

CREATE

MADE YOUR WAY

BUILD YOUR OWN STIR-FRY (550 - 670 cals)

BASE PRICE: \$11.59

1. Choose Your Protein



CHICKPEAS



TOFU

\$2.69



CHICKEN

\$2.99

BEEF

\$2.99



SHRIMP

\$2.99

2. Pick Your 3 Veggies

Bok Choy, Broccoli, Carrots, Bell Peppers, Mushrooms, Cabbage

**Seasonal Vegetables can change*

3. Choose Your Sauce

Shanghai, Sweet Chili, Teriyaki, Szechwan, Sweet & Sour, Soy, Spicy & Sour Thai

4. Rice or Noodles

Brown, White, Vermicelli, Egg, Shanghai

5. Toppings

Cilantro, Chili Flakes, Green Onions

Ask us About Gluten Free Options!

Extra Sauce: **\$0.99** Extra Starch/Veggies: **\$1.49** Extra Protein: **\$2.99** Add a Spring Roll: **\$2.99**

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

CREATE

MADE YOUR WAY

BUILD YOUR OWN PASTA (550 - 670 cals)

BASE PRICE: \$11.59

1. Choose Your Protein



CHICKPEAS



TOFU

\$2.69



CHICKEN

\$2.99

SAUSAGE

\$2.99



SHRIMP

\$2.99

2. Pick Your 3 Veggies

Broccoli, Carrots, Bell Peppers, Mushrooms, Green Peas, Squash

3. Choose Your Sauce

Tomato, Alfredo, Rose, Pesto

4. Choose Your Pasta

Whole Wheat, White, Short, Long

5. Toppings

Chili Flakes, Italian Seasoning, Parmesan

Ask us About Gluten Free Options!

Extra Sauce: **\$0.99**

Extra Starch/Veggies: **\$1.49**

Extra Protein: **\$2.99**

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CREATE

MADE YOUR WAY

BUILD YOUR OWN TEX-MEX (350 - 780 cals)

Available as a Wrap or Bowl

BASE PRICE: \$11.59

1. Choose Your Protein



TOFU CRUMBLE
\$2.69



TEX MEX BLACK BEANS
\$0.99



CHICKEN
\$2.99

GROUND BEEF
\$2.99

2. Pick Your 3 Veggies

Lettuce, Carrots, Bell Pepper, Cabbage, Mushrooms, Onions, Corn, Celery

3. Choose Your Base

Brown Rice, White Rice, Tortilla Wrap (Whole Wheat or White)

4. Toppings

Cheese, Salsa, Sour Cream

Ask us About Gluten Free Options!

Extra Sauce: **\$0.99**

Extra Starch/Veggies: **\$1.49**

Guacamole: **\$1.99**

Extra Protein: **\$2.99**

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.