

BRAISED PORK HASH


Size	P(g)	C(g)	F(g)	Cals	Price
Medium	31	28	26	473	10.49
Large	45	30	38	650	11.99

Braised Pork w/Chile Poblano Sweet Potato Hash Topped w/Fried Egg. Served w/Roasted Salsa. Garnished w/Citrus Wedge

CHICKEN & BROCCOLI


Size	P(g)	C(g)	F(g)	Cals	Price
Medium	38	39	6	368	9.99
Large	55	39	9	464	8.49

Herb Roasted Chicken Served w/White Rice and Steamed Broccoli

BUFFALO CHICKEN SALAD


Size	P(g)	C(g)	F(g)	Cals	Price
Medium	42	14	23	437	8.49
Large	59	14	26	532	9.99

Buffalo Chicken on a Bed of Romaine, w/Cherry Tomatoes, Sliced Celery, Shredded Carrots, & Blue Cheese Crumble. Served w/Low Fat Ranch Dressing

EGG POWER PUFF


Size	P(g)	C(g)	F(g)	Cals	Price
Medium	14	23	11	245	8.49
Large	30	24	24	438	9.99

Egg Wrapped in Turkey Bacon w/a Pinch of Spinach & Baked to Perfection. Served w/Red Roasted Potatoes. Garnished w/Cilantro.

BUFFALO CHICKEN WRAP


Size	P(g)	C(g)	F(g)	Cals	Price
Medium	49	61	31	727	8.49
Large	66	61	34	822	9.99

Buffalo Chicken on a Bed of Romaine, w/Cherry Tomatoes, Sliced Celery, Shredded Carrots, & Blue Cheese Crumble Wrapped in a Spinach Tortilla. Served w/Low Fat Ranch Dressing

EGG POWER PUFF - L&G


Size	P(g)	C(g)	F(g)	Cals	Price
Medium	14	19	11	214	8.49
Large	28	5	24	353	9.99

Egg Wrapped in Turkey Bacon w/a Pinch of Spinach & Baked to Perfection. Served Primavera Vegetables. Garnished w/Cilantro.

FRENCH FRITTATA



Size	P(g)	C(g)	F(g)	Cals	Price
Medium	26	7	19	313	8.49
Large	36	9	26	430	9.99

Eggs, Sautéed Onions, Garlic, Leeks, & Asparagus Baked to Perfection & Topped w/Ricotta Cheese. Served w/Roasted Garlic Cherry Tomatoes.

TERIYAKI CHICKEN - L&G



Size	P(g)	C(g)	F(g)	Cals	Price
Medium	26	16	5	205	8.49
Large	37	17	7	271	9.99

Teriyaki Chicken Served w/Broccoli and a Side of Napa Cabbage Topped w/Shredded Carrots

SUMMER TIME OATS



Size	P(g)	C(g)	F(g)	Cals	Price
Medium	17	44	6	289	8.49
Large	23	57	8	376	9.99

Pulled Oats, Almond Milk, Greek Yogurt, Blueberries, and Raspberries. Sprinkled w/Cinnamon

TERIYAKI SHRIMP



Size	P(g)	C(g)	F(g)	Cals	Price
Medium	19	38	0	241	12.49
Large	27	38	0	271	14.49

Teriyaki Shrimp Served w/White Rice and a Side of Napa Cabbage Topped w/Shredded Carrots

TERIYAKI CHICKEN



Size	P(g)	C(g)	F(g)	Cals	Price
Medium	26	40	4	312	8.49
Large	37	41	7	378	9.99

Teriyaki Chicken Served w/White Rice and a Side of Napa Cabbage Topped w/Shredded Carrots

TERIYAKI SHRIMP - L&G



Size	P(g)	C(g)	F(g)	Cals	Price
Medium	19	14	0	133	12.49
Large	27	14	0	163	14.49

Teriyaki Shrimp Served w/Broccoli and a Side of Napa Cabbage Topped w/Shredded Carrots