




CREATE YOUR OWN

PROTEIN

 GRILLED CHICKEN 62 CAL	\$7.79
 CAJUN CHICKEN 77 CAL	\$7.79
 SHRIMP 100 CAL	\$9.99
 CRISPY CHICKEN 168 CAL	\$7.79
 CHEF'S CHOICE --- CAL	\$7.79
 TOFU 170 CAL	\$6.75
 DICED HAM 83 CAL	\$7.79
 NO PROTEIN 0 CAL	\$6.75

SIDES

 BREADSTICKS 128 CAL	\$0.65
 SMALL SOUP --- CAL	\$3.69
 LARGE SOUP --- CAL	\$4.99

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

GRAINS & GREENS

MEAL EXCHANGE

Monday - Friday at 2pm



Main Entrée
1 Breadstick
1 Beverage

Upgrades

Add Shrimp (+\$2.10)
Add Small Cup of Soup (+\$1.69)

Bonus and Ultimate Meals, Cash, Credit/Debit, Titan Dollars and UWO Gift Cards accepted.



GRAINS & GREENS

BASE

- QUINOA 60 CAL
- ROMAINE 5 CAL
- MIXED GREENS 25 CAL
- SPINACH 5 CAL
- HARVEST ROOM LETTUCE 5 CAL

TOPPINGS

- | | |
|-------------------|-------------------------|
| CARROTS 28 CAL | BROCCOLI 45 CAL |
| CHICKPEAS 28 CAL | CAULIFLOWER 64 CAL |
| CUCUMBER 17 CAL | MUSHROOMS 28 CAL |
| EGG 50 CAL | ROASTED CORN 44 CAL |
| GREEN PEAS 38 CAL | FETA CHEESE 75 CAL |
| TOMATO 28 CAL | BLUE CHEESE 100 CAL |
| CELERY 6 CAL | CHEDDAR CHEESE 114 CAL |
| CORN 100 CAL | PARMESAN CHEESE 61 CAL |
| PEPPERS 4 CAL | ARTICHOKE HEART 12 CAL |
| OLIVES 28 CAL | MANDARIN ORANGES 21 CAL |
| EDAMAME 113 CAL | GARBANZO BEANS 74 CAL |
| RED ONION 25 CAL | BLACK BEAN SALSA -- CAL |



GARNISH

- CILANTRO 4 CAL
- SUNFLOWER SEEDS 166 CAL
- TORTILLA STRIPS 68 CAL
- SLICED ALMONDS 164 CAL
- CRISPY FRIED ONIONS 73 CAL
- CROUTONS 116 CAL
- CRAISINS 87 CAL
- SUNDRIED TOMATOES 68 CAL

DRESSING

- CAESAR 180 CAL
- ITALIAN 20 CAL
- VINAIGRETTE 73 CAL
- FRENCH 190 CAL
- RANCH 280 CAL
- FAT FREE RANCH 280 CAL
- ASIAN SESAME 140 CAL
- CHIPOTLE RANCH 70 CAL
- RASPBERRY VINAIGRETTE 73 CAL
- THOUSAND ISLAND 118 CAL