

## Menu June 26, July 3rd and July 10th

### Menu Week of June 26th (Currently in Grab and Go)

#### **Chili Crunch Chicken Bites (GF)(DF) \$10.99**

Chili Marinated Chicken Breast, House Chili Crunch Topping, Brown Rice, Seasonal Vegetable

521 calories, 16.3 fat, 123 sodium, 41.5 carb, 40.3 protein

Ingredients, broccoli, chicken, olive oil, peanuts, cane sugar, brown rice, clean eats kitchen special seasonings

#### **Butternut Squash Lasagna (GF)(VG) \$10.99.**

560 calories, 36.2 fat, 30.2 carb, 4.5 sugar, 32.2 protein

Ingredients: butternut squash, gluten free pasta, ricotta, mozzarella, parmesan cheese, garlic, heavy cream, clean eats special seasonings

#### **Meatloaf Dinner (GF) \$10.99**

Featuring Fresh from Florida Ground Beef. Meatloaf served with Mac and Cheese and Green Beans

609 calories, 21.8 fat, 351 sodium, 58.4 carb, 51.4 protein

Ingredients: ground beef, gf bread crumb, onion, garlic, gf pasta, mixture of cheeses, cream, green beans, clean eats kitchen special seasonings

#### **Vegan Power Bowl (GF)(VG)(V)(DF) \$10.99**

Marinated Beets, Quinoa Base, Shredded Carrots, Tomato, Cucumber, Chili Aioli

441 calories, 3.6 fat, 112 sodium, 68.1 carb, 22.6 protein

Ingredients:, quinoa, roasted beets, veggies, clean eats special seasonings, house-made sauce

#### **Korean BBQ Steak Bites (GF)(DF) \$11.99**

Marinated steak, cabbage slaw, brown rice, furikake

507 calories, 18.9 fat, 29.7 carb, 10.6 sugar, 34.8 protein

Ingredients: chicken, cabbage slaw, brown rice, egg, olive oil, garlic, onion, clean eats seasonings

Ingredients subject to change. Please ask if you have allergies.

## Menu Week of July 3rd

### **Blackened Mahi (GF)(DF) \$11.99**

Pineapple and Corn Salsa, Brown Rice, Pickled Onion

517 calories, 28 fat, 170 sodium, 52.2 carb, 30.9 protein

Ingredients: mahi, brown rice, pineapple, tomatoes, corn, black beans, onion, olive oil, clean eats kitchen special seasonings

### **BBQ Pulled Pork (GF) \$10.99**

Slow Cooked Pork Shoulder, House BBQ Sauce, Mashed Potato, Green Beans

598 calories, 15.2 fat, 353 sodium, 51.4 carb, 53.1 protein

Ingredients: pork, potatoes, green beans, garlic, salt, pepper, organic cane sugar, clean eats kitchen special seasonings, olive oil, arrowroot

### **Lentil Shepherd's Pie (GF)(DF)(VG)(V) \$10.99**

Vegan Mashed Potatoes, Lentils, Celery, Carrots, Onion

502 calories, 9.2 fat, 509 sodium, 75.6 carbs, 24.4 protein

Ingredients: lentils, potato, broccoli, walnuts, olive oil, onions, garlic, celery, gf soy sauce, carrot, coconut milk, organic cane sugar, clean eats kitchen special seasonings

502 calories, 9.2 fat, 509 sodium, 75.6 carbs, 24.4 protein

### **Eggroll In a Bowl (GF)(DF) \$10.99**

Ground Turkey, Shredded Carrots and Cabbage, Brown Rice, Yum-Yum Sauce, Sesame Seeds

453 calories, 12.9 fat, 598 sodium, 45 carbs, 26.8 protein

Ingredients: ground turkey, cabbage, brown rice, carrots, onion, gf soy sauce, organic cane sugar, clean eats special seasonings

### **Deconstructed Cheeseburger Bowl (GF)(DF) \$10.99**

Our spin of the Cheeseburger without the Bun

497 calories, 24.6 fat, 288 sodium, 6 sugar, 37.6 carb, 34.1 protein

Ingredients: Florida Ground Beef, cheddar cheese, napa cabbage, tomato, pickle, potato wedges, house made ketchup, clean eats special seasonings

Ingredients subject to change. Please ask if you have allergies.

## Menu Week of July 10th

### **Chicken Alfredo Lasagna (GF)(VG) \$10.99**

House Alfredo, ground chicken, gluten free noodles

552 calories, 33.1 fat, 509 sodium, 43.2carb, 54.5 protein

Ingredients: chicken, gluten free pasta, ricotta, mozzarella, parmesan cheese, heavy cream, arrowroot, clean eats kitchen special seasonings

### **Teriyaki Tofu Bowls (GF)(DF)(VG)(V) \$10.99**

Marinated Tofu, House Teriyaki, Snap Peas, Shredded Carrots

479 calories, 10.6 fat, 781 sodium, 61.1 carb, 27.2 protein

Ingredients: quinoa, tofu, carrots, snap peas, pickled onions, gf soy sauce, cane sugar, clean eats seasonings

### **Cajun Steak Bites (GF) \$11.99**

Cajun Marinated Steak, Mashed Potato and Succotash

548 calories, 22.4 fat, 322 sodium, 37.6 carb, 39.9 protein

Ingredients: steak, mashed potatoes, cajun succotash (lima beans, corn, tomatoes), clean eats kitchen special seasonings

### **Sweet Paprika Chicken (GF)(DF) \$10.99**

Honey & Smoked Paprika Marinated Chicken, Brown Rice, Seasonal Vegetables

464 calories, 8.5 fat, 34.9 carb, 7.8 sugar, 37.8 protein

Ingredients: chicken breast, brown rice, veggies, carrots, olive oil, honey, clean eats special seasonings

### **Honey-Sriracha Turkey Meatballs (GF)(DF) \$10.99**

Fan Favorite! Seasoned Ground Turkey Meatballs, House Sriracha Aioli, seasonal veggies, Brown Rice

544 calories, 10.6 fat, 185 sodium, 37.4 carb, 26 protein

Ingredients: ground turkey, brown rice, seasonal veggies, onion, celery, garlic, clean eats kitchen special seasonings, eggs, GF bread crumb, honey, sriracha

Ingredients subject to change. Please ask if you have allergies.