SIGNATURE CREATIONS

**Asian Grain Bowl**
390-680 cals
Quinoa, Kale Mix, Cabbage, Edamame, Broccoli, Mandarin Oranges, Chicken, Carrots, Red Onion, Grape Tomatoes, & Sesame Dressing

**Caesar Salad**
400-530 cals
Romaine Lettuce, Croutons, Parmesan Cheese, Red Onion, Grape Tomatoes, Chicken, & Caesar Dressing

**Michigan Salad**
430-700 cals
Kale Mix, Dried Cherries, Pecans, Crumbled Feta Cheese, Chicken, & Cherry Vinaigrette

**Southwest Grain Bowl**
640-980 cals
Quinoa, Kale Mix, Corn & Bean Salsa, Red & Green Peppers, Onion, Jalapeno, Cheddar Cheese, Chicken, & Chipotle Ranch Dressing

Regular: $6.59 or (390-940 cals)  Large: $8.19 or (530-1280 cals)
Meal includes fountain drink or milk (0-300 cals)

CREATE YOUR OWN

**Salad**
Choose Greens (5-120 cals)
Choose a Protein (20-160 cals)
Choose 5 Toppings (0-100 cals/ each)

**Grain Bowls**
Start with Quinoa (160-320 cals)
Choose Greens (5-120 cals)
Choose a Protein (20-160 cals)
Choose 5 Toppings (0-100 cals/ each)

Regular: $6.59 or  Large: $8.19 or
Meal includes fountain drink or milk (0-300 cals)

**Fruit Cup**
Choose your fruit (50-120 cals)
Reg: $2.79

Additional nutrition information available upon request. 2000 calories is used for general advice but calorie needs vary.