

MENU



THE MAIN COURSE

Quinoa with Grilled Chicken Breast and roasted Vegetables

*Tender Chicken Breast | Wholesome Quinoa
and medley of roasted vegetable
35g Protein*

\$15.99

White Rice with Salmon, Sweet Potatoes and Asparagus

*Succulent salmon fillet, kissed with zesty lemon, golden
sweet potatoes and tender asparagus spears
35g Protein*

\$15.99

Whole Wheat Pasta with Turkey Meatballs and Broccoli

*Handcrafted turkey meatballs, whole wheat
pasta and steamed broccoli
35g Protein*

\$15.99

Wild Rice Vegetable Stir-Fry with Tofu

*Miso marinated tofu with vibrant stir-fried vegetables over
nutty wild rice
20g Protein*

\$15.99

Egg Muffins with Spinach and Feta

*Savory muffins, scrambled eggs, spinach leaves and crumbled feta
cheese
15g Protein*

\$11.00

DESSERT

Greek Yogurt Parfait

*Greek Yogurt, mixed berries, crunchy almond silvers
15g Protein*

\$8.00

Toast with Bananas and Almond Butter

*Just as it sounds
15g Protein*

\$6.00

DIET MENU



PALEO DIET

Grilled Lemon Herb W/ Roasted Vegetables

*Seasoned grilled chicken breast w/ a
marinade of lemon, herbs and olive oil*

\$17.99

Cauliflower Rice Stir Fry W/ Shrimp

*Cauliflower rice stir-fried with veggies and tossed with
shrimp*

\$14.99

Beef and Vegetables skewers w/ Chimichurri Sauce

*Marinated beef cubes, cherry tomatoes, bell
peppers and onions*

\$16.99

KETO DIET

Bacon-Wrapped Stuffed Chicken Breast

*Chicken breast stuffed with a mixture of
cream cheese, spinach and garlic*

\$18.99

Zucchini Noodles w/ Pesto and Grilled Shrimp

Zucchini noodles sauteed in olive oil and garlic til tender

\$15.99

Keto- Friendly Cauliflower Crust Pizza

*Cauliflower crust made with riced
cauliflower, almond flour and eggs. Topped
with sugar-free marinara sauce, mozzarella,
pepperoni, bell peppers and mushrooms*

\$17.99

MENU



BUILD YOUR OWN

GRAINS

White Rice, Wild Rice or Quinoa

\$19.99

GREENS

Spinach or Arugula

2 scoops of grains / 1 grain and 1 green / 2 scoops of either

PASTA

Whole Grain Pasta

PROTEINS

Roasted Chicken, Blacken Chicken,
Salmon, Steak, Turkey Meatball, Hot
Sweet Potatoes, Miso Tofu

1 Protein / \$4 each extra

TOPPINGS

Asparagus, Broccoli, Egg, Bells
Peppers, Zucchini, Tomatoes,
Avocado

2 toppings / .50 each extra

CHEESE

Shaved Parm, Pepper Jack, American,
Feta

\$3 each extra

DRESSINGS

Spicy Cashew

Pesto

Hot Honey Mustard

Green Goddess Ranch

Cilantro Lime Vinaigrette

Salt/Pepper

MENU



SMOOTHIES

Strawberry Bliss
Almond Delight
Peanut Butter Cup Shake
Summer Paradise
Kaling My Vibe
Green Goddess
Tropical Passion
Island Blast
Peach Mango Bliss
Strawberry Kiwi

ADD INS

Ginger
Potassium
Electrolytes
Protein Powder (Vanilla, Chocolate, No Flavor)
Magnesium

SHOTS

Probiotic
Prebiotic