



HEALTHY KITCHEN SPECIALS

Starting 2/6/20 – present

Keto Friendly Box – Grilled chicken, bacon, tomato, basil in a garlic parmesan cream sauce, a side of roasted vegetables (zucchini, broccoli, chickpeas), sample of trail mix (chocolate, almonds, cherries, peanuts, cashews, cranberries, hazelnuts), & Greek yogurt w/ fresh blueberries, strawberries & drizzled honey - \$11.95



Vegetarian Sweet Potato Chili w/ “plant based” meat
quinoa, sweet potato, tomatoes, black beans, peppers, paprika, spices fresh cilantro and cast iron sautéed “plant based” meat

cup \$5.50

bowl \$8.50

Shishito Peppers Appetizer – sweet & smoky peppers grilled & blistered, topped with a sesame garlic glaze – \$5.95

Quinoa Burger – Quinoa, portabella mushrooms, kale and smoked mozzarella burger topped with guacamole, corn black bean relish, lettuce, tomato & a lime cilantro sauce on a toasted bun - \$9.00

Poke Bowl – Your choice of chilled sushi grade tuna OR seared tofu tossed in ‘SoWabi marinade’ (a soy based, rice vinegar wasabi marinade) over Asian rice topped with sesame seeds, seaweed salad, cucumber, shredded carrots, edamame, avocado and scallions - \$10.50

Plant Based Meat Sliders

3 sliders of grilled plant-based meat with lettuce, tomato, grilled onions and a sweet & spicy “Boom Boom” sauce on potato slider rolls served with a side of healthy Pop Chips - \$9.50