GRAB & GO

Energize your team

Mediterranean Bowl $22.25

BASE:
barley with cherry tomato, cucumber, crispy lentils, mint, parsley, pickled red onion, and greek dressing with feta cheese NNI V

PROTEIN *Choose from*:
Lebanese Grilled Chicken
marinated with garlic & yogurt NNI

Grilled Steak
with oregano and middle eastern spices NNI GFI DFI

Grilled Salmon
with oregano and middleeastern spices NNI GFI DFI

Falafel *(4)* NNI GFI DFI

Asian Bowl $22.25

BASE:
Chow mein noodles, peppers, carrots, cabbage, bean sprouts, mango and sesame seed dressing topped with sesame seeds. NNI DFI V

PROTEIN *Choose from*:
Teriyaki Grilled Chicken NNI DFI

Teriyaki Grilled Steak NNI DFI

Teriyaki Grilled Salmon NNI DFI

Teriyaki Grilled Tofu Steak NNI GFI DFI

Mexican Bowl $22.25

BASE:
Brown rice and quinoa with green onions, cherry tomatoes, black beans, sweet potato, pickled red onion, and chipotle dressing NNI GFI DFI

PROTEIN *Choose from*:
Adobo Grilled Chicken
with Mexican adobo and spices NNI GFI DFI

Adobo Grilled Steak
with Mexican adobo and spices NNI GFI DFI

Adobo Grilled Salmon
with Mexican adobo and spices NNI GFI DFI

Adobo Grilled Tofu
with Mexican adobo and spices NNI GFI DFI



Power Bowl $21.00

Energize your team! / Minimum 25 orders

1.SALAD INCLUDES:
rainbow quinoa with corn, roasted chickpeas or lentils, cucumber and tomatoes, watermelon radish dressed with miso dressing

2.PASTA / NOODLES:
Zucchini and carrot or beet

3.PROTEIN:
Choose from: orange salmon, striploin, grilled chicken, tofu or falafels NNI GFI

Lunch Box $19.75

Boxed individually

YOUR CHOICE OF:
1 Sandwich, 1 Salad, 1 Cookie, 1 Pop OR Water.

Cobb Salad NNI GFI

Sliced grilled chicken, bacon, romaine lettuce, avocado, hard-boiled eggs, tomatoes, crumbled blue cheese and sesame seed dressing

Snack: $8.95 | Regular: $19.75

Nicoise Salad NNI V

Seared ahi tuna, red potatoes, leafy greens, green beans, black olives, hard-boiled eggs, tomatoes, dijon dressing

Snack: $8.95 | Regular: $19.75