

# Power Bowls

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## **SOUTHWEST CHICKEN BOWL \$13 GF**

Your choice of red quinoa or brown rice topped with marinated grilled chicken breast, black beans, roasted corn, avocado, chickpeas, and baby spinach with sweet chili & lime dressing  
**550 cal/630 cal with dressing**

## **YELLOWFIN TUNA BOWL \$14 GF**

Your choice of red quinoa or brown rice topped with seared yellowfin tuna, edamame beans, shredded carrot, chickpeas, cucumber, and cilantro with a Wasabi Vinaigrette  
**360 cal/480 cal with dressing**

## **ROASTED VEGGIE BOWL \$11 GF**

Your choice of red quinoa or brown rice topped with roasted cauliflower, fire-roasted red pepper, avocado, chickpeas, cucumber, and grape tomatoes with a roasted garlic & tahini dressing  
**350 cal/470 cal with dressing**

*Sub Rice or Quinoa for Cauliflower Rice to create a Low Carb Bowl*

# Low Carb

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## **STUFFED CABBAGE ROLLS \$14 DF**

Two cabbage rolls filled with a ground beef filling topped with tomato sauce and your choice of one side  
**870 cal | 26g carbs | 70g protein**

## **BRUSCHETTA GRILLED CHICKEN \$14**

Two grilled chicken breasts topped with fresh mozzarella and freshly made tomato bruschetta with your choice of one side  
**600 cal | 15g carbs | 89g protein**

## **BURRITO ZUCCHINI BOATS \$14**

Two zucchini "boats" filled with seasoned ground beef, roasted corn, black beans, and diced tomato topped with cheddar cheese and scallions with your choice of one side  
**630cal | 33g carbs | 43g protein**

# Low Carb Sides

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### **Grilled Asparagus**

20 cal | 2g carbs

### **Steamed Broccoli**

24 cal | 6g carbs

### **Cauliflower Rice**

46 cal | 2 carbs

### **Brussels Sprouts**

36 cal | 78g carbs

### **Chef's Veggies**

34 cal | 4g carbs