

SALADS

THE GREEK

Organic field greens, roasted all-natural chicken breast, fire-roasted tomatoes, artichokes and red peppers, pickled red onions, olives and feta cheese, with garlic-feta vinaigrette and a tzatziki drizzle

RED, WHITE & BLUE

Organic field greens, fresh strawberries and blueberries, toasted walnuts and goat cheese, with balsamic vinaigrette

CAJUN CRUNCH**

Crisp romaine lettuce, applewood smoked bacon, cheddar jack cheese, toasted pecans and all-natural cajun chicken breast, with honey mustard dressing

PEAR & ARUGULA**

Arugula, roasted bartlett pears, danish bleu cheese, sweet and spicy walnuts, with citrus vinaigrette

ASIAN CHICKEN

Super greens, roasted all-natural chicken breast, carrots, mandarin oranges, cucumbers, red peppers, cashews and crispy noodles, with ginger-sesame vinaigrette

BLUE COBB

Organic field greens, roasted all-natural chicken breast, fresh avocado, applewood smoked bacon, danish bleu cheese, tomatoes and cucumbers, with balsamic vinaigrette

CLASSIC CAESAR

Romaine, garlic croutons and shaved parmesan, with creamy caesar dressing

Salad Add-Ons

Roasted Chicken Breast
Cajun Chicken Breast
Old Bay Shrimp

Seared Ahi Tuna
Braised Beef

*This item is served using raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness ** Contains nuts. Some menu items may have had contact with nuts. Please inform us of food allergy.

SMOOTHIES

BERRY BERRY BLAST

Strawberries, blueberries, low-fat greek yogurt and orange juice

STRAWBERRY BANANA BOMB

Strawberries, banana, low-fat greek yogurt and orange juice

THE GREEN

Fresh greens, banana, fresh avocado, almond milk and protein powder

BLUEBERRY PEANUT BUTTER

Peanut butter, blueberries, banana, almond milk and protein powder

PINEAPPLE MANGO

Pineapple, mango, low-fat greek yogurt and orange juice



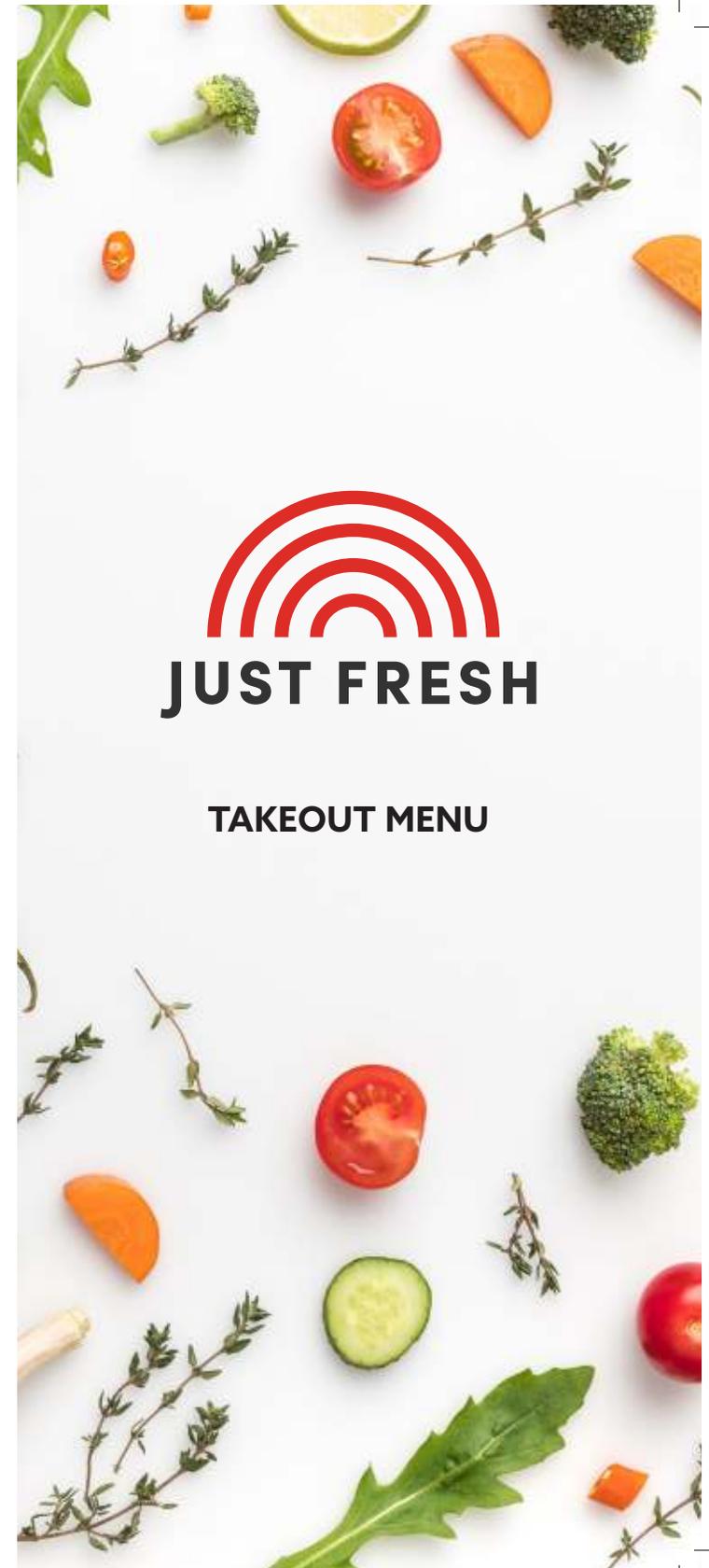
Eat Well
Live Well

Two Wells Fargo Atrium
301 S Tryon St
Charlotte, North Carolina 28282

Overstreet Mall
101 S Tryon St, Ste 4
Charlotte, North Carolina 28280

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HANDHELDS

SERVED WITH YOUR CHOICE OF SIDE

OLD BAY SHRIMP SALAD

Homemade shrimp salad tossed with red onion, celery, fresh lemon, old bay and mayo, with leaf lettuce and green onions on roasted garlic naan bread

THE CUBAN

Roasted pork, ham, swiss cheese, pickles and mango dijonaise on toasted cuban bread

MISSION BEEF BURRITO

Braised beef, quinoa, jack and cheddar cheese, tomatillo salsa, tomatoes, black beans, roasted corn and cilantro-lime sour cream in a tomato basil tortilla

CHICKEN CAPRESE

Roasted all-natural chicken breast, tomatoes, fresh mozzarella, fresh basil and balsamic glaze on toasted ciabatta bread

PESTO CHICKEN SALAD

All-natural roasted chicken breast tossed with basil aioli, fresh cilantro and red onion, served with lettuce and tomato on toasted wheat bread

QC PULLED PORK

Wood-smoked pulled pork, our signature bbq sauce, pickles and honey mustard slaw on a fresh-baked roll

SOUPS

BROCCOLI AND CHEESE

GARDEN VEGETABLE

SEASONAL

SEASONAL

SIDES

HERBED QUINOA SALAD

FRESH FRUIT

KETTLE CHIPS

PARMESAN RANCH PASTA SALAD

SUPER GREENS SLAW

MAC N CHEESE

HUMMUS + VEGGIE

Super greens, hummus, feta cheese, roasted tomatoes, pickled red onions, cucumbers and carrots, with garlic-feta vinaigrette in a spinach wrap

CALIFORNIA TURKEY

All-natural turkey breast, fresh avocado, provolone, arugula, tomatoes and basil aioli on wheat bread

LITTLE RED ROOSTER

Roasted all-natural chicken breast, ham, applewood smoked bacon, provolone, organic lettuce, tomatoes and honey mustard in a tomato basil wrap

GODFATHER

Ham, salami, pepperoni, provolone, lettuce, tomatoes, hot pepper blend and balsamic vinaigrette on toasted ciabatta bread

TUNA MELT

Homemade tuna salad with melted swiss cheese, tomatoes and red onions on toasted sourdough

QUINOA BOWLS

WEST COAST BAJA

Your choice of carnitas pork or roasted all-natural chicken breast, black beans, roasted corn, fresh avocado, pickled red onions, cucumber, cilantro and tomatoes over quinoa with citrus vinaigrette

MEDITERRANEAN

Roasted all-natural chicken breast, fire-roasted tomatoes, artichokes and red peppers, pickled red onions, olives, and feta cheese over quinoa with garlic-feta vinaigrette and a tzatziki drizzle

AHI POKE*

Seared and sliced ahi tuna, fresh avocado, mango, red peppers, green onions, cucumbers, cilantro and sesame seeds over quinoa with ginger-sesame vinaigrette

BREAKFAST

FAJITA STEAK & EGG

BURRITO

Scrambled eggs, cheddar jack cheese, braised beef, roasted red peppers, and onions in a whole wheat tortilla

FIVE POINTER BURRITO

Scrambled eggs, cheddar jack cheese, bacon, red peppers, and tomatoes in a whole wheat tortilla

FRESH START BURRITO

Egg whites, fresh greens, swiss cheese, and fire-roasted red peppers in a whole wheat tortilla

BACON CHEDDAR RANCH

BURRITO

Scrambled eggs, applewood smoked bacon, hash browns, cheddar cheese and ranch dressing in a whole wheat tortilla

AVOCADO TOAST

Toasted whole grain bread, fresh avocado, tomatoes, and everything bagel seasoning
add scrambled eggs or bacon bits +.99 each

THE JF BREAKFAST

BOWL

Scrambled eggs, cheddar jack cheese, bacon, green onions and diced red peppers

HEART HEALTHY

OATMEAL

100% whole wheat oats with brown sugar, cinnamon and raisins
add walnuts, pecans, strawberries or blueberries +.99 each

OLD FASHIONED GRITS

Southern-style grits

add cheddar jack cheese or bacon bits +.99 each

TODAY'S ASSORTED

BAGELS

Served with choice of cream cheese or peanut butter
add scrambled eggs, cheese, or sliced bacon +.99 each