

Family-Style

BUILD-YOUR-OWN-BOWL BAR

1 PROTEIN 179
 4 SIDES SERVES 12
 2 SAUCES

WRAP PLATTER

Your choice of up to 4 wraps, cut into 24 halves.
 165
 Serves 12

SALAD

Your choice of salad.
 72
 Serves 8

SOUP

Your choice of soup.
 74
 Serves 15

SIDE

Your choice of side.
 49
 Serves 10

A-La-Carte

INDIVIDUAL MEALS CAN BE ORDERED FOR ALL ITEMS

Soups

Broccoli Cheddar GF

Fresh Broccoli, Carrots, Garlic, Cheddar, Creamy Broth, Freshly-Grated Cheddar **6.99**

Potato GF

Roasted Potatoes, Chopped Bacon, Green Onions, Creamy Broth, Freshly-Grated Cheddar **6.99**

Chicken Noodle

Cavatapi Pasta, Hand-Pulled Chicken Breast, Light Chicken Broth, Garlic, Carrot, Celery, Yellow Onion, Thyme, Parsley, Rosemary, Oregano **6.99**

Seasonal Soup

Ask about our current seasonal soup

Chili GF

Grass-Fed Angus Beef, Imported Italian Tomatoes, Kidney Beans, Green Pepper, Onion, House Blend of Spices, Freshly-Grated Cheddar **7.99**

Bowls

Build-A-Bowl

Your choice of three sides, one protein, and one sauce. **14.99**

Wraps

Southwest Chicken

Grilled ABF Chicken, Romaine, Spring Mix, Black Bean, Corn, Green Pepper, Tomato, Cheddar, Tortilla Strip, Avocado Ranch **8.99**

Chicken Caesar

Grilled ABF Chicken, Romaine, Baby Kale, Chopped Egg, Bacon, Sunflower Seed, Dried Cranberry, Shaved Parmesan, Caesar Dressing **8.99**

Thai Shrimp

Shrimp, Romaine, Baby Spinach, Bell Pepper, Carrot, Green Onion, Cilantro, Peanut, Wonton Strip, Orange Sesame Ginger Dressing **8.99**

Portabella V

Grilled Portabella, Arugula, Grilled Onion, Tomato, Goat Cheese Garlic Aioli, Balsamic Vinaigrette **8.99**

Steakhouse

Sirloin Steak, Spring Mix, Candied Pecan, Dried Cranberry, Grilled Onion, Blue Cheese Crumble, Balsamic Vinaigrette **8.99**

ADD A FRESHLY-GRILLED PROTEIN ^{+4.99}

100% ABF CHICKEN BREAST	BBQ CHICKEN THIGHS
ALL-NATURAL ITALIAN SAUSAGE	SIRLOIN STEAK* +2
PORTABELLA	SALMON +2
SHRIMP	AHI TUNA* +2

Salads

Cobb GF

Romaine, Bacon, Chopped Egg, Tomato, Cheddar, Avocado, Housemade Garlic Dijon Vinaigrette **8.99**

Southwest V

Romaine, Spring Mix, Black Beans, Sweet Corn, Green Pepper, Tomato, Cheddar, Tortilla Strips, Avocado Ranch **8.99**

Thai V

Romaine, Spinach, Bell Pepper, Carrots, Green Onions, Cilantro, Peanuts, Wonton Strips, Orange Sesame Ginger Dressing **8.99**

Kale Caesar

Shredded Kale, Chopped Egg, Bacon, Sunflower Seeds, Shaved Parmesan, Croutons, Caesar Dressing **8.99**

Sides

SAUCES

HONEY HOT · LEMON PESTO AIOLI · CHIMICHURRI · LEMON VINAIGRETTE
 GOAT CHEESE AIOLI · AVOCADO RANCH · REMOULADE

Roasted Maple Sweet Potatoes V GF

Sweet Potatoes, Olive Oil, Maple Syrup, Salt and Pepper **4.99**

Mac And Cheese V

Fresh Corkscrew Pasta, Housemade Cheese Sauce **4.99**

Fingerling Potatoes V GF

Roasted Fingerling Potatoes Tossed in 100% Extra Virgin Olive Oil, Salt and Pepper **4.99**

Black Beans And Rice GF

Black Beans, Cilantro Lime Rice **4.99**

Broccoli Slaw V GF

Broccoli, Carrots, Cabbage, Housemade Basil Honey Vinaigrette **3.99**

Chickpea Salad V GF

Garbanzo Beans, Red Onion, Pepper, Carrots, Housemade Garlic Dijon Vinaigrette **3.99**

Cauliflower And Golden Yukon Mash V GF

Cauliflower, Golden Yukon Potatoes, Thyme, Coconut Milk, Garlic Purée, Salt and Pepper **4.99**

Garlic Roasted Broccoli V GF

Broccoli, Olive Oil, Garlic, White Balsamic, Salt and Pepper **4.99**

Herb & Parmesan Mushrooms V GF

Sliver Dollar Mushrooms, Basil, Rosemary, Oregano, Thyme, Garlic, Olive Oil, Salt & Pepper, Parmesan Cheese **4.99**

Roasted Brussels V GF

Candied Pecans, Craisins, White Balsamic, Honey **4.99**

Side Salad V GF

Romaine, Cucumber, Carrots, Red Onion, Tomato, Housemade Lemon Vinaigrette **3.99**

Sweet Potato Noodles V GF

Sweet Potato Noodles, Garlic, Ginger, Apple Cider Vinegar, Coconut Aminos, Maple Syrup, Cilantro, Scallions, Salt **4.99**

Dessert

Chocolate Chip Or White Chocolate Macadamia Nut Cookie

Individual packaging.
3.99

Drinks

Organic Agua Fresca (Farmer's Punch)

4.95

Sparkling Water

3.95

Bottled Water

3.95

Sprite

3.95

Coke

3.95

Diet Coke

3.95

V VEGETARIAN

GF GLUTEN-FREE

*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE THE RISK OF FOODBORNE ILLNESS, ESPECIALLY FOR INDIVIDUALS WITH CERTAIN MEDICAL CONDITIONS.

**MENU PRICING DOES NOT INCLUDE PACKAGING, DELIVERY FEES, OR APPLICABLE TAXES.