

# **INDIVIDUAL BOXED MEAL MENU**

# **BREAKFAST BOXES**

### **BREAKFAST TACO BOX**

A flour tortilla loaded with your choice of tinga brisket, bacon, honey ham, sausage or vegetarian, with scrambled eggs, roasted breakfast potatoes and shredded cheddar cheese. Served with our roasted tomato salsa and amanté salsa. Includes fresh fruit and a mint.

Serves 1 | 11.30 Add a taco | 4.10

# VEGAN BREAKFAST TACO BOX **V** Vegan

A flour tortilla loaded with black bean and corn salsa, with roasted potatoes, and avocado. Served with our roasted tomato salsa and amanté salsa. Includes fresh fruit.

Serves 1 | 13.40 Add a taco | 4.10

### CIABATTA BREAKFAST SANDWICH BOX

Your choice of bacon, honey ham, sausage or vegetarian, with scrambled eggs and cheddar cheese on a ciabatta roll. Includes fresh fruit and a mint.

Serves 1 | 15.40

# CROISSANT BREAKFAST SANDWICH BOX

Big breakfast sandwich on a flaky croissant. Your choice of bacon, sausage, ham, or vegetarian. Comes with fresh fruit cup and a mint.

Serves 1 | 16.40

# GLUTEN-FREE BREAKFAST SANDWICH BOX @

Your choice of bacon, honey ham, sausage or vegetarian, with scrambled eggs and shredded cheddar cheese on our gluten-free ancient grains bread. Includes fresh fruit and a mint.

Serves 1 | 12.80

# ALL AMERICAN BREAKFAST BOX

A classic hearty breakfast with scrambled eggs, sausage, bacon, roasted potatoes, and a buttermilk biscuit. Served with butter, strawberry preserve, and Tabasco. Includes a mint.

Serves 1 | 20.60

# MUFFIN AND YOGURT PARFAIT BOX

A fresh baked muffin served with a yogurt parfait and a fresh fruit cup.

Serves 1 | 19.60

# VEGAN BREAKFAST HASH **(V)** Vegan

Roasted kale, red and yellow peppers and red onion, with roasted potatoes, and green onion. Served with our roasted tomato salsa and amanté salsa. Includes fresh fruit.

Serves 1 | 11.30



# **POWERBOWLS**

#### STEAK POWERBOWL

Marinated sliced steak over a bed of guinoa with roasted sweet potatoes, roasted kale, roasted red peppers, black beans, avocado, tortilla strips, and topped with cilantro and green onions. Served with a roasted tomato and jalapeño vinaigrette.

Serves 1 | 18.90 Add a fresh fruit cup | 3.30

#### KETO STEAK POWERBOWL @

Certified as a Keto Diet Plan Meal! Sliced steak over a bed of romaine lettuce with bacon bits, roasted cauliflower, roasted kale, roasted red peppers, avocado. hardboiled egg, and fresh mozzarella topped with cilantro. Served with sugar-free roasted tomato and jalapeño vinaigrette.

Serves 1 | 20.60 Add a fresh fruit cup | 3.30

### SANTA FE STEAK POWERBOWL

Marinated sliced flank steak over a bed of quinoa and spinach with black bean corn salad, sliced radish, avocado, feta cheese and topped with cilantro. Served with creamy lime dressing.

Serves 1 | 18.90 Add a fresh fruit cup | 3.30

### SOUTHWEST POWERBOWL

Tinga chicken, Mexican rice, fresh arugula, black beans, grape tomatoes, pickled red onion, avocado, and cilantro. Served with roasted tomato and jalapeño vinaigrette.

Serves 1 | 18.20 Add a fresh fruit cup | 3.30

### TINGA CHICKEN POWERBOWL @

Our signature Tinga chicken is served with layers of quinoa, fresh-chopped spinach, fresh-cut radishes, avocado, creamy feta, our signature black bean and corn salsa topped off with fresh cilantro and our creamy

Serves 1 | 16.60 Add a fresh fruit cup | 3.30

# VEGAN POWERBOWL @ W Vegan

Roasted kale, red quinoa, roasted sweet potatoes, black beans, avocado, green onions, cilantro, roasted red peppers, and roasted tortilla strips served with a roasted tomato and jalapeño vinaigrette.

Serves 1 | 15.10 Add a fresh fruit cup | 3.30

# CHICKEN POWERBOWL @

Roasted kale, red quinoa, roasted sweet potatoes, black beans, avocado, green onions, cilantro, roasted red peppers, roasted tortilla strips, and roasted chicken breast served with a roasted tomato and jalapeño vinaigrette.

Serves 1 | 16.60 Add a fresh fruit cup | 3.30

# FALAFEL POWERBOWL @ 19

Roasted kale, red quinoa, roasted sweet potatoes, black beans, avocado, green onions, cilantro, roasted red peppers, roasted tortilla strips, and falafel served with a roasted tomato and jalapeño vinaigrette.

Serves 1 | 18.20 Add a fresh fruit cup | 3.30

# KETO SHAWARMA CHICKEN POWERBOWL @

Certified as a Keto Diet Plan Meal! Fresh romaine lettuce, fresh mozzarella, hard-boiled egg, avocado, bacon bits, roasted cauliflower, roasted kale, roasted red pepper, and cilantro. Served with sugar-free roasted tomato and jalapeño vinaigrette.

Serves 1 | 19.40 Add a fresh fruit cup | 3.30

# KETO SOUTHWEST CHICKEN WITH MEXICAN VEGETARI ES POWERROWI @

Certified as a Keto Diet Plan Meal and served warm! Mexican vegetables include zucchini, yellow squash, red onion, poblano peppers, red bell peppers, and cauliflower. Comes with a side salad with sugar-free roasted tomato and jalapeño vinaigrette, guacamole and sour cream.

Serves 1 | 24.10 Add a fresh fruit cup | 3.30

Gluten Friendly Vegetarian Vegan Vegan

# ITALIAN SANDWICHES

Includes chips and a fresh-baked jumbo cookie.

- · Turkey with Sopressatta
- Mortadella and Broccolini
- The Italian
- Bistecca and Pesto

Serves 1 | 19.40

# FRENCH BAGUETTE SANDWICHES

Includes chips and a fresh-baked jumbo cookie.

- Vegetarian Caprese Baguette ®
- Ham and Manchego Baguette
- Chicken and Pesto Baguette
- Turkey and Brie Baguette

Serves 1 | 17.50

# PREMIUM SANDWICHES

Includes chips and a fresh-baked jumbo cookie.

- Buttermilk Baked Chicken on Jalapeño Bread
- Chicken Club Sandwich with Avocado Aioli on Wheat
- Stacker—Honey Ham, Turkey, Bacon, and Swiss on Focaccia
- Tuscan Turkey on Focaccia
- New England Chicken Salad on Raisin Walnut
- Mediterranean Vegetarian on Ciabatta Roll ®
- Capri Chicken and Mozzarella on Wheat
- Vegetarian on Focaccia ®
- California Club on Ciabatta Roll
- Monterey Chicken with Avocado on Jalapeño Bread
- Big Al's Club on Wheat
- Honey Ham and Swiss on Marble Rye
- Vegan Grilled Vegetable Sandwich Vegan
- Vegetables a la Griglia ®

Serves 1 | 17.50

# TRADITIONAL SANDWICHES

Sandwiches served dry, with mayonnaise, mustard, and Dijon packets on the side. Includes chips and a fresh-baked jumbo cookie.

- Honey Ham on Marble Rye
- Roasted Turkey on Ciabatta Roll
- New England Chicken Salad on Wheat
- Roasted Chicken on Focaccia
- Tuna on Wheat

Serves 1 | 15.40

# WRAPS

Includes chips and a fresh-baked jumbo cookie.

- Santa Fe Chicken in Chipotle Tortilla
- Chicken Caesar in Wheat Tortilla
- Ancho BBQ Beef in Chipotle Tortilla (add 1.90)
- Vegan Wrap Vegan

Serves 1 | 17.50

# **PRESSATAS**

Flatbread grilled sandwich, includes chips and a fresh-baked jumbo cookie.

- · Vegetarian ®
- Served with Calabrian Sauce
- Pepper Jack Chicken
  - Served with Ancho Mayo Dipping Sauce
- Served with Ancho Mayo Dipping Sauce
- · Honey Mustard BBQ Beef (add 1.90) Served with Honey Mustard

Serves 1 | 17.50

# ADD TO YOUR BOX LUNCH | 3.30

Fresh Fruit Cup @ Vegan Pesto Pasta Salad ® Mixed Green Salad ® Hummus & Veggies ® Vegan

Mediterranean Pasta Salad ® Quinoa & Kale Salad 🐠

Serves 1 | 24.10



#### **FAJITAS**

Marinated flank steak and/or juicy chicken breast grilled with onions and poblano peppers over open fire and topped with cilantro. Served with tortillas, charred lime, shredded cheddar cheese, sour cream, housemade roasted-tomato salsa and amanté salsa. Served with charro beans, Mexican rice, and a fresh-baked iumbo cookie.

CHICKEN FAJITAS Serves 1 | 24.10 STEAK FAIITAS Serves 1 | 229.50

COMBO FAJITAS Serves 1 | 25.70

### **VEGAN FAJITAS** Vegan

Grilled Squash and Zucchini seasoned in our fajita seasoning over a bed of grilled onions and poblanos. Served with tortillas, charred lime, house-made roasted-tomato salsa and amanté salsa. Served with charro beans, Mexican rice, and a fresh-baked vegan cookie.

### **BUTTERMILK BAKED CHICKEN**

Breaded buttermilk-marinated chicken breast topped with a creamy, zesty honey mustard sauce. Includes our macaroni and cheese, roasted vegetable medley, garlic bread and fresh-baked jumbo cookie.

#### PECAN-CRUSTED CHICKEN

Baked pecan-coated chicken breast served with creamy pecan sauce. Includes our herb-roasted red potatoes, green beans, garlic bread, and a fresh-baked iumbo cookie.

# **CHICKEN FLORENTINE**

Tender breaded chicken breast stuffed with spinach, feta and bacon, served with a creamy roasted red pepper sauce. Includes our herb-roasted red potatoes, green beans, garlic bread, and a freshbaked iumbo cookie.

#### CHICKEN KEBABS

Three marinated grilled chicken kebabs over a bed of quinoa, with roasted red peppers, parsley, and green onion. Includes cucumber yogurt, pita bread, and a fresh-baked jumbo cookie.

### STEAK KEBABS

Three marinated grilled steak kebabs over a bed of quinoa, with roasted red peppers, parsley, and green onion. Includes cucumber yogurt, pita bread, and a fresh-baked jumbo cookie.

Serves 1 | 29.50

# SLICED BBQ BEEF BRISKET

Slow-cooked beef brisket drizzled with barbecue sauce. Includes our crushed red potatoes, corn sauté, garlic bread, and a fresh-baked jumbo cookie.

### TINGA BRISKET @

Our signature Tinga brisket is served with layers of Mexican rice, black beans, fresh-chopped tomatoes, cilantro, avocado, and lime. Includes amanté salsa, and a gluten-free pistachio oatmeal bar.





### TINGA CHICKEN @

Our signature shredded Tinga chicken is served with layers of Mexican rice, black beans, fresh-chopped tomatoes, cilantro, green onions, and topped off with crunchy strips of corn tortilla and shredded cheddar cheese. Includes salsa, quacamole, jalapeños, sour cream, and a gluten-free pistachio oatmeal bar.

### CHICKEN TEQUILA PASTA

Spicy cream sauce with grilled chicken breast, tri-colored bell peppers and jalapeños served over Cavatappi pasta. Includes fresh-baked baguette with butter and fresh-baked iumbo cookie.

#### **VEGETARIAN PASTA ®**

Cavatappi pasta tossed in a zesty marinara sauce with zucchini, yellow squash, carrots, broccoli and red onions, then topped with shredded Parmesan cheese. Includes garlic bread and a fresh-baked jumbo cookie.

### KETO SOUTHWEST CHICKEN WITH MEXICAN VEGETABLES POWERBOWL @

Certified as a Keto Diet Plan Meal and served warm! Mexican vegetables include zucchini, yellow squash, red onion, poblano peppers, red bell peppers, and cauliflower. Comes with a side salad with sugar-free roasted tomato and jalapeño vinaigrette, guacamole and sour cream.

### VEGAN PASTA V Vegan

Cavatappi pasta tossed in a zesty marinara sauce with zucchini, yellow squash, carrots, broccoli, and red onions. Served with fresh garlic toast and a fresh-baked vegan cookie.

# SALADS

Includes chips and a fresh-baked jumbo cookie.

# MODERN STEAKHOUSE SALAD

Marinated sliced flank steak over a bed of spring mix with sliced cherry tomato, avocado, grilled onion, radish, pecans, goat cheese, and hardboiled egg. Served with lemon agave vinaigrette.

Serves 1 | 20.60

# SOUTHWEST STEAK SALAD

Marinated sliced flank steak over romaine lettuce with black bean corn salad, pickled onion, green onion, feta cheese, avocado, and roasted tortilla strips. Served with creamy lime dressing.

Serves 1 | 20.60

### HARVEST SALAD @

Fresh greens layered with quinoa, Alonti marinated chicken, crisp apples, crumbled goat cheese, hand-cut tomatoes, dried cranberries, signature spiced pecans, finely chopped roasted red peppers, and green onions. Served with a lime vinaigrette. Includes a gluten-free pistachio oatmeal bar instead of a jumbo cookie.

Serves 1 | 19.60

# CHICKEN CRANBERRY KALE SALAD @

Fresh kale and spinach topped with diced chicken, dried cranberries, black bean corn salsa, garbanzo beans, roasted pumpkin seeds and Swiss cheese. Served with lime vinaigrette dressing and a house-made pistachio oatmeal bar.

Serves 1 | 19.60

### CHICKEN CAESAR

Fresh romaine lettuce with tender roasted chicken breast, homemade croutons, shredded Parmesan cheese, and our own creamy Caesar dressing.

Serves 1 | 19.60

### **CAESAR**

Fresh romaine lettuce with shredded Parmesan, crisp homemade croutons and our own creamy Caesar dressing.

Serves 1 | 18.50

# MIXED GREEN WITH BALSAMIC VINAIGRETTE ®

Premium mix of spring, romaine and leaf lettuces, cucumber, tomato and croutons. Served with balsamic vinaigrette dressing.

Serves 1 | 18.50

# COBB WITH RANCH DRESSING

Fresh greens with tender roasted chicken, tomatoes. bacon, diced eggs, avocado and cheddar cheese. Served with ranch dressing.

Serves 1 | 19.60

### FALAFEL WITH BALSAMIC VINAIGRETTE ®

Spinach and spring mix, house-made falafel, red onions, tomatoes, green olives, roasted red peppers, feta cheese and flatbread crisps.

Serves 1 | 18.50

### PESTO CHICKEN WITH RANCH DRESSING

Romaine and spring mix topped with pesto-coated roasted chicken, cucumbers, tomatoes, shredded Parmesan cheese and flatbread crisps.

Serves 1 | 19.60

### QUINOA AND KALE SALAD @ ®

Quinoa, roasted red peppers, kale, green onions, toasted pumpkin seeds and feta cheese tossed in a light lemon olive oil dressing. Served with a housemade pistachio oatmeal bar.

Serves 1 | 19.60

### MEDITERRANEAN CHICKEN WITH **BALSAMIC VINAIGRETTE**

Spinach and spring mix, roasted chicken, red onions, tomatoes, green olives, roasted red peppers, feta cheese and flatbread crisps.

Serves 1 | 19.60

### PECAN-CRUSTED CHICKEN

Pecan-crusted chicken breast slices, salad mix including fresh spinach, cucumber, diced tomatoes, feta crumbles, flat-bread strips, and shaved fresh fennel served with honey-lime vinaigrette.

Serves 1 | 19.60

# VEGAN SALAD **(V)** Vegan

A base of kale and guinoa topped with fresh avocado, roasted sweet potatoes, chickpeas, pumpkin seeds, and cherry tomatoes. Served with our lemon agave dressing and a fresh-baked vegan cookie.

Serves 1 | 19.60