

**BREAKFAST**  
**Bacon Egg Scramble** 5.99  
Just like it sounds, turkey bacon, eggs, spinach, veggies and cheese.

**Breakfast Bagel** 4.99  
Gluten free plain bagel with house made seasoned cream cheese spread.

**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.)** 3.49  
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.

**High Protein Parfait** 4.99  
Cinnamon blended cottage cheese, Greek yogurt with a mix of seasonal fruit & a side of granola.

**Protein Snack Pack** 3.99  
Rolled cheddar cheese, turkey and ham slices with a side of almonds.

**Tuna Salad Snack** 4.99  
Tuna salad mixed with pecans and apples. Served with carrots.

**SALADS**  
**Cobb Salad** 8.99  
Roasted turkey breast, ham, lettuce, tomatoes, boiled egg, crumbled feta cheese & balsamic vinaigrette.

**Steak Salad** 9.99  
Sliced beef over lettuce, tomatoes, cucumber and carrots. Served with a spicy dressing.

**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**  
**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**  
**BBQ Pork** 7.99  
Marinated and shredded BBQ pork served with corn on the cob and coleslaw.

**Beef Stroganoff** 9.99  
Healthy version of beef stroganoff over gluten free egg noodles with a side of steamed green beans.

**Black Bean Burger** 6.99  
A bunless burger made with black beans, oats and zucchini. Served with a side of roasted sweet potato fries.

**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.

**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.

**Fajita Chicken Quesadillas** 6.99  
Chopped chicken grilled with bell peppers, onions, mozzarella and cheddar cheese all stuffed in a brown rice tortilla. Served with a side of salsa.

**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.

**Mongolian Beef** 9.99  
Sliced steak smothered in a savory brown sauce over parboiled rice and served with broccoli.

**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.

**DINNER (LOWER CARB OPTIONS)**  
**Beef Tenderloin** 11.99  
Garlic seasoned sirloin steak sliced thin & served with grilled broccoli & carrots.

**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.

**Margherita Pizza** 4.99  
Fresh tomato sauce, chewy mozzarella cheese, and 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.

**Pepperoni Pizza** 5.99  
A healthier take on pepperoni pizza on a chickpea crust.

**Salmon Cakes** 7.99  
Classic salmon cakes with roasted asparagus and a side of tzaziki 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.

**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.

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