

Salad Specials

Cajun Chicken Salad

\$8.50

Mix Greens topped with warm cheese fries and Cajun chicken served with Ranch dressing

Mob Barley

\$8.50

Jamaican Jerk Chicken, Barley, Wheat Berries, Broccoli, Dried Mango, Diced Tomato, over Spring Mix. Served with Mango Vinaigrette.

Southwest Turkey Burger

\$8.50

Grilled Turkey burger diced over Mixed Greens with Black Beans, Sweet Corn, Diced tomatoes, Cheddar Cheese, and Deep-Fried Onion Rings Served with an Siracha Ranch Dressing on the side

Immunity Bowl

\$8.50

Grilled Tilapia over Spring Mix with Barley, Wheat Berries, Broccoli and Craisins. Served with an Asian Sesame Dressing on the side.

Black and Bleu Tuna Caesar

\$9.50

Ahi grade tuna blackened and topped with crumbled bleu cheese over a crisp Caesar salad.

Rotisserie Chicken Spinach Salad

\$8.50

Roasted Chicken Breast served over baby Spinach with toasted Almonds, hard boiled Eggs, and bacon. Mixed with a Lemon infused Balsamic Vinaigrette.

Sesame Ginger Shrimp Salad

\$9.50

Shrimp Skewer and sesame ginger dressing. Served over Spring Mix with diced Tomatoes, Carrots, Broccoli and crunchy Noodles.

Turn any item into a wrap for a \$1.50 up charge