

Warrior MEFF - 247-5353

Ross MEFF- 247-5553



PROTEIN ON THE GO

Limited Time Only  
January 7 - March 1



## GRAIN BOWLS

### Carrot Ginger

660 cal

4.50

grilled chicken, quinoa and brown rice blend with kale, carrot, ginger garlic roasted broccoli, edamame and almonds tossed with a spicy carrot ginger dressing and topped with scallions

### Pumpkin Curry

740 cal

4.50

grilled chicken and seven grain wild rice blend with roasted chickpeas, spinach, yellow squash and peas tossed with a warm pumpkin curry sauce topped with raita

### Mediterranean

820 cal

4.50

grilled chicken and farro with roasted cauliflower, spinach, romaine, tomato, cucumber, red onion, and feta cheese tossed with a lemon garlic vinaigrette and topped with kalamata olives

### Your Own

variable cal

5.50

grilled chicken or chili garlic shrimp, variety grains, vegetables, dressings, sauces, toppings



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