



# QUICK MENU GUIDE: WHOLE30

**A selection of Whole30 options from our full menu**

In our scratch cooking kitchen, we control what goes into our recipes. Below are a few great WHOLE30 options. Ask for specific dietary issues and our team will be happy to guide you!



## BREAKFAST

- Breakfast Burrito Bowl with no cheese, sub runny eggs (weekends only)
- Eggs over Greens no quinoa (weekends only)
- Tokyo Breakfast Bowl with kale instead of rice and sauce on side (weekends only)



## MAINS AND SIDES

- Thai Bowl over spinach or kale with extra protein and no sauce
- Mole Bowl (High St only) with extra protein over spinach, sub salsa for both sauces
- Taco Salad with extra protein and no chips, feta or avocado sour cream
- Seasonal Soups and Salads - ask for details
- Curried Roasted Cauliflower
- Steamed Broccoli
- Marinated Olives



## DRINKS

- Nitro Cold Brewed Espresso
- Iced Tea and Coffee
- Sparkling Water

Organic whole grains.  
Free range meats.  
House made sauces.  
Seasonal produce.