Rice Bowls

Bangkok Thai
Thai peanut sauce, chicken, carrots, broccoli, oranges, peanuts, lettuce, white rice 570 cal

Cajun
Spicy Cajun ranch dressing, chicken, red beans, lettuce, peppers & onions, provolone, tomatoes, brown rice 600 cal

Mexican
Southwest spices, chicken, black beans, salsa, corn, red onion, tomatoes, cheddar-jack, lettuce, chipotle ranch dressing, white rice 740 cal

Mediterranean
Greek dressing, hummus, red peppers, cucumber, tomatoes, red onion, black olives, feta, lettuce, brown rice 650 cal

Buffalo
Spicy buffalo ranch dressing, chicken, bacon, Gorgonzola, fresh tomatoes, cucumber, carrots, lettuce, white rice 510 cal

Florence
Signature basil pesto dressing, chicken, spinach, parmesan, red peppers, tomatoes, provolone, brown rice 420 cal

KC BBQ
Sweet Baby Ray's® BBQ sauce, chicken, bacon, corn, tomatoes, cheddar-jack, red onion, lettuce, white rice 620 cal

CRAFT YOUR OWN

1. Add Beef
2. Choose unlimited mix-ins
Crêpes
Choose Golden or Multi-Grain Crêpe

**SAVORY CRÊPES**

**Southwest**
- Grilled chicken breast, black beans, cheddar-jack cheese, romaine, salsa, tomatoes and chipotle ranch dressing  520 cal

**Pesto Chicken**
- Grilled chicken breast, provolone cheese, roasted red peppers, tomatoes, fresh baby spinach and pesto  350 cal

**Buffalo Chicken**
- Grilled chicken breast, bacon, romaine, tomatoes, Gorgonzola and buffalo ranch dressing  440 cal

**Fresh Tomato, Cheese & Basil**
- Tomatoes, provolone cheese, fresh basil, baby spinach, parmesan cheese and balsamic vinaigrette  360 cal

**Chipotle Ranch Turkey Melt**
- Oven roasted turkey breast, provolone cheese, romaine, tomatoes and chipotle ranch dressing  360 cal

**Fajita**
- Grilled chicken breast, onions and peppers, cheddar-jack cheese, romaine, tomatoes, salsa and sour cream  390 cal

**Chicken Caesar**
- Grilled chicken breast, romaine, tomatoes, parmesan & provolone cheese and Caesar dressing  390 cal

**Breakfast Crêpes (Served All Day)**

**Denver**
- Eggs, cheddar-jack cheese, roasted onions & peppers, salsa - choose sausage, turkey or bacon  480 cal

**Egg White Florentine**
- Egg whites, baby spinach, bacon, tomatoes and feta cheese  280 cal

**Sausage and Egg**
- Eggs, sausage, cheddar-jack cheese  500 cal

**DESSERT CRÊPES**

**Cheesecake Supreme**
- Cheesecake, strawberries, Nutella, whipped cream  370-460 cal

**Nutella® Supreme**
- Nutella, sliced bananas, strawberries, whipped cream  310-530 cal
Smoothies

Includes One Free Booster

Caribbean Craze™
Strawberries, bananas, juice blend & booster 230-430 cal

Strawberry Kiwi™
Strawberries, kiwi-lime, juice blend & booster 230-440 cal

Citrus Mango™
Orange juice & sherbet, mango, pineapple, kiwi-lime, coconut & booster 330-550 cal

Jamaican Jammer™
Fat free yogurt, strawberries, bananas & booster 260-450 cal

* Maui Mango™
Mango, strawberries, bananas, passion fruit, juice blend & booster 230-390 cal

Tropical Pineapple™
Pineapple, kiwi-lime, coconut, juice blend & booster 320-540 cal

Strawberry Squeeze™
Fat free yogurt, strawberries & booster 230-390 cal

Peach Sunset™
Peaches, bananas, strawberries, juice blend & booster 200-340 cal

Orange Sunrise™
Orange juice & sherbet, bananas, pineapple, strawberries & booster 230-420 cal

Berry Breeze™
Blueberries, raspberries, strawberries, kiwi-lime, juice blend & booster 230-430 cal

HIGH PROTEIN

Strawberries & Cream™ 19g
Yogurt, strawberries & MET-Rx protein 290-520 cal

Peanut Butter Protein™ 24g
Yogurt, peanut butter, bananas, chocolate syrup & MET-Rx protein 440-790 cal

LOW CAL NO SUGAR ADDED

Strawberry Oasis™
Strawberries, juice blend & booster 70-120 cal

Mango Beach™
Mango, peaches, passion fruit, juice blend & booster 60-120 cal

Peach Breeze™
Peaches, pineapple, juice blend & booster 60-110 cal

MET-Rx® BOOSTERS

• Protein
• Mega Energy
• Focus
• Extreme Lean
• Green Tea

* Protein gram based on RG size.
Salads
Served in a Fresh Baked Crispy Flat Bread

Roadhouse BBQ Chicken
Romaine, chicken, corn, tomatoes, onions, cheddar-jack with Roadhouse BBQ ranch dressing
430 cal

Southwest Chipotle Chicken
Romaine, chicken, black beans, onions, corn, tomatoes, cheddar-jack, salsa, crisps with chipotle ranch dressing
510 cal

Buffalo Chicken
Romaine, chicken, bacon, carrots, tomatoes, parmesan, Gorgonzola, buffalo ranch dressing
360 cal

Grilled Chicken Caesar
Romaine, chicken, tomatoes, parmesan, Caesar dressing
610 cal

The Greek
Romaine, roasted red peppers, olives, tomatoes, cucumber, feta, onions, Athenian Greek dressing
440 cal

Market Strawberry
Romaine, strawberries, oranges, dried cranberries, feta, pecans, fat free raspberry vinaigrette
380 cal

CRAFT YOUR OWN
380 - 610 cal
Add Chicken or Turkey

SALAD DRESSINGS
100 - 240 cal
- Athenian Greek
- Caesar
- Farm House Ranch
- Chipotle Ranch
- Classic Blue Cheese
- Buffalo Ranch
- Roadhouse BBQ Ranch
- Basil Balsamic Vinaigrette

Lighter Options
50 - 130 cal
- Light Ranch
- Light Italian
- Fat Free Raspberry Vinaigrette
- Light Honey Mustard