breakfast pockets
Available from 8am - 10:30am daily  3.89

Bacon, Egg & Cheese  390 cal
Bacon, scrambled egg & cheddar-jack wrapped in a warm tortilla

Sausage, Egg & Cheese  450 cal
Sausage, scrambled egg & cheddar-jack wrapped in a warm tortilla

Southwest  280 cal
Scrambled egg, crispy bacon, black beans, salsa wrapped in a warm tortilla

Florentine  300 cal
Spinach, scrambled eggs, red peppers, provolone wrapped in a warm tortilla

breakfast sandwiches
3.89

Classic  500 cal
Egg, bacon, cheddar-jack on toasted sourdough

Sausage  490 cal
Sausage, egg, cheddar-jack on toasted sourdough

smoothies
SM 4.89  RG 5.99  LG 6.99

CLASSIC BLENDS

WILD STRAWBERRY™  V
Strawberries, kiwi-lime
240 - 450

CARIBBEAN CRAZE™  V
Bananas, strawberries
230 - 440

MAUI MANGO™  V
Mango, strawberries, bananas
280 - 560

TROPICAL THERAPY™  V
Pineapple, kiwi-lime, coconut
320 - 570

MANGO ME CRAZY™  V
Mango, pineapple
250 - 460

BANGIN’ BERRY™  V
Pomegranate, raspberries, blueberries, bananas
260 - 490

AÇAI ENERGY™
Organic Açai, strawberries, bananas, blueberries, granola
310 - 590

DAIRY BLENDS

ORANGE SUNRISE™  D
Pineapple, strawberries, bananas, orange
250 - 480

PEACH ON THE BEACH™  D
Peaches, strawberries, mango, orange
260 - 500

BANANA BERRY™  D
Strawberries, bananas, yogurt
260 - 480

AÇAI BOWLS  7.99

AÇAI BANANA BERRY™  580 cal
Blend: Organic açai, bananas, strawberries, blueberries
Topping: Granola, strawberries, bananas, honey

AÇAI PEANUT BUTTER™  640 cal
Blend: Organic açai, bananas, strawberries, peanut butter
Topping: Granola, strawberries, bananas

PURPOSE BLENDS

GOIN’ GREEN™  V
Kale, spinach, mango, pineapple
230 - 420

SUPER C
IMMUNE SUPPORT™  D
Strawberries, pineapple, bananas, orange, immunity boost
260 - 500

BERRY BURN™  V
Strawberries, bananas, metabolizer boost
230 - 440

SUPER FUEL™  D
Orange, pineapple, strawberries, apples, 4 organic veggies
230 - 400

PB PROTEIN™  D
Peanut butter, bananas, cocoa, yogurt, plant protein
420 - 770

BOOSTS .99 ea.
35 cal
(500 mg C) 5 cal

*Based on RG size serving.
**Rice Bowls**

**Thai Chicken** 550 cal
- Asian Thai dressing, chicken*, lettuce, carrots, cabbage, cucumber, black sesame seeds, white rice

**Frito Grande** 690 cal
- Chicken*, Fritos® corn chips, refried beans, queso, lettuce, corn, chipotle sauce, white rice

**Meatless Mexican** 710 cal
- Quorn™ Meatless chicken, black beans, salsa, corn, red onion, cheddar-jack, lettuce, chipotle ranch, white rice

**KC BBQ** 620 cal
- Sweet Baby Ray’s® BBQ sauce, chicken*, bacon, corn, lettuce, cheddar-jack, red onion, tomatoes, white rice

**Baja Queso** 680 cal
- Chicken*, queso blanco, corn, salsa, lettuce, chipotle ranch, white rice

**Buffalo** 590 cal
- Spicy buffalo ranch, chicken*, bacon, Gorgonzola, tomatoes, carrots, lettuce, white rice

**Mexican** 690 cal
- Chicken*, black beans, salsa, corn, red onion, cheddar-jack, lettuce, chipotle ranch, white rice

**Power Protein** 720 cal 38g
- Black beans, chicken*, egg, bacon, cheddar-jack, lettuce, buffalo ranch, brown rice & quinoa blend

- *NO Antibiotics EVER!*  
- **VEGETARIAN**

**Substitute Quorn™ Meatless Chicken (10 cal)**

**Add Queso** 1.09

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**Artisan Melts**

- **Mom’s Grilled Cheese** 1160 cal
- Signature cheese blend melted on sourdough. Served with creamy tomato soup dipper.

- **Grilled Cheese & Bacon** 1220 cal
- Crispy bacon and our signature cheese blend on sourdough. Served with creamy tomato soup dipper.

- **Chef Created** 7.89

- **Chicken Bacon Ranch** 1070 cal
- Chicken*, bacon, signature cheese blend, ranch dressing on sourdough

- **Chicken Caprese** 940 cal
- Chicken*, spinach, signature cheese blend, tomatoes and basil balsamic on sourdough

- **Buffalo Chicken** 1020 cal
- Chicken*, bacon, signature cheese blend, buffalo ranch dressing on sourdough

- **Add a Tomato Soup dipper** 1.19

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**Salads**

- **Roadhouse BBQ Chicken** 420 cal
- Romaine, chicken*, corn, tomatoes, onions, cheddar-jack, Roadhouse BBQ ranch dressing

- **SW Chipotle Chicken** 570 cal
- Romaine, chicken*, corn, black beans, onions, tomatoes, cheddar-jack, salsa, crisps with chipotle ranch dressing

- **Chicken Avocado Cobb** 600 cal
- Romaine, chicken*, tomato, bacon, cheddar-jack, parmesan, egg, avocado lime ranch dressing

- **Buffalo Chicken** 480 cal
- Romaine, chicken*, tomatoes, bacon, cheddar-jack, Gorgonzola, buffalo ranch dressing

- **Chicken Caesar** 510 cal
- Romaine, chicken*, tomatoes, parmesan, Caesar dressing

- **Strawberry & Kale** 470 cal
- Romaine, kale, chicken*, strawberries, apples, dried cranberries, Gorgonzola, pecans, strawberry vinaigrette

- *NO Antibiotics EVER!  
- **VEGETARIAN**

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**Grilled Flatbreads**

- **Chipotle Chicken Club** 670 cal 7.59
- Chicken*, tomatoes, romaine, provolone, bacon, chipotle ranch dressing

- **BBQ Bacon Chicken** 660 cal
- Chicken*, bacon, romaine, cheddar-jack, Sweet Baby Ray’s® BBQ sauce

- **Pesto Chicken** 600 cal
- Chicken*, provolone, red peppers, fresh baby spinach, pesto

- **Santa Fe** 720 cal
- Chicken*, black beans, cheddar-jack, romaine, salsa, chipotle ranch dressing

- **Nashville Hot Chicken** 580 cal
- Chicken*, provolone, bacon, slaw, pickle slices, scratch-made Nashville hot sauce

- *NO Antibiotics EVER!  
- **VEGETARIAN**