FRESHLY MADE SALADS

CHICKEN CAESAR
romaine, roasted chicken, parmesan cheese, croutons, creamy caesar dressing
$6.50 740 CALS

THAI CRUNCH
roasted chicken, super blend slaw, carrots, crispy wontons, cilantro, scallions & thai peanut dressing
$6.50 380 CALS

SOUTHWEST V GF
mixed greens, cherry tomatoes, roasted corn, black beans, avocado, red onion, julienned peppers, queso fresco, tortilla strips, southwest ranch dressing
$7.50 680 CALS

QUINOA PROTEIN BOWL GF
romaine, quinoa, chicken shawarma, cucumber, grape tomato, feta, red onion, almonds, lemon tahini
$8.00 900 CALS

BEET & GOAT CHEESE V GF
mixed greens, roasted beets, avocado, walnuts, goat cheese, balsamic vinaigrette
$8.00 830 CALS

CRISPY CHICKEN
breaded chicken tenders, chopped lettuce, tomato, onion, cucumber, cheddar cheese, ranch dressing
$7.00 710 CALS

COBB GF
romaine, bacon, egg, blue cheese, tomato, cucumber, avocado, red wine vinaigrette
$8.00 770 CALS

FEATURED

HONEY, IT'S FALL GF
bacon, kale, arugula, honey crisp apples, avocado, pomegranate, feta, candied walnuts, apple cider vinaigrette
$7.00 600 CALS

OFF TO THE RIGHT START

POMEGRANATE SPROUT V GF
roasted chicken, super slaw blend, pomegranate, cranberries, shaved parmesan, toasted almonds, lemon vinaigrette
$7.00 550 CALS

OPTIONS

ADD CHICKEN GF DF
$2.00

BACON (2) GF DF
$2.00 130 CALS

AVOCADO VG GF DF
$1.00 60 CALS

CHEESE V GF
$1.00 110 CALS

V-VEGETARIAN VG-VEGAN GF-GLUTEN FREE DF-DAIRY FREE CN-CONTAINS NUTS

THOROUGHLY COOKING FOODS OF ANIMAL ORIGIN SUCH AS BEEF, EGGS, FISH, LAMB, MILK, POULTRY OR SHELLFISH REDUCES THE RISK OF FOODBORNE ILLNESS INDIVIDUALS WITH CERTAIN HEALTH CONDITIONS MAY BE AT HIGHER RISK IF THESE FOODS ARE CONSUMED RAW OR UNDERCOOKED.

FOOD PREPARED MAY CONTAIN WHEAT, FISH, DAIRY, EGGS, SOY, & NUTS.