

Chef Prepared **BOXED LUNCHES**



Always Fresh, Never Frozen

WRAPS

SANTA FE STEAK \$15

Chuck Beef | Cauliflower Rice | Avocado | Corn & Black Bean Salsa | Spinach Wrap

ASIAN WRAP \$13

Sautéed Shrimp | Fire Roasted Veggies | Teriyaki Soy Glaze | Cole Slaw | Spinach Wrap

HUMMUS VEGGIE \$12

Fire Roasted Veggies | Ancient Grain Mix (brown rice, kale, quinoa) | Hummus | Spinach Wrap

CHICKEN CAESAR WRAP \$14

Grilled Chicken | Homemade Caesar dressing | Romaine Lettuce | Parmesan | Spinach Wrap

CHICKEN SALAD WRAP \$14

Chicken Salad (Greek yogurt, dried cranberries, orange slices, almonds) | Spinach Tortilla



SIGNATURE MEALS

PERUVIAN CHICKEN \$13

Grilled Chicken | Fried Rice | Chimichurri | Peruvian Seasoning

MONGOLIAN BEEF \$16

Teres Major | Eel Sauce | White Rice | Green Beans

CAJUN SHRIMP & CHICKEN \$13

Grilled Chicken | Steamed Shrimp | White Rice | Fire Roasted Medley

STUFFED PEPPER BOWL \$13

Ground Beef (or Turkey) | Brown Rice | Peppers | Marinara Sauce

OLD BAY CHICKEN \$13

Grilled Chicken | Old Bay Hot Sauce | Garlic Mashed Potatoes | Broccoli

BUILD YOUR OWN

Create a personalized meal based on your preferences! (Select your three items and specify desired portion size.)

1. CHOOSE YOUR PROTEIN

- Grilled Chicken
- Chipotle Adobo Chicken
- Sliced Tenderloin
- Shrimp
- Salmon
- Turkey
- Ground Beef
- Ground Chicken

PORTION SIZES:
4oz | 6oz | 8oz | 10oz | 12oz

2. CHOOSE YOUR STARCH

- Ancient Grains
- Brown Rice
- Cauliflower Rice
- Double Vegetable
- Garlic Smashed Potatoes
- Sweet Potatoes
- Wheat Penne
- White Rice
- Yukon Gold Potatoes

PORTION SIZES:
½ cup | 1 cup | 1 ½ cup

3. CHOOSE YOUR VEGETABLE

- Asparagus
- Broccoli
- Brussels Sprouts
- Carrots
- Fire Roasted Medley
- Green Beans
- Mixed Veggies
- Cauliflower Rice
- Zoodles

PORTION SIZE:
6oz (12oz if no carbs)

PASTA SALAD

\$12

Jars

CAESAR PASTA SALAD

Grilled Chicken | Whole Wheat Rotini | Cherry Tomatoes | Red Onion | Italian Parsley | Homemade Dressing

ASIAN PASTA SALAD

Whole Wheat Rotini | Cashews | Purple Cabbage | Carrots | Edamame | Mango Ponzu & Peanut Sauce Dressing

ITALIAN PASTA SALAD

Whole Wheat Rotini | Salami | Mozzarella | Onion | Tomatoes | Peppers | Pesto | Italian Dressing

GREEK PASTA SALAD

Whole Wheat Rotini | Feta Cheese | Pepperoncini | Tomatoes | Kalamata Olives | Red Onion | Peppers | Balsamic Dressing

SNACKS

BEEF JERKY \$12

Home made with 100% Angus Beef

Flavors: Classic | Korean BBQ

ENERGY BITES \$6

Home made snack with protein powder (6 per pack)

Flavors: Oatmeal Craisin | Choco Chip PB | Mocha | Dark Chocolate | Birthday Cake