

Menu Week of September 25th, October 2nd and October 9th

Menu Week of September 25th (Sept 25th - Sept 30th)

Cheesy Chicken and Rice (GF) \$10.99

Served with brown rice and seasonal veggie

442 calories, 5.8 fat, 165 sodium, 40.4 carb, 43.4 protein

Ingredients: chicken breast, brown rice, broccoli, cheese, cream, celery, carrots, onion, clean eats special seasonings

Curry Chicken (GF) \$10.99

Slow Cooked Chicken Breast in a Curry Sauce

474 calories, 8.5 fat, 34.9 carb, 248 sodium, 37.8 protein

Ingredients: chicken, brown rice, celery, onion, carrots, cauliflower, coconut milk clean eats special seasonings and curry sauce

Southwest Stuffed Zucchini Boats (GF)(VG)(V) \$11.99

498 calories, 13.9 fat, 342 sodium, 43.3 carb, 45.2 protein

Ingredients: zucchini, beyond meat, tomato, quinoa, black beans, corn, vegan cheese, cilantro, olive oil, clean eats special seasonings

Southwest Stuffed Zucchini Boats (GF)

504 calories, 13.9 fat, 242 sodium, 43.3 carb, 46.2 protein

Ingredients: zucchini, ground turkey, tomato, cheese, quinoa, black beans, corn, cilantro, olive oil, clean eats special seasonings

Penne Bolognese (GF) \$10.99

555 calories, 26.6 fat, 365 sodium, 48.1 carb, 31.5 protein

Ingredients: ground turkey/ground beef, celery, carrots, onion, tomatoes, basil, red wine mozzarella, clean eats special seasonings

Chili Crunch Chickpea Power Bowl (GF)(DF)(VG)(V) \$10.99

502 calories, 9 fat, 200 sodium, 66.4 carb, 24.7 protein

Ingredients: chickpea, grain mixture, vegan mayo, house chili crunch, carrots, asparagus, clean eats special seasonings

Wednesday September 29th

TACOS Served 11:30 am until 2 or SOLD OUT

Ingredients subject to change. Please ask if you have allergies

Menu Week of October 2nd (Oct 2nd - Oct 7th)

Shredded Chicken W/Cabbage Slaw \$10.99

524 calories, 20 fat, 136 sodium, 32.9 carb, 41.5 protein

Ingredients: chicken, lime juice, napa cabbage, tomatillos, garlic, onion, olive oil, brown rice, clean eats seasonings

Roasted Turkey Dinner (GF) \$10.99

mashed potatoes, pan gravy, seasonal vegetable

461 calories, 15.1 fat, 141 sodium, 34.9 carb, 42.7 protein

Ingredients: turkey, potato, cream, olive oil, corn starch, green beans, clean eats special seasonings

Beef Panang Curry \$11.99

552 calories, 23.1 fat, 80 sodium, 20.2 carb, 54 protein

Ingredients: steak, brown rice, cauliflower, carrots, garlic, onion, olive oil, curry. clean eats kitchen seasonings

Curry Tofu (GF)(VG)(V)

436 calories, 8.5 fat, 34.9 carb, 248 sodium, 27.8 protein

Ingredients: tofu, brown rice, brown rice, cauliflower, carrots, garlic, onion, olive oil, curry. clean eats kitchen seasonings

Ginger Braised Chicken Thigh (GF) \$10.99

428 calories, 7.9 fat, 162 sodium, 41.9 carb, 39.7 protein

Slow Cooked Pork Belly with a ginger sauce served with seasonal vegetables and brown rice

Brown rice, green beans, chicken, ginger, gf soy sauce, cane sugar, clean eats kitchen special seasonings

Wednesday October 6th

TACOS Served 11:30 am until 2 or SOLD OUT

Ingredients subject to change. Please ask if you have allergies

Menu Week of October 9th (Oct 9th - Oct 14th)

Pulled Pork Dinner (GF) \$10.99

Mac'n'Cheese & Veggies

657 calories, 22.4 fat, 416 sodium, 32.8 carb, 46.6 carb

Ingredients: pork, chickpea pasta, cheddar cheese mixture, cream, veggies, clean eats seasonings, corn starch, organic cane sugar, olive oil, (pickled vinaigrette)

Southwest Chicken GF \$10.99

queso fresco, pickled onion, cilantro, corn, black beans, house salsa

548 calories, 8.6 fat, 215 sodium, 50.4 carb, 48.7 protein

Ingredients: chicken, house salsa, pickled onion, cilantro, queso fresco, black beans, brown rice, clean eats seasonings

Vegan Southwest Tofu (GF) \$10.99

Ingredients: tofu, house salsa, pickled onion, cilantro, queso fresco, black beans, brown rice, clean eats seasonings

Bahn Mi Chicken GF \$10.99

Pickled Carrots, cilantro, chicken breast, brown rice

489 calories, 9.3 fat, 162 sodium, 44.2 carb, 43.1 protein

Ingredients: chicken, chili aioli, brown rice, carrots, olive oil, shredded carrots, pickled onion, clean eats seasonings

Vegan Chili El Carne: \$11.99

Vegan chilli served over brown rice

439 calories, 6.5 fat, 312 sodium, 68.1 carb, 25.3 protein

Ingredients: beyond meat, beans, tomato, celery, carrots, onions, brown rice, clean eats special seasonings

Greek Gyro Steak Bowl: \$11.99

Marinated Steak Bites, Cucumber & Tomato Salad, Quinoa, Feta, House Tzatziki

511 calories, 11.2 fat, 82 sodium, 30.6 carb, 38.5 protein

Ingredients: steak, quinoa, peppers, onions, tomatoes, mushrooms, clean eats special seasonings, house-made dill sauce

Wednesday October 13th

BURGERS Served 11:30 am until 2 or SOLD OUT

Ingredients subject to change. Please ask if you have allergies