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
CHICKPEAS 28 CAL
CUCUMBER 17 CAL
EGG 50 CAL
GREEN PEAS 38 CAL
TOMATO 28 CAL
BLACK BEANS 138 CAL
CORN 100 CAL
PEPPERS 4 CAL
OLIVES 28 CAL
MUSHROOMS 28 CAL
EDAMAME 113 CAL
RED ONION 25 CAL
BROCCOLI 45 CAL
CAULIFLOWER 64 CAL

GARNISH

CILANTRO 4 CAL
GREEN ONION 28 CAL
SUNFLOWER SEEDS 166 CAL
TORTILLA STRIPS 68 CAL

DRESSING

HOMEMADE CAESAR 180 CAL
HOMEMADE ITALIAN 20 CAL
HOMEMADE 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

CREATE YOUR OWN

GRAINS & GREENS

PROTEIN

CHICKEN	140 CAL	$6.35
SHRIMP	100 CAL	$8.75
KOREAN BEEF STRIP	100 CAL	$6.35
ROASTED TOFU	170 CAL	$5.99
NO PROTEIN	0 CAL	$5.79

SIDES

BREADSTICKS	128 CAL	$0.59

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

MEAL EXCHANGE

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Main Entree
1 Breadstick
1 Beverage

Upgrades
Add Shrimp (+$1.55)

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