

# 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  
Grilled 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

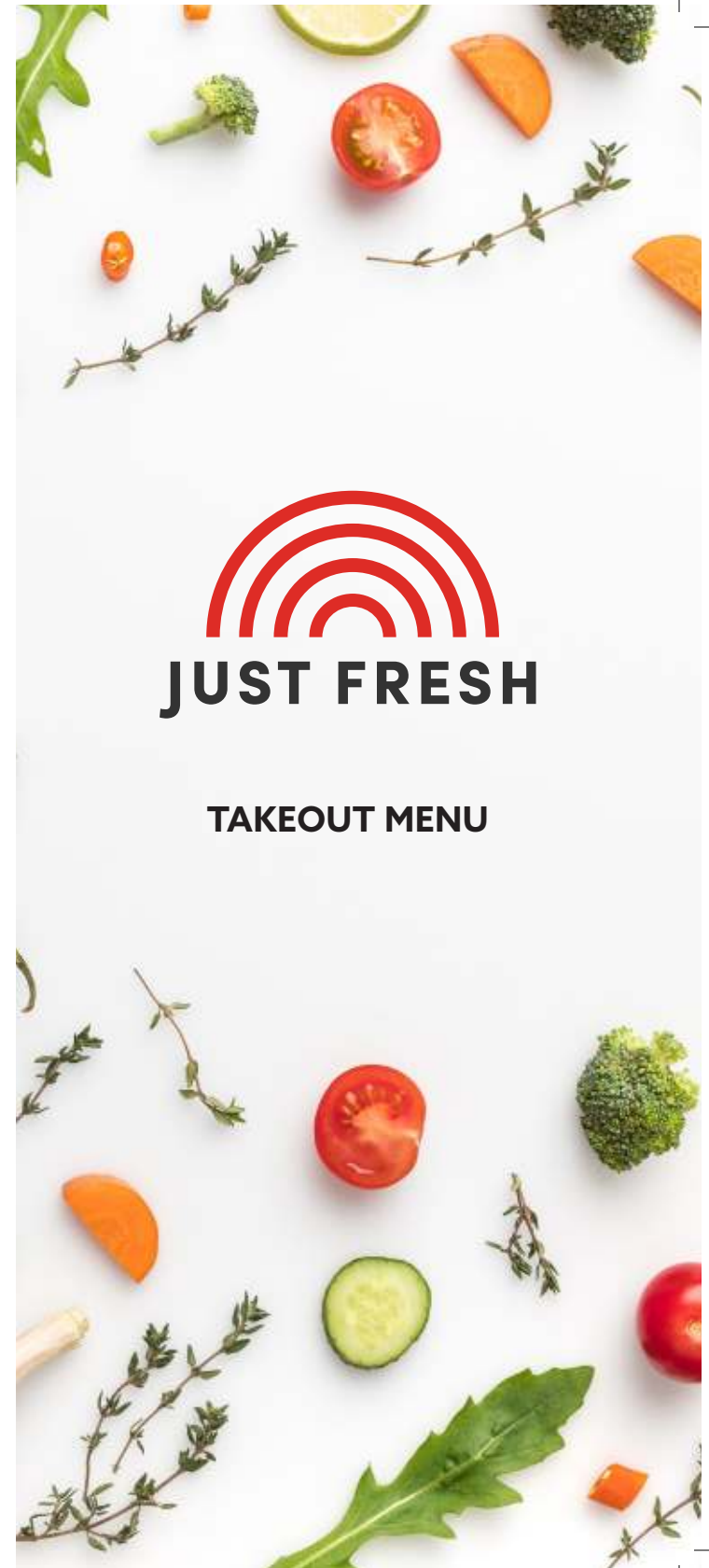


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Live Well*

Rivergate Shopping Center  
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Charlotte, North Carolina 28273

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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**

# QUESADILLAS

SERVED WITH SALSA AND SOUR CREAM

## FIESTA FRESCA

All-natural roasted chicken breast, cheddar jack cheese, black beans, hot pepper blend, tomatoes and chipotle mayo in a tomato basil tortilla

## 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

# SIDES

**HERBED QUINOA SALAD**  
**FRESH FRUIT**  
**KETTLE CHIPS**  
**PARMESAN RANCH PASTA SALAD**  
**SUPER GREENS SLAW**

## PREMIUM SIDES

**FRIES**  
**MAC N CHEESE**  
**SWEET POTATO FRIES**

## SPINACH & PORTOBELLO

Fresh spinach, mushrooms and cheddar jack cheese in a flour tortilla add chicken 2.39

# GRILL

Served with  
lettuce, tomato  
and your choice  
of side

## TURKEY BURGER

Fresh ground turkey burger, cheddar cheese, honey dijon mustard, mayo and pickles on a whole wheat bun

## ANGUS BEEF BURGER\*

Cheddar cheese, honey dijon mustard, mayo and pickles on a brioche bun

## SANTA FE SANDWICH

All natural grilled chicken breast, applewood smoked bacon, pepper jack cheese and chipotle mayo on a whole wheat bun

# 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

## FAJITA STEAK

Braised beef, cheddar jack cheese, roasted red peppers, red onion in a flour tortilla

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