

BREAKFAST**Bacon Egg Scramble** 5.99

Just like it sounds, turkey bacon, eggs, spinach, veggies and cheese.

Breakfast Skillet 6.99

Seasoned ground turkey, sweet potatoes, kale, cranberries, apple and a dash of cinnamon hash.

Breakfast Tacos 6.99

Egg whites and seasoned ground turkey in a corn tortilla and a side of salsa..

Early Bird 7.99

Egg whites, turkey, spinach, apple & sweet potatoes.

Homestyle Breakfast 5.99

Scrambled eggs, chicken apple sausage and rosemary potatoes.

Pumpkin Mini Muffins (5 ct.) 2.99

House made pumpkin mini muffins made with Greek yogurt and gluten free oats.

Rise & Shine 6.49

Egg whites, turkey sausage, cheddar cheese, in a gluten free wrap with a side of seasoned potatoes.

Southwest Breakfast Bowl 6.99

Layered wild rice, egg whites, spiced ground turkey. Served with a side of cheddar cheese and pico de gallo.

SNACKS**Chocolate Almond Parfait** 4.49

Chocolate whey powder, almond butter and Greek yogurt, with cocoa nibs.

Cookie Dough Bites 5.99

Keto friendly snack that tastes like raw chocolate chip cookie dough.

Dreamy Parfait 4.49

Mandarin oranges, pineapple and apricot layered into Greek yogurt.

Energy Bites 3.49

Gluten free protein bites made with rolled oats, coconut flakes, peanut butter, raw honey & organic cocoa chips.

Fruit Crumble 4.99

Baked peaches, dates and walnuts for a great warm snack.

Fruit Granola Bites 3.49

Homemade granola bites made with rolled oats, sunflower butter, coconut oil, dates, raw honey and strawberry.

High Protein Parfait 4.99

Cinnamon blended cottage cheese, Greek yogurt with a mix of seasonal fruit & a side of granola.

Nut Butter Bites 5.49

Dessert like snack made out of sunflower and almond butter and drizzled with chocolate.

SALADS**Cobb Salad** 8.99

Roasted turkey breast, ham, lettuce, tomatoes, boiled egg, crumbled feta cheese & balsamic vinaigrette.

Taco Salad Bowl 8.99

Roasted sliced chicken over lettuce, tomatoes, corn and red bell peppers. Served with cilantro dressing and fresh baked tortillas.

SANDWICHES/WRAPS**Buffalo Chicken Wrap** 8.99

A spicy mix of chicken, wing sauce, carrots, and celery in a brown rice tortilla. Served with carrots and ranch.

Chicken Caesar Wrap 7.99

Chicken caesar salad with parmesan cheese served in a brown rice tortilla and dressing on the side.

Philly Cheesesteak Wrap 8.99

Marinated beef topped with mozzarella cheese, mushrooms and grilled onions served in a brown rice tortilla and horseradish dip on the side.

LUNCH**Black Bean Quinoa Burrito** 6.99

Seasoned black beans, quinoa, onions & spinach wrapped in a GF tortilla with a side of our special tomatillo sauce.

Beef Stroganoff 9.99

Healthy version of beef stroganoff over gluten free egg noodles with a side of steamed green beans.

Cashew Chicken 6.99

Sriracha seasoned Chicken with cashews, roasted broccoli carrots over parboiled rice.

Chicken Enchiladas 7.99

Chicken enchiladas with a red sauce served over rice and sprinkled with cheddar cheese.

Korean Beef Bowl 9.99

Sweet and spicy ground beef served over rice and a side of roasted carrots.

Lemon Herb Turkey 6.99

Spicy ground turkey with lemon over wild rice, served with asparagus.

Protein Mac N Cheese 9.49

Two-cheese mac & cheese with ground turkey. Served with a side of roasted broccoli.

Pulled Chicken Burrito Bowl 8.99

Roasted pulled chicken with onions, black beans, corn, red peppers, cheddar cheese and pico de gallo. Over wild rice and cilantro lime dressing.

Sage Turkey Meatballs 10.99

Fresh made sage turkey meatballs with pecan rice stuffing & broccoli.

Street Pork Tacos 8.49

Shredded Pork tenderloin spiced with ancho chili powder. Served with 3 corn tortillas and a house-made salsa verde and cabbage slaw.

Tex Mex Lasagna 8.99

A blend of smoky chipotle chicken & black beans, layered in corn tortillas & topped with feta cheese.

Tomato Basil Fettuccine 4.99

Pasta salad with fresh roma tomatoes and basil. Mixed with brown rice pasta and Parmesan cheese.

DINNER (LOWER CARB OPTIONS)**Beef Tenderloin** 11.99

Garlic seasoned sirloin steak sliced thin & served with fire roasted cauliflower & carrots.

Chicken Chili 5.99

Chicken chili with fire roasted tomatoes, black beans and kidney beans.

Chipotle Pineapple Chicken 7.99

Chipotle and pineapple marinated chicken mixed with peppers, onion & squash on a bed of cauliflower rice.

Fajita Steak and Asparagus 9.99

Seasoned top sirloin served with asparagus and a side of yogurt sauce.

Garlic Butter Chicken 7.99

Chicken with Garlic butter sauce on a bed of zucchini noodles.

Honey Ginger Salmon 10.99

Honey glazed salmon served with cabbage slaw.

Jalepeno Meatloaf 9.99

Spicy beef meatloaf topped with tomato gravy. Served with roasted brussels sprouts and mashed parsnips.

Margherita Pizza 4.99

Fresh tomato sauce, chewy mozzarella cheese, a sprinkling of basil on a cauliflower crust.

Mexican Chicken with Fajita Zoodles 7.99

Chicken with a blend of Mexican spices and vegetables on a bed of zucchini noodles.

Pork Tenderloin 8.99

Pork Tenderloin with a side of carrots, brussels sprouts and cauliflower with a side of Apricot dipping sauce.

Sicilian Pizza Flatbread 5.99

Cauliflower crust topped with ham & turkey sausage, mozzarella cheese & marinara sauce.

Spaghetti Squash with Turkey Marinara 9.99

Baked spaghetti squash with our signature turkey marinara sauce.

Stuffed Bell Pepper 10.99

A green bell pepper stuffed with sautéed ground beef. Served with a side of red tomato sauce and parsnips.

Tomatillo Cilantro Chicken 7.99

Chicken covered in tomatillo cilantro sauce over cauliflower rice.

Turkey Chili 5.99

Turkey chili with black beans, tomatoes, onion and bell pepper with a mild kick.

Vegetable Soup 4.99

A hearty soup with carrots, zucchini, onion, tomato, broccoli, spinach, corn, potato, squash and celery.

**** Check website for full listing of meals and sizes available.**