

# HEALTHY DINING OPTIONS



- Veggie Salad - (470 cal) Romaine Lettuce, Black Beans, Fajita Veggies, Fresh Tomato
- Salsa, Cheese and Guacamole Chicken Salad - (430 cal)
- Romaine Lettuce, Black Beans, Chicken, Fresh Tomato Salsa and Cheese Steak Bowl - (650 cal)
- Brown Rice, Black Beans, Steak Tomato Salsa, Green Tomatillo Salsa and Cheese
- Chicken Kid's Taco Kit - (355 cal)
- Crispy Corn Tortillas, Chicken, Fresh Tomato Salsa, Romaine Lettuce and Kid's Chips Chicken Burrito - (840 cal)
- Soft Flour Tortilla, Brown Rice, Black Beans, Chicken, Fresh Tomato Salsa and Green Tomatillo Salsa



- Charburger (Seeded Bun) - (470 cal)
- Charburger (Lettuce Wrap) - (290 cal)
- Albacore (Seeded Bun) - (390 cal)
- Albacore (Sourdough) - (450 cal)
- Grilled Chicken Salad w/o Dressing - (220 cal) w/ House Dressing - (370 cal)
- Caesar Salad (With Dressing) - (450 cal)



- Signature Protein Shakes
- Organic Acai Protein Bowls
- All-Natural PB & Banana Sandwiches
- Hand Crafted Greek Yogurt Bar
- Wholly Oatmeal



## DRINKS

- Coffee/Iced Coffee
- Iced Teas: Black, Green, Passion (Caffeine Free)
- Evolution Juices: Sweet Greens & Lemon, OJ, Defense UP, Coconut Pineapple Water Apple Berry
- Skinny Lattes: (for Starbucks anyway) These are made with sugar free syrup and non-fat milk

## FOOD

- Fruit Cup
- Parfaits: Honey Greek Yogurt, Raspberry Lemon Curd, Strawberry & Blueberry
- Protein Pack - (380 cal)
- Zesty Chicken & Black Bean Salad Bowl, w/ dressing - (360 cal) w/o dressing - (230 cal)
- Chicken & Humas Bistro Box - (270 cal)
- Spinach Feta Wrap - (290 cal)
- Fruit & Nut Tray - (480 cal)



- Fresh Cut Fruit Cups
- Fresh Salads Made Daily
- Nutritional Bars
- Low Fat Yogurt
- Frozen Steamable Veggies and Frozen Entrees like Smart Ones or Lean Cuisine
- Hummus with Pita Packs
- Veggie Packs