 10z chipotle sauce/
Protein 55g Carbs 34g Fats 31g
Total Calories: 635 cal

MP 7 CILANTRO LIME TILAPIA

60z Grilled Tilapia, 10z cilantro sauce,, 1/4 cup cooked zucchini,, 1/3 cup cooked white rice/
Protein 42g Carbs 25g Fats 24g
Total Calories: 484 cal

MP 8 FISH TACOS

50z Grilled Fish, 4 low carb corn tortillas, 10z pico de gallo with mango,, 10z chipotle sauce,
1/3 cup cooked white rice/
Protein 43g Carbs 57g Fats 10g
Total Calories: 490 cal

MP 9 CHIPOTLE CHICKEN SALAD

50z Chipotle Chicken salad, Side green salad served with Cilantro dressing/
Protein 34g Carbs 20g Fats 18g
Total Calories: 378 cal

10 MEALS 74.99

5 MEALS 37.49

TO-GO MEALS 7.99