

## Bowls

### Mediterranean

warm quinoa, kale, falafel, hummus, spiced chickpeas, tomatoes, cucumbers, crispy onions, lemon vinaigrette, cucumber yogurt dressing

### Lucha Libre

brown rice, chopped romaine, roasted chicken, avocado, black beans, pico de gallo, sweet potatoes, shredded cabbage, green onions, tortilla chips, chipotle lime dressing, lime crema

### Kimchi Kick

brown rice, chopped romaine, kimchi, cucumbers, edamame, shredded cabbage, green onions, nori, cilantro, sesame ginger dressing, gochujang mayo

### Sweet Potato Zen

warm quinoa, kale, chopped romaine, tofu, avocado, sweet potatoes, edamame, green onions, almonds, cilantro, sesame ginger dressing, lime crema

### Monsoon

brown rice, chopped romaine, kale, sweet potatoes, spiced chickpeas, mango, pickled onions, raisins, cilantro, mint, toasted coconut, cashew garam masala dressing

## Breakfast Bowls

### Johnnies Breaky

brown rice, chopped romaine, hard-boiled egg, bacon, avocado, green onions, hot sauce, caesar dressing

### Tex-Mex Brek

warm quinoa, chopped romaine, hard-boiled egg, avocado, black beans, pico de gallo, green onions, crispy onions, chipotle lime vinaigrette

### Vegan Seoul

brown rice, kale, tofu, avocado, cucumbers, edamame, green onions, crispy onions, nori, sesame ginger dressing

## Smoothies

### Nutty Date

dates, almonds, banana, maple syrup, almond milk

### Green Boost

kale, avocado, apple, oj, almond milk

### Pineapple Coconut

pineapple, lime, mint, coconut milk

### Peanut Butter Cup

peanut butter, banana, chocolate almond milk

### Wild Oat Berry

honey, mixed berries, banana, muesli, almond milk

## Salads

### Avocado Cobber

chopped romaine, spring mix, roasted chicken, avocado, hard-boiled egg, tomatoes, blue cheese, croutons, maple balsamic vinaigrette\*

### Harvester

brown rice, kale, roasted chicken, apples, sweet potatoes, goat cheese, almonds, maple balsamic vinaigrette

### Athena

kale, chopped romaine, falafel, tomatoes, pickled onions, cucumbers, hummus, goat cheese, cucumber yogurt

### Kale, Caesar!

kale, chopped romaine, bacon, avocado, kimchi, parmesan, caesar dressing

### Thai Sun

chopped romaine, kale, warm quinoa, tofu, mango, edamame, cilantro, mint, cucumbers, crispy onions, thai green goddess dressing

## Toast & Snacks

### Avocado Smash

avocado, pico de gallo, evoo

### Good Morning

hard-boiled egg, bacon, green onions, hot sauce, caesar dressing

### Bruschetta

hummus, tomatoes, goat cheese, evoo

## Parfaits

### Wild Parfait

yogurt, wild berries, granola, honey

Select locations only

 Vegan  Vegetarian

 Gluten-free  Dairy-free

