

THURSDAY March 16th

CHOOSING OFF OF THE MENU WILL HAVE AN ADDITIONAL \$1 FEE PER base cost of your MEAL
ALONG WITH STATED SURCHARGE NEXT TO SPECIFIC MEALS.

Protein Balls & Snacks-

please ask for other flavors (\$28 for 20/ \$43 for 40)

Churros (vegan available too)

Matcha white chocolate Coconut

REESE's Pieces

Many other flavors available - please ASK!

-Lemon White chocolate + Chia (2 = \$9 or 6 = \$25)

-Banana Chocolate Chip Muffins (2 = \$9 or 6 = \$25)

-Black bean brownies \$5

-**SOUP** \$15/ container (3 servings)

Breakfast:

(\$8-\$9 each)

Egg whites + turkey sausage

Egg white + fried egg + turkey sausage

Protein pancakes

Chocolate chip banana muffins (2 for \$8)

Chia Seeds

Protein Yogurt

Vegan

-Special - Black Bean patties \$3

-Tofu +\$1

-vegan (legume) stews

-meatless meatballs +\$2

-BBQ chickpeas \$2

-taco kidney and corn rice bowl +\$2

Beef

-SPECIAL - Beef Burrito Bowl w: Salsa Ranch +\$5

-SPECIAL - Beef Bolognese Pasta +\$5

-SPECIAL - Cheesy Beef Taco Pasta +\$5

-SPECIAL- Spanish rice w: Pulled Beef +\$6

-SPECIAL - Spanish rice w: Ground Beef +\$5

-SPECIAL - Spanish rice w: Angus Balls +\$4

-SPECIAL- Herb + Garlic rice w: Pulled Beef +\$6

-SPECIAL - Herb + Garlic rice w: Ground Beef +\$5

-SPECIAL - Herb + Garlic rice w: Angus Balls +\$4

-Beef Kebab +\$4

-Angus beef meatballs +\$3

-Spicy ground beef +\$3

-Spicy Angus beef meatballs +\$3

-STEAK +\$4

Pork

-Pork Schnitzel on Rice +\$5

Turkey

-Rosemary turkey wrap +\$3

-Taco turkey wrap +\$3

-Taco Turkey

-Asian Ginger slaw Turkey

-Turkey meatballs w/ tomato sauce +\$3

-Mini Alfredo Turkey Meatballs +\$3

-Mini spicy Turkey Meatballs +\$3

-Teriyaki Mini Turkey Meatballs +\$3

Chicken

SPECIAL - Corn Flakes Crusted chicken +\$4

SPECIAL - Buttermilk Chicken Wrap +\$4

Alfredo Chicken Pasta +\$4

Cajun Alfredo Chicken Pasta +\$4

Ground Chicken Kebab +\$4

Rosé Chicken

Ground Asparagus + Carrot Chicken

Cajun Shredded Chicken +\$2

Shredded bbq chicken +\$2

Shredded Coconut cranberry chicken +\$2

Shredded teriyaki chicken +\$2

Shredded spicy coconut chicken +\$2

Shredded honey garlic chicken +\$2

Jalapeño mustard dill chicken breast +\$2

Shredded turmeric chicken

Peanut butter chicken

Chicken Parmesan +\$3

Chicken Swiss +\$3

Chicken Cordon Bleu +\$4

Seafood

-SPECIAL- Everything Bagel Salmon +\$5

-SPECIAL Dijon Mustard Salmon +\$5

-SPECIAL- Alfredo Salmon Pasta +\$6

-SPECIAL- CAJUN alfredo Chicken Pasta +\$6

-SPECIAL- Spanish rice w: Salmon +\$5

-SPECIAL- Spanish rice w: Prawns +\$5

-SPECIAL- herb & garlic rice with Salmon +\$5

--SPECIAL- herb & garlic rice with Prawns +\$5

-Cajun tilapia +\$2

-Lemon pepper salmon +\$4

-Roasted pepper wild cod +\$3

-Lemon Pepper Prawns +\$4