

WRAPS

Whole Wheat Wrap

Buffalo Boot Camp

Hot sauce tossed chicken breast, ranch Greek yogurt, leaf lettuce, tomato and a lite crumble of blue cheese

480 Calories

Protein Flip

Hummus, pico de gallo, fresh basil, cheddar cheese and lettuce

600 Calories

Lean Press

Thin sliced turkey breast, pepperjack cheese, leaf lettuce, pico de gallo and chipotle greek yogurt

500 Calories

The Olympian

Grilled chicken breast, fresh mozzarella, fresh oregano, lettuce, tomato, balsamic drizzle and Greek Goddess yogurt

500 Calories

Superfood

Organic peanut butter, slice banana, organic chia seeds, granola, almonds and dried cranberries

760 Calories

\$5.00

Free Hearty **Greens**

Substitute lettuce with **KALE** on any Wrap!

FLAT BREAD SETS

Whole Grain Bread

1 REP

Grilled chicken breast, ranch Greek yogurt, crispy bacon and mozzarella cheese

590 Calories

3 REPS

Fresh mozzarella, garlic infused olive oil, tomato, balsamic drizzle and fresh basil

580 Calories

2 REPS

Hummus, pepperjack cheese, fresh pico de gallo and a squeeze of lime

610 Calories

4 REPS

Sauteed mushroom, fresh kale, caramelized onions, mozzarella cheese and fresh oregano

540 Calories

Add Protein

Chicken, Turkey or Hummus

\$1.49

5 REPS

Grilled chicken breast, BBQ Sauce, cheddar cheese and caramelized onions

690 Calories

\$6.00

SMOOTHIES & COLD BREW

All Natural Yogurt & Fruit Smoothies

270-510 Calories

Strawberry, Mixed Berry, Mango & Peach

Gratifying Greens Spinach, Pear, Kiwi, Melon & Apple

Sunshine Blend Carrot, Pear, Orange & Mango

Peanut Butter, Banana & Chocolate

Peanut Butter Banana

Peanut Butter Chocolate

Cold Brew

0-300 Calories

Frozen Latte

Cinnamon Vanilla Hazelnut Caramel White Chocolate
Mocha Sugar Free

Iced Coffee

Cinnamon Vanilla Hazelnut Caramel Mocha Sugar Free

Frozen Hot Chocolate

Cold Brew Coffee

Cinnamon Vanilla Hazelnut Caramel Mocha

Take Home Growler of Cold Brew

\$11.99

Add Protein
\$1.00

\$5.00



CHOICE OF ANY

Smoothie Flat Bread Wrap