

Restaurant Recommendations

Dig Inn

Building your bowl: Base of greens (optional *choose 1 grain throughout the bowl*), 1-2 vegetables, and Protein

Protein	Vegetables	Carbs
<ul style="list-style-type: none"> Charred Chicken Wild Alaskan Salmon Herb Roasted Chicken Breast Tofu 	<ul style="list-style-type: none"> Sauteed Broccoli with Lemon Cashew Kale Ceasar Salad Maple Cauliflower Herb Roasted Carrots 	<ul style="list-style-type: none"> Roasted Sweet Potatoes Spicy Peruvian Potatoes Brown Rice

Sweet Green

Salad	Bowl
<ul style="list-style-type: none"> OMG Omega Salad Spicy Sabzi Guacamole Greens Build your own: As many veggies as you like, 1 nut or 1 cheese item, 1 starch (sweet potato, quinoa), 1 protein, and dressing 	<ul style="list-style-type: none"> Harvest Bowl: choose cheese or starch Shroomami: swap chicken for tofu if desired Pesto Portobello: choose 2 starches (corn, chickpeas, quinoa)

Roast Kitchen

Salad	Bowls
<ul style="list-style-type: none"> Dynasty Salad (with chicken) Greek Salad (which chicken/steak/shrimp) 	<ul style="list-style-type: none"> Ginger Bowl Asian Bowl Oaxaca Bowl

Pokeworks (or Similar)

Choose any flavor that you like

Base	Protein	Mix-ins	Toppings (Pick 1)
<ul style="list-style-type: none"> • Salad • Bowl- kale noodle, rice or quinoa • Burrito (least often) 	<ul style="list-style-type: none"> • Salmon • Tuna (less often) • Chicken or shrimp 	<ul style="list-style-type: none"> • Kale • Jalapeno • Sweet onion • Edamame 	<ul style="list-style-type: none"> • Avocado • Onion • Seaweed salad

Hale and Hearty

Soups & Salads: We recommend choosing these over the sandwiches, but you can also make good sandwich choices as well

Salads	Soups
<ul style="list-style-type: none"> • Cajun Chicken & Avocado Cobb • Tuna Nicoise • Kale Caesar- choose a different dressing • Tossed salad: Choose your favorite base and add 3+ vegetables, 1 starch, 1 cheese or nut, plus your protein and a dressing • Make your own! Choose 1 starch, 1 cheese and the rest veggie plus your protein of course- and dressing is always better when lighter but you can certainly include that too) 	<ul style="list-style-type: none"> • Ten Vegetable • Roasted Butternut Squash • Tuscan Chicken • Three Lentil Chili • Chicken & Sausage Jambalaya

The Little Beet

Make your own: (note that all of the items are seasonal)

- Start with greens
- Pick 2 veggies: non-starchy (we love the roasted kale, broccoli, brussel sprouts)
- Add 1 starch (your choice- we love the sweet potato and butternut squash)
- Add 1 protein (your choice- we love the salmon, grilled chicken, grilled avocado)
- Pick your sauce (your choice- we love the salsa verde, tahini and the garlic sauce)

Chop't

Salads

- Palm Beach Salad (with chicken or shrimp)
- Mexicali Vegan (add 1 protein - egg, steak, salmon, chicken)
- Or build your own! - Choose 1 protein, Veggies (as many as you can!), 1 fat (nuts, avocado), one carb (grain or bean), cheese (try to avoid but if you get it, just a little bit)

Chloe

By Chloe is vegan so make sure you have enough protein somewhere else in the day!

Salad	Sides	Burger & Sandwiches	Market Specials	Cold Pressed Juices
<ul style="list-style-type: none"> • The Greek • Kale Caesar • Nicoise • Detox Kale Salad • Green Hummus 	<ul style="list-style-type: none"> • Market veggie (ALWAYS) 	<ul style="list-style-type: none"> • Avocado toast • Classic or Guac Burger 	<ul style="list-style-type: none"> • Daily Soup • Seasonal Veggie • Smashed Avocado Toast w/ Veggie • Daily Smoothie 	<ul style="list-style-type: none"> • The Giving Tree • Junkie • Cuckoo's Nest

Nanoosh

Salads	Powerfood Plate	Wraps
Choose any + add your favorite protein	<ul style="list-style-type: none">• Base of greens• Choose your protein (we like marinated chicken)• Choose 2 toppings- we like mixed greens, beet salad, mediterranean salad + 1 starchy topping (hummus, babaganoush, lentil salad)• Add your favorite sauce	<ul style="list-style-type: none">• Order extra veggies on top!• Chicken avocado• Chicken Shawa

Ellary's Greens

Salads	Entrees	Sandwiches
<ul style="list-style-type: none">• Chicken Salad• Beet Salad- add protein• Seasonal mushroom salad• Ellary's Mixed Greens - add protein	<ul style="list-style-type: none">• Pan Seared Salmon Entree• Green Thai Tofu Curry• Crispy Roasted Chicken Breast	<ul style="list-style-type: none">• Poached Tuna• Chicken Salad Sandwich• Garden Wrap (add protein)• Add a side of veggies with these!

Blossom Du Jour

Bowls

Build A Bowl

- :Choose 3 greens/veggies and 1 bean/grain
- Dressing: herbed mustard or lemon rosemary (or just olive oil and vinegar)
- Extras: Pico De Gallo, Quinoa Patty or Avocado (Choose 1)

Garden Bowl

Sandwiches and Wraps

- Karmic Kale Wrap
- Smoky Avocado Wrap

Salads

- Power UP Kale Salad
- Tiny Karmic Salad

Mulberry and Vine

Veggies

- Tumeric Lemon Zest Cauliflower
- Broccoli with honey Sriracha
- Kale and Black Beans with Avocado

Protein

- Roasted Salmon
- Turkey and Bean Chili
- Mediterranean braised chicken

Between the Bread

Seasonal Plate

- Protein; Pick 1 (Chicken, Salmon or Shrimp)
- Greens: Kale, Carrots, Arugula Salad, Broccoli (pick 2)
- Grains: Crunchy Quinoa (Gluten free) or Farro (not GF)

Salads

- The Madison
- The Chelsea

Sides

- Any of the seasonal veggie sides (changes monthly)