

WRAPS/BOWLS

SOUTHWESTERN CHIPOTLE 🌶️🌶️ \$14.99

Chicken, brown rice, black beans, corn, peppers, cheddar cheese, chipotle sauce, and low fat ranch

Wrap: 754 calories 78g carbs, 26g fat, 52g protein

Bowl: 713 calories, 74g carbs, 24g fat, 51g protein

CALIFORNIA \$14.99

Chicken, brown rice, cucumber, avocado, pesto, and low fat mayo

Wrap: 836 calories 62g carbs, 48g fat, 39g protein

Bowl: 800 calories, 58g carbs, 46g fat, 38g protein

TASTE OF THAI 🌶️🌶️ \$14.99

Chicken, brown rice, chicken bacon, tomato, peanut butter, and sweet chili sauce

Wrap: 702 calories 78g carbs, 22g fat, 48g protein

Bowl: 664 calories, 74g carbs, 20g fat, 47g protein

THE JERK 🌶️🌶️🌶️ \$14.99

Chicken, brown rice, peppers, corn, jerk sauce, low fat mayo, and avocado

Wrap: 647 calories 71g carbs, 19g fat, 48g protein

Bowl: 604 calories, 67g carbs, 17g fat, 47g protein

TERIYAKI \$14.99

Chicken, brown rice, cucumber, peppers, shredded carrots, cheddar cheese, and teriyaki sauce

Wrap: 571 calories 72g carbs, 11g fat, 46g protein

Bowl: 535 calories, 68g carbs, 9g fat, 45g protein

RUN FOR THE BORDER \$14.99

Chicken, brown rice, peppers, black beans, cheddar cheese, salsa, and low fat ranch

Wrap: 685 calories, 72g carbs, 21g fat, 52g protein

Bowl: 642 calories, 68g carbs, 19g fat, 50g protein

CLUBHOUSE 🌶️🌶️ \$14.99

Chicken, brown rice, chicken bacon, tomato, avocado, sweet chili sauce, and low fat mayo

Wrap: 632 calories, 72g carbs, 20g, 41g protein

Bowl: 594 calories, 68g carbs, 18g fat, 40g protein

TUNA 🌶️🌶️ \$14.99

Tuna, brown rice, onions, peppers, shredded carrots, sweet chili sauce, low fat mayo

Wrap: 637 calories , 74g carbs, 17g fat, 47g protein

Bowl: 599 calories, 70g carbs, 15g fat, 46g protein

CLASSIC BREAKFAST 🌶️🌶️ \$14.99

Scrambled eggs, brown rice, chicken bacon, avocado, corn, black beans, peppers, cheddar cheese, chipotle sauce, and low fat mayo

Wrap: 874 calories, 83g carbs, 42g fat, 41g protein

Bowl: 836 calories , 79g carbs, 40g fat, 40g protein

WRAPS/BOWLS

BEEF BURGER 🌶️🌶️ \$16.99

Organic beef patty, brown rice, tomato, onions, black beans, corn, chipotle sauce, and low fat mayo

Wrap: 655 calories, 56g carbs, 35g fat, 30g protein

Bowl: 670 calories, 60g carbs, 37g fat, 31g protein

MEAT LOVERS BREAKFAST 🌶️🌶️ \$17.99

Eggs, brown rice, chicken bacon, beef patty, peppers, onions, corn, beans, chipotle sauce, and mayo

Wrap: 999 calories, 79g carbs, 51g fat, 56g protein

Bowl: 961 calories, 75g carbs, 49g fat, 55g protein

BEYOND MEAT 🌿 🌶️🌶️ \$16.99

Beyond meat patty, brown rice, onions, black beans, corn, tomato, chipotle sauce, and low fat mayo

Wrap: 743 calories 68g carbs, 39g fat, 30g protein

Bowl: 705 calories 64g carbs, 37g fat, 29g protein




VEGETARIAN 🌿 \$13.99


Brown rice, black beans, any 3 veggies, and your choice of any 2 sauces

CREATE YOUR BREAKFAST \$14.99


Scrambled eggs, brown rice, chicken bacon, your choice of 3 veggies, and any 2 sauces




Vegetarian



Mild



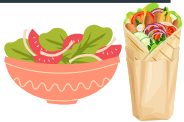
Medium



Hot

CREATE YOUR OWN

CHOOSE A BOWL OR WRAP \$14.99



STEP 1: CHOOSE 1 PROTEIN

Chicken

Beef +\$2

Tuna

Beyond meat patty +\$2

Black beans

STEP 2: CHOOSE 3 VEGGIES



Cucumber



Peppers



Black beans.



Corn



Tomatoes



Onions



Broccoli



Shredded carrots



Half Avocado



STEP 3: CHOOSE 2 SAUCES (Extra Sauce \$1.00)

Chipotle

Pesto

Sweet chili

Teriyaki

Jerk

Low fat ranch

Low fat mayo

Frank's hot sauce

Siracha

Salsa



EXTRAS

Shredded Cheese \$1.99



Half Avocado \$2.99



Peanut Butter \$1.00



Chicken \$4.99



Chicken bacon \$1.00



Tuna \$3.99



Beef patty (6oz) \$4.99



Beyond meat patty \$4.99



SMOOTHIES \$9.99

GREEN WITH ENVY

Unsweetend almond milk, frozen spinach, sliced almonds, vanilla whey protein, banana, honey, and ice
372 calories, 40g carbs, 13g fat, 33g protein

GREEN COLADA

Unsweetened almond milk, orange juice, vanilla whey protein, coconut, pineapple, spinach, and ice
430 calories, 46g carbs, 14g fat, 30g protein

THE PERFECT MATCHA

Unsweetened vanilla almond milk, banana, matcha powder, french vanilla stevia, vanilla whey protein, and ice
253 calories, 23g carbs, 5g fat, 29g protein

CHUNKY MONKEY

Unsweetened chocolate almond milk, chocolate whey protein, natural peanut butter, banana, and ice
372 calories, 22g carbs, 20g fat, 37g protein

COOKIE MONSTER

Unsweetened chocolate almond milk, Oreos, frozen yogurt, and vanilla whey protein, and ice
472 calories, 57g carbs, 15g fat, 34g protein

CINNAMON BUN

Unsweetened almond milk, cinnamon, frozen yogurt, almond butter, and vanilla whey protein, and ice
519 calories, 38g carbs, 25g fat, 40g protein

ANTIOXIDANT

Unsweetened almond milk, blueberries, banana, vanilla whey protein, and ice
460 calories, 36g carbs, 5.5g fat, 30g protein

FOUR BERRY BLAST

Unsweetened almond milk, strawberry, blackberry, raspberry, blueberry, and vanilla whey protein
252 calories, 28g carbs, 5g fat, 30g protein

ORANGE CREAMSICLE

Unsweetened Almond Milk, Orange juice, frozen yogurt, and vanilla whey protein
325 calories, 30g carbs, 3g fat, 30g protein

MANGO TROPICS

Unsweetend almond milk, vanilla whey protein, mango, and mango puree
282 calories, 37g carbs, 5.5g fat, 30g protein

JAVA ALMOND MOCHA

Unsweetened chocolate almond milk, instant coffee, sliced almonds, chocolate whey protein, frozen yogurt, and ice
460 calories, 38g carbs, 21g fat, 38g protein

UPGRADE TO ISOLATE/ VEGAN PROTEIN FOR \$0.75

EXTRA SCOOP OF WHEY/ISOLATE/VEGAN PROTEIN \$2.50

SUBSTITUTE ALMOND MILK FOR OAT OR COCONUT MILK *FREE*

PEACH DREAM

Unsweetened almond milk, frozen yogurt peach apricot and pear purée, and vanilla whey protein
252 calories, 29g carbs, 5.5g fat, 30g protein

PINA COLADA

Unsweetened almond milk, vanilla whey protein, coconut, pineapple, and banana
318 calories, 34g carbs, 10g fat, 30g protein

HURRICANE

Unsweetened almond milk, vanilla whey protein, strawberries, and banana
241 calories, 26g carbs, 5.5g fat, 30g protein

THE GIRL GUIDE COOKIE

Unsweetened Chocolate Almond Milk, Oreo Cookies, Mint Extract, Frozen Yogurt, Chocolate Whey protein, and ice
472 calories, 57g carbs, 15g fat, 34g protein

ADD ONS +\$1

SUPPLEMENTS

Glutamine
BCAA'S
Creatine
L-carnitine
Carb powder
Green tea extract
Garcinia cambogia
MCT oil
Caffeine tablet
Citrulline malate
Marine collagen
Greens
Phytoberry
Tumeric
Fibre
Maca

EXTRAS

Frozen fruit
Spinach
Peanut butter
Almond butter
Shredded coconut
Sliced almonds
Frozen yogurt
Matcha
Oreo cookie
Udo's oil
Instant coffee
Powdered peanut butter
Stevia extract
Dates

SINGLE SERVINGS

PRE WORKOUT \$4.00
BCAA'S \$4.00
PROTEIN \$4.00

PREMIUM SMOOTHIES \$10.99

THE PB & J

Unsweetened almond milk, natural peanut butter, strawberries, banana, and vanilla whey protein
392 calories, 31.5g carbs, 19g fat, 36g protein

COLD BREW ALMOND MOCHA

Cold brew coffee, chocolate almond milk, almond butter, frozen yogurt, dates and chocolate whey protein
544 calories, 59g carbs, 21g fat, 38g protein

MINT MADNESS

Unsweetened chocolate almond milk, dates, almond butter, peppermint extract, banana, and chocolate whey protein
596 calories, 60.5g carbs, 26g fat, 40g protein

ALMOND BLISS

Unsweetened almond milk, dates, almond butter, banana, and vanilla whey protein
452 calories, 43g carbs, 20g fat, 36g protein

THE SKINNY PB & J

Unsweetened almond milk, strawberries, banana, nutri nut powdered peanut butter, and vanilla whey protein isolate
320 calories, 32g carbs, 7g fat, 37g protein

THE SKINNY MONKEY

Unsweetened chocolate almond milk, banana, nutri nut powdered peanut butter, dark chocolate stevia extract, and chocolate whey protein isolate
273 calories, 21g carbs, 6g fat, 35g protein

THE SKINNY MOCHA

Cold brew coffee, unsweetened chocolate almond milk, banana, dark chocolate stevia extract, and chocolate whey protein isolate
210 calories, 15g carbs, 4.5g fat, 29g protein

