

Menu Weeks of October 9th, 16th, 23rd

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)(VG)(DF)(V) \$10.99

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

Bahn Mi Chicken (GF)(DF) \$10.99

Pickled Carrots, cilantro, chicken breast, quinoa

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

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

Vegan Chili El CarneGF)(VG)(DF)(V) \$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 (GF) \$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 - TACOS

Served 11:30 am - 2 pm or until SOLD OUT

Ingredients subject to change. Please ask if you have allergies

Menu Week of October 16th (Oct 16th - Oct 22nd)

Butternut Squash Lasagna (GF)(VG) \$10.99

House Roasted Butternut Squash Bechamel/GF Noodles/Ricotta/Mozz

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

Chili Crunch Chicken -(GF)(DF) \$10.99

House Chili Crunch/Marinated Chicken Breast/ Roasted Garlic Fried Rice/Pickled Onion

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

Chili Crunch Chickpeas GF)(VG)(DF)(V) \$10.99

House Chili Crunch/Garbanzo Beans/Aioli/Roasted Garlic Fried Rice/Veggie

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

Vegan Eggroll in a Bowl GF)(VG)(DF)(V) \$11.99

Beyond Meat/Shredded Napa Cabbage/House Aioli/Brown Rice

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

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

Blackened Mahi - (GF) \$11.99

Cilantro Lime Quinoa/Corn/Black Beans/House Salsa Verde

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

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

Egg Roll Bowl (GF)(DF) \$10.99

Ground Turkey/Shredded Napa Cabbage/House Aioli/Brown Rice

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

Wednesday October 13th-- BURGERS

Served 11:30 am - 2 pm or until SOLD OUT

Ingredients subject to change. Please ask if you have allergies

Menu Week of October 23rd (Oct 23rd - Oct 28th)

Lentil Shepherd's Pie -GF)(VG)(DF)(V) Lentils/Flax/Vegan Mash/Celery Carrots
Onion/Vegan Gravy/Seasonal Vegetable

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

Teriyaki Mushrooms GF)(VG)(DF)(V)- House Teriyaki/Mushrooms/Onion/Shredded
Carrots/Seasoned Quinoa/Cucumbers

Teriyaki Chicken Bites - House Teriyaki/Marinated Chicken/Onion/Shredded
Carrots/Quinoa/Cucumbers

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

Tajin Steak Fajita Bowl - Tajin Marinated Steak/Brown Rice/Sauteed Peppers and
Onions/Roasted Garlic Herb Sour Cream

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

Ingredients: steak, mashed potatoes, clean eats kitchen special seasonings

Moroccan Chicken Thighs & Lentils - Marinated Chicken Thighs/Curried
Lentils/Seasonal Vegetable/Cran Raisins/Almond Slices

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

Ingredients: chicken, potatoes, celery, carrots, onion, cream, clean eats special
seasonings, pickled onion

Honey Garlic Salmon - Roasted Salmon/Seasonal Vegetable/Brown Rice

Wednesday October 20th-- TACOS

Served 11:30 am - 2 pm or until SOLD OUT

Ingredients subject to change. Please ask if you have allergies