



## Rise + Shines

Monday - Friday: 7am - 11am  
Saturday - Sunday: 7am - 2pm

### BREAKFAST WRAPS

**SMALL**  
[serves 8-10]

assortment of 16 half wraps,  
pick up to 2  
different options

**LARGE**  
[serves 15-20]

assortment of 32 half wraps,  
pick up to 4  
different options

#### THE BREKKIE WRAP

scrambled egg, provolone, avocado pesto\*\*, choice of turkey, ham,  
prosciutto or bacon, arugula

#### CHEAT DAY WRAP

scrambled egg, bacon, white cheddar, avocado, tomato, choice of  
turkey or ham, brown rice

#### VEG SUNRISE WRAP

egg whites, tomato, onion, sweet potato,  
white cheddar, avocado pesto\*\*

**GF** all can be made gluten-free with a gluten-free wrap

### BREAKFAST BOWLS

[SERVES 8-10]

#### GF BALANCED BOWL

grilled chicken or steak, scrambled egg, avocado  
pesto\*\*, roasted vegetables, tomato, brown rice

#### GF VEG ZEN BOWL

scrambled egg, spinach, mushroom,  
onion, white cheddar, arugula, brown rice

### Hot Coffee

96 OZ. [SERVES 10]

REGULAR or DECAF

(served with half & half)

non-fat, soy or almond milk

### Desserts

SEASONAL COOKIES

Small cookie bowl  
(20 mini cookies)

Large cookie bowl  
(40 mini cookies)

### WE HAVE OPTIONS FOR EVERY/BODY

Please allow 24 hours' notice when ordering so we can guarantee your  
order. // In a pinch + need something last minute? Give us a ring  
and we'll see how we can help.

Prices do not include tax or applicable delivery fees. Cancellations  
must be made 4 hours prior to pick up or delivery time. Cancellation  
charges may apply.

### Iced Tea

1 GALLON [SERVES 8-10]

TRADITIONAL // JUICY PEACH ACAI  
WATERMELON // BERRY HIBISCUS

### Fresh Juices

GALLON JUICE OF CHOICE [SERVES 8-10]

all juices are: **GF** **VEG** **V**

COLD BUSTER // KALE CLEANSE // DAILY DETOX //  
FACE LIFT // POWER GREEN //  
COOL DOWN // SLIM SQUEEZE // GREEN GLORY //  
GREEN NO.4 // HYDRATOR  
NO SUBSTITUTIONS

### Lemonade

1 GALLON [SERVES 8-10]

TRADITIONAL  
STEVIA  
SEASONAL

### Bottled Water

### Parfaits

**GF** all can be made gluten-free with gluten-free granola

#### VEG PB + J GREEK YOGURT

non-fat Greek yogurt, stevia, all-natural  
peanut butter, strawberry preserves, blueberry,  
banana, granola

#### VEG NANNER CRUNCH CHIA PUDDING

chia seed, coconut milk, banana, chocolate sauce,  
almond, granola

#### VEG COCONUT CHIA PUDDING

chia seed, coconut milk, strawberry, blueberry,  
shredded coconut, agave nectar, granola

### Dietary Key



= GLUTEN-FREE



= VEGETARIAN



= VEGAN

ALLERGY WARNING: Although efforts are made to avoid cross-contact  
of allergens, we cannot guarantee that food items will not inadvertently  
come in contact with one another during preparation.

\*NOTICE: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase  
your risk of foodborne illness, especially if you have certain medical conditions.

\*\*Avocado Pesto Contains Cashew

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## Grilled Protein Bowls [SERVES 8-10]

### 1. Pick a Protein

**GF** **THAI COCONUT CHICKEN**  
peanut, cilantro

**TERIYAKI CHICKEN**  
avocado, brussels sprout, sesame seed

**SWEET SOY SESAME STEAK**  
green onion, sugar snap pea, sesame seed

**GF** **SPICY KOREAN STEAK**  
green onion, sesame seed, bok choy

**GF** **RED CHILI LIME SHRIMP**  
cilantro, green onion

**GF** **VEG** **GREEN CURRY TOFU**  
green onion, sesame seed,  
cilantro, sugar snap pea

### 2. Pick a Base

**CHOOSE FROM:**  
brown rice or sweet potato hash, or  
upgrade to forbidden rice or quinoa

**ALL BOWLS ARE SERVED WITH:**  
roasted broccoli, cauliflower,  
onion, carrot, mushroom

**ADD EXTRA SAUCE**

## The Chops

add chicken or tofu / steak or shrimp

**SIDE CHOP**  
{serves 8-10}

**FULL CHOP**  
{serves 8-10}

**KALE CAESAR**  
kale, romaine, tomato, crouton, corn, golden raisin, parmesan,  
lemon-dijon dressing

**GF** **VEG** **DANISH**  
house greens, arugula, smoked almond, Danish bleu, pear, apple,  
black currant, date, red wine vinaigrette

**GF** **AMERICAN**  
house greens, tomato, green onion, cucumber, corn chips, bacon,  
white cheddar, egg, thousand island

**GF** **VEG** **RAW VEGETABLE**  
house greens, carrot, tomato, avocado, broccoli, cauliflower,  
cucumber, corn, smoked almond, parmesan, red wine vinaigrette

**GF** **VEG** **BEET**  
house greens, arugula, golden beet, apple, goat cheese, cashew,  
golden raisin, red wine vinaigrette

**GF** **VEG** **BBQ RANCH**  
house greens, cheddar, corn, green onion, tomato, corn nut, cilantro,  
BBQ ranch

**ADD EXTRA DRESSING**

**pro  
TIP**

**MAKE IT A WRAP**  
whole wheat wrap / gluten-free wrap

Add a  
Protein

## Original Box Lunches

**OPTION 1** | **OPTION 2**  
½ wrap or sandwich | whole wrap or sandwich  
whole wheat wrap / gluten-free wrap

**ALL BOX LUNCHES ARE SERVED WITH:**  
kettle chips or fruit,  
mini cookie + pickle

must purchase a minimum of 10 box lunches

## Between Bread

**SUBSTITUTES:** whole wheat wrap

**GF** all can be made gluten-free with a gluten-free wrap

**SMALL**  
{serves 8-10}

assortment of 16 half wraps  
or sandwiches, pick up to 2  
different options

**LARGE**  
{serves 15-20}

assortment of 32 half wraps  
or sandwiches, pick up to 4  
different options

### THE CLUB

turkey, bacon, provolone, tomato, onion, house greens, avocado  
pesto\*\*, red wine vinaigrette, multi-grain

### MOROCCAN TURKEY

turkey, avocado, roasted red pepper, red grape, cucumber, house  
greens, yogurt sauce, red wine vinaigrette, multi-grain

### GRINDER

ham, turkey, soppressata, provolone, mayo, tomato, house greens,  
onion, banana pepper, red wine vinaigrette, multi-grain

### TUNA SALAD

tuna salad, onion, celery, olive tapenade, roasted red pepper,  
house greens, cucumber, red wine vinaigrette, multi-grain

### VEG + HUMMUS

hummus, raw veggie, house greens, tomato, feta, cucumber, olive  
tapenade, red wine vinaigrette, multi-grain

### CHICKEN + PROSCIUTTO

grilled chicken, prosciutto, fontina, arugula, fig mostarda, dijon,  
house bun

### CHICKEN + KALE

grilled chicken, kale, romaine, tomato, parmesan, fontina,  
lemon-dijon dressing, house bun

### GRILLED STEAK

grilled sirloin, caramelized onion, fontina, arugula, apple,  
mushroom, horseradish crème, soy sesame sauce, house bun

## On The Side

**SMALL:** {serves 8-10} | **LARGE:** {serves 15-20}

all sides are: **GF** **VEG** **V**

### QUINOA + VEGGIE

sugar snap pea,  
lemon vinaigrette

### SWEET POTATO HASH

kale, onion

### SEASONAL FRESH FRUIT

### ROASTED BRUSSELS SPROUT

### AVOCADO

## Chips

**GF** **VEG** **V** **KETTLE CHIPS**

Sea Salt, Sea Salt + Vinegar, Honey Dijon, BBQ + Jalapeño

Our  
Pick



Teriyaki Chicken Bowl



**GF** BBQ Ranch  
+  
Chicken