

**BUILD YOUR OWN
-THREE STEPS**

CHOOSE

1x PROTEIN

1x CARB

1x PLANT

PROTEIN

Protein based offerings

HERB MARINATED SALMON 9.50

317*KCAL

F

CHICKEN YAKITORI 215*KCAL 9.00

G NS S

ROAST LAMB 346*KCAL 9.50

D

HOUMOUS, SESAME, PARSLEY 8.50

215*KCAL

NS

CARBS

Carbohydrate based offerings

ROAST SWEET POTATO 117*KCAL

M

WILD RICE 140*KCAL

M

**CAULIFLOWER RICE, RAINBOW
RADISH, POMEGRANATE** 88*KCAL

PLANT

Low carb offerings

**ROASTED MEDITERRANEAN
VEGETABLES** 167*KCAL

G NS S

AVOCADO + FETA + OLIVES 190*KCAL

D

RAW SLAW 79*KCAL

G NS S

STEAMED GREENS BEANS 77*KCAL

*calories are approximate