

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
Braised Beef

Old Bay Shrimp
Seared Ahi Tuna

*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.

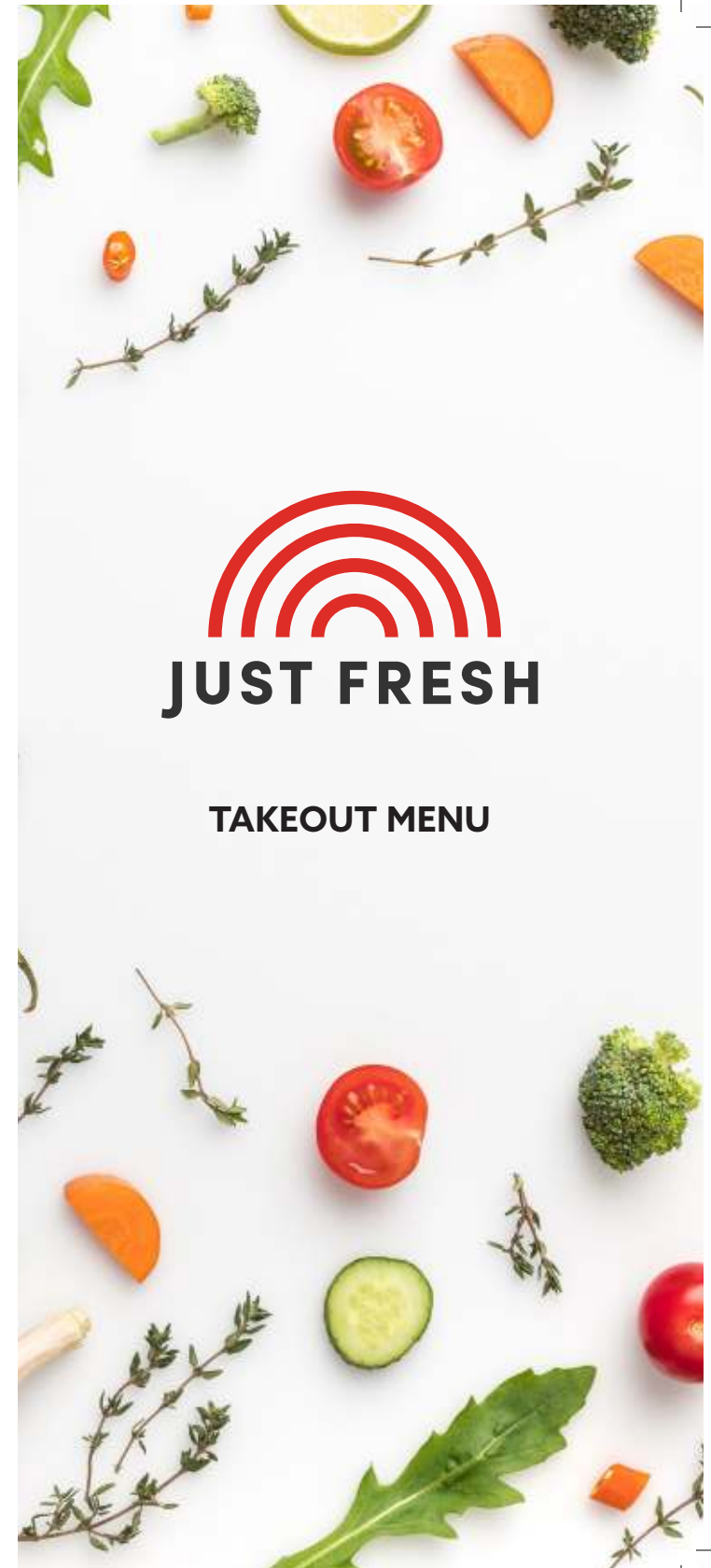


Eat Well
Live Well

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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 leaf 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 in a flour tortilla

PESTO CHICKEN SALAD

All-natural roasted chicken breast tossed with basil aioli, fresh cilantro and red onion, served with lettuce and tomato in a whole wheat wrap

QC PULLED PORK

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

SOUPS

SOUP OF THE DAY

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 in a whole wheat wrap

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 in a flour tortilla

TUNA MELT

Homemade tuna salad with melted swiss cheese, tomatoes and red onions in a flour tortilla

SIDES

HERBED QUINOA SALAD

FRESH FRUIT

KETTLE CHIPS

PARMESAN RANCH PASTA SALAD

SUPER GREENS SLAW

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

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