burritos & bowls

CHEF CREATED

spicy korean  590-750 cal
Sweet and spicy Korean BBQ sauce, lettuce, cucumber, Asian slaw, egg, black sesame seeds, cilantro lime rice

cajun  520-710 cal
Cajun ranch dressing, red beans, grilled peppers and onions, fresh tomatoes, lettuce, brown rice

classic hummus  650-850 cal
Hummus, spinach, cucumber, feta, romaine, tomatoes, garlic Tahini sauce, brown rice

kc bbq  680-830 cal
Sweet Baby Ray's® BBQ sauce, bacon, corn, fresh tomatoes, cheddar-jack, red onion, lettuce, cilantro lime rice

mexican  760-910 cal
Organic black beans, salsa, corn, red onion, fresh pico de gallo, cheddar-jack, lettuce, chipotle ranch dressing, cilantro lime rice

power protein  610-780 cal
22-28g Organic black beans, red beans, egg, bacon, fresh tomatoes, cheddar-jack, lettuce, buffalo ranch, brown rice

buffalo  640-770 cal
Spicy buffalo ranch dressing, bacon, Gorgonzola, fresh tomatoes, carrots, lettuce, cilantro lime rice

CRAFT YOUR OWN

1 choose BURRITO or BOWL

2 choose Chicken*, Pork, or Beef  adds 60/140/100 cal

3 select unlimited fresh ingredients  2-79 cal

Chicken* or Pork  Beef  Veggie

Burrito or Bowl  6.99  6.99  6.99
Add Guacamole  adds 100 cal
Add Queso  adds 160 cal

2,000 calories a day used for general nutrition advice, but calorie needs vary. Additional nutritional information is available upon request.
<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>quesadillas</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Served with salsa and sour cream on the side</td>
<td></td>
<td></td>
</tr>
<tr>
<td>classic cheese</td>
<td>$6.49</td>
<td>790 cal</td>
</tr>
<tr>
<td>Crisp tortilla, cheddar-jack</td>
<td></td>
<td></td>
</tr>
<tr>
<td>cheese plus 3</td>
<td>$6.99</td>
<td>790-907 cal</td>
</tr>
<tr>
<td>Crisp tortilla, cheddar-jack &amp; up to 3 fresh ingredients</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Add Chicken* or Pork</td>
<td>$1.69</td>
<td>60/140 cal</td>
</tr>
<tr>
<td>Add Beef</td>
<td>$1.69</td>
<td>100 cal</td>
</tr>
<tr>
<td><strong>EXTRAS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>guacamole, salsa or sour cream</td>
<td>$1.49</td>
<td></td>
</tr>
<tr>
<td>adds 100/25/120 cal</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>salads</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>southwest</td>
<td>$7.69</td>
<td>470 cal</td>
</tr>
<tr>
<td>Chicken*, romaine, cheddar-jack, guacamole, corn, pico de gallo, organic black beans, chipotle ranch dressing</td>
<td></td>
<td></td>
</tr>
<tr>
<td>market strawberry</td>
<td>$6.99</td>
<td>320 cal</td>
</tr>
<tr>
<td>Fresh strawberries, romaine, oranges, dried cranberries, feta, pecans, strawberry vinaigrette</td>
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<td></td>
</tr>
<tr>
<td>caesar</td>
<td>$6.99</td>
<td>440 cal</td>
</tr>
<tr>
<td>Chicken*, romaine, parmesan, tomatoes, classic Caesar dressing</td>
<td></td>
<td></td>
</tr>
<tr>
<td>buffalo chicken</td>
<td>$6.99</td>
<td>410 cal</td>
</tr>
<tr>
<td>Chicken*, romaine, bacon, carrots, tomatoes, parmesan, Gorgonzola, buffalo ranch dressing</td>
<td></td>
<td></td>
</tr>
<tr>
<td>greek</td>
<td>$6.99</td>
<td>360 cal</td>
</tr>
<tr>
<td>Romaine, roasted red peppers, olives, tomatoes, cucumber, feta, red onion, Athenian Greek dressing</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>CRAFT YOUR OWN</strong></td>
<td>$7.49</td>
<td></td>
</tr>
<tr>
<td>Add Chicken* or Pork</td>
<td>$1.69</td>
<td>60/140 cal</td>
</tr>
<tr>
<td>Add Beef</td>
<td>$1.69</td>
<td>100 cal</td>
</tr>
</tbody>
</table>

*ANTIBIOTIC-FREE CHICKEN
STREET
tacos
6.99
2 tacos with chips & salsa

santa fe  190 cal ea
Chicken*, beef, pickled jalapenos, salsa, cilantro, lettuce, queso blanco, pico de gallo

southern comfort  230 cal ea
Pulled pork, bacon, lettuce, tomatoes, cheddar-jack, Sweet Baby Ray’s® BBQ sauce

buffalo chicken  260 cal ea
Chicken*, bacon, cheddar-jack, carrots, lettuce, buffalo ranch dressing

chicken con queso 260 cal ea
Chicken*, queso blanco, pickled jalapenos, salsa, lettuce, cheddar-jack

bourbon street  270 cal ea
Chicken*, red beans, grilled peppers & onions, pickled jalapenos, lettuce, provolone, spicy Cajun ranch

GLOBALLY INSPIRED
nachos
6.99

old south bbq  920 cal
Chicken*, corn, tomatoes, pickled jalapenos, Sweet Baby Ray’s® BBQ sauce, queso blanco, cheddar-jack, cilantro

tex mex  790 cal
Chicken*, organic black beans, corn, peppers & onions, salsa, pickled jalapenos, cheddar-jack, queso blanco, cilantro

spartichoke  860 cal
Spinach artichoke dip, tomatoes, provolone, parmesan

gameday  980 cal
Chili and beans, queso blanco, scallions, tomatoes, cheddar-jack, cilantro

south philly  800 cal
Beef, peppers & onions, queso blanco, provolone, pickled jalapenos

*ANTIBIOTIC-FREE CHICKEN
Includes one free booster

**jamaican jammer™**
270-470 cal
Strawberries and bananas blended with fat-free Greek yogurt & booster

**peach on the beach™**
240-420 cal
Peaches, strawberries and mango blended with orange sherbet & booster

**orange sunrise™**
250-470 cal
Orange sherbet blended with pineapple, strawberries, bananas & booster

**purple reign™**
270-480 cal
Blueberries blended with pom-raspberry sorbet, strawberries & booster

**bangin’ berry™**
300-540 cal
Blueberries and bananas blended with pom-raspberry sorbet & booster

**HIGH-PERFORMANCE**

4.29 5.29 6.29
SM RG LG

**oh kale!™** 260-460 cal
Delivers over 1½ servings of greens!
Organic Kale, spinach & 14 greens blended with mango, pineapple & mango sorbet

**super red™** 270-440 cal
Delivers over 2½ servings of fruits & veggies!
Apples, strawberries, pineapple blended with orange sherbet & 4 organic veggies

**peanut butter protein™** 410-740 cal
Peanut butter, bananas, chocolate & fat-free Greek yogurt blended with muscle-building protein

**açai energy bowl™** 510 cal
Organic açai blended with fruit sorbet, strawberries, bananas and topped with strawberries, blueberries, granola and honey drizzle

**Boosters**
- Protein Powder  adds 40 cal
- Mega Energy adds 5 cal

**cookie dough**
440-820 cal
Greek yogurt blended with gluten-free chocolate chip cookie dough & booster

* Make Any Above “Light” 1/3 Less Calories!

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