

HEALTHY SIDE

BREAKFATS

SERVED ALL DAY

HAPPY SIDE

Wrap Supastar {9.95}

Chicken, spinach, egg white burrito, cajun cilantro yo, avo pico, spinach tortilla | 360 cal

Berry Strong {8.95}

Protein waffle, berries, strawberry chia jam, agave, turkey bacon | 327 cal

Cluck Moo* {11.95}

Egg white omelette, shaved steak, caramelized onions, avo pico, 9 grain toast | 407 cal

AvocaToast {8.95} VE

(Vegan Opt. Avail.) Avocado, 9 grain toast, pesto, feta cheese, roasted tomato, sunny side egg | 540 cal

Chiamisu {4.20} VG GS

Coffee chia pudding, banana, cocoa nibs | 271 cal

JUICES ^{12oz}

Liquid Defense {5.95}

Orange, carrot, apple, lemon, lime, basil | 147 cal

Green Mile {5.95}

Apple, kale, spinach, cucumber, lemon, celery | 93.2 cal

Sweet Ginger {5.95}

Apple, beet, carrot, lemon, ginger | 236 cal

SkinnyFATS Punch {6.95} 21oz

Apple, orange, strawberries, banana, lemon, agave, blended w/ ice | 174.7 cal

Seasonal Kombucha {5.95} 16oz

The HEALTHY SIDE / HAPPY SIDE menu layout is a United States registered trademark of SkinnyFats Worldwide LLC.

S'motherload* {11.95}

Filet mignon, sausage, fajita pepper, potato & egg burrito, cajun cheddar sauce, pico

Chickawaffadopolis® {11.95}

Fried chicken tenders, buttermilk waffle, syrup, powdered sugar

Steak Eyes* {12.95} 🔥

Country fried filet medallions, jalapeño cornbread, gravy, 2 eggs

Wake N Bacon™ {9.95}

Bacon, egg, pepper jack, avocado, sriracha cream cheese, Hawaiian Roll

Chia Optima {4.20} VG GS

Strawberry chia pudding, cacao nibs, strawberries

COLD SNACKS

21oz. {2.75} 32oz. {2.95}



Boylan Soda

NATURAL EXTRACTS
PURE CANE SUGAR
NO PRESERVATIVES



ICED TEA

Black, Passion

HOT DRINKS

Coffee {2.95}

Tea {2.95}

HEALTHY SIDE

SHAREABLES

BITE BITE PASS

HAPPY SIDE

CauliFIRE {5.95} VE GS 🔥

Cauliflower, buffalo sauce, pico, cilantro yo | 135 cal

Tu-Nuts* {9.95}

Ahi poke, cucumber boat, spicy slaw, almonds, spicy aioli, avocado | 365 cal

Brussel Crowe {6.95} VE GS

Sauteed brussels, caramelized onions, golden raisins, capers, almonds, parsley, balsamic glaze | 285 cal

FATS' Pickles {5.95} VE 🔥

Fried pickle chips, cajun seasoning, chipotle aioli

Pimp Shrimp {9.95} 🔥

Tempura shrimp, cucumber boat, spicy cilantro slaw, avo pico

BALLS {5.95} VE

Spinach and corn risotto balls, pesto aioli, greens dressed in tomato oil

SOUPS

++ADD GRILLED CHEESE FOR 4.20

TOMato Cruise {3.95} VG

++Add Grilled Please for 4.20

Tomato soup, 9 grain garlic croutons | 230 cal

Spicy Latina {3.95} 🔥

Creamy chicken soup, tortilla strips, pepper jack

COOKIES {2.95}

Lemon Blueberry • Chocolate Chunk • Salted Caramel
Snickerdoodle • Peanut Butter



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VG =VEGAN VE =VEGETARIAN GS =GLUTEN SENSITIVE 🔥 =HOT

Thoroughly cooking foods of animal origin such as beef, eggs, fish, lamb, milk, poultry, or shellfish reduces the risk of food borne illness. Individuals with certain health conditions may be at higher risk if these foods are consumed raw or undercooked.

HEALTHY SIDE THINGS IN BOWLS HAPPY SIDE

THAT YOU EAT

ADD PROTEIN

Filet*, Shaved Steak*, Shrimp, Ahi* {6.00} | Chicken, Tofu {4.00}
Turkey Patty {4.00} | Sliced Portobello {2.00}
¼ lb burger* {2.00} | ½ lb burger* {4.00}

Smoke in a Bowl® {9.95} **GS**

Agave BBQ chicken, peppers, onions, pineapple, black bean salsa, cilantro yo, jasmine rice | 513 cal

Naked Chix {8.95} **GS**

Mango basil chicken, peppers, onions, pineapple jasmine rice, cilantro yo | 404 cal

Zucc It® {8.95} **VG GS** 🔥

Zucchini noodles, eggplant, squash, peppers, mushrooms, cherry tomatoes, arrabbiata sauce | 144 cal

Bleu Balsamic* {10.95} **GS**

Sliced filet, spinach, cherry tomato, red onion, bleu cheese, balsamic, basil | 460 cal

Long Live Summer {6.95}

VE GS Mixed greens, cranberry-mustard vinaigrette, apples, feta, almonds, pickled red onion, dried cranberries | 148 cal

More Cow Bowl®* {11.95}

Teriyaki filet mignon, cauliflower, portobello, peppers, scallion, egg fried rice

Buff Chix {8.95} 🔥

Fried buffalo chicken tenders, truffle fries, ranch

Stuff On Curry® {8.95} **VG** 🔥

Rice noodles, roasted corn, peppers, basil, jalapeño, coconut curry sauce, crispy chickpeas

Hot Chix {9.95} 🔥

Buffalo chicken, romaine salad, fried jalapeño, bleu cheese, pico, avocado, jalapeño ranch

Thai Cobb* {7.95}

Thai spiced hard boiled egg, bacon, napa salad, mango, peppers, scallion, peanut dressing

TACOS

PICK 2 TACOS FOR {7.95}

Ahi Srirachi*

Seared ahi, slaw chee, mango pico, teriyaki, spicy yo, wheat tortilla | 255 cal

Turnip Taco* 🔥

Filet mignon, pico, jicama, cilantro, habanero lime crema, wheat tortilla | 220 cal

Ahi Taco-San*

Tempura ahi, spicy slaw, mango pico, teriyaki, spicy aioli, puffed shell

Shrimp Tacodilla 🔥

Tempura shrimp, spicy slaw, pico, chipotle aioli, pepper jack quesadilla shell

HEALTHY SIDE BETWEEN THE BUNS HAPPY SIDE

BURGERS & SANDWICHES

(includes choice of side)

T.A.T.S. {9.95}

Turkey bacon, avocado, tomato, spinach, spicy yo, 9 grain | 489 cal

Cranburkey {9.95}

Turkey patty, arugula, tomato, onion, cranberry yo, wheat bun | 470 cal

Thai Knee Dancer* {11.95}

Grass fed 1/4 lb patty, pickled red onion, grilled pineapple, cabbage peanut slaw, whole wheat bun | 562 cal

Mean Bean® {10.95} **VG** 🔥

Housemade black bean patty, spinach, red onion, tomato, avocado, hummus, wheat bun | 463 cal

STEAKation®* {11.95}

Shaved steak, arugula, tomato, red onion, horseradish yo, wheat bun | 453 cal

Caes' the Day {9.95}

Grilled chicken, vegan caesar, mixed greens, pickled red onion, smashed avocado, spinach wrap | 516 cal

TeriyAHi* {12.95}

Seared teriyaki ahi, slaw mix, tomato, sesame crusted 9 grain | 431 cal

Meltdown* {11.95}

Two ¼ lb beef patties, cheddar, provolone, caramelized onions, tomato, spicy aioli, sourdough

The Classic* {10.95}

1/2 lb beef patty, cheddar, lettuce, tomato, onion, pickles, SF sauce, brioche + \$4 Dbl. Meat/Cheese

Cherry Popper®* {12.95}

1/2 lb beef patty, fried egg, pepper jack, spicy slaw, pepper marmalade, hawaiian roll + \$4 Dbl. Meat/Cheese

Blaze of Thunder {10.95} 🔥

Crispy Nashville hot chicken, creamy slaw, pickles, brioche

Sweet Cheese Us®* {12.95}

Shaved steak, pepper marmalade, caramelized onions, pepper jack, portobello, cheddar sauce, hoagie

Chix on Broadway {11.95}

Breaded chicken breast, BLT, red onion, cheddar, lemon herb aioli, brioche

Filet O Fire®* {13.95} 🔥

Sliced filet mignon, fried jalapeño, avo pico, jalapeño ranch, cajun sourdough

SIDE DISH

Cauliflower Rice {2.95} **VG GS**

Cauliflower w/ capers, golden raisins, & almonds

Jasmine Rice {2.95} **VG GS**

Breakfast Potatoes {2.95} **GS**

Crispy potatoes, fajita peppers, caramelized onions

House Salad {2.95} **VG**

House spring mix, apples, crispy chickpeas, hemp Seasoning, vegan caesar dressing

Truffle Fries {3.95}

Truffle oil, parmesan cheese, parsley

Sweet Potato Fries {3.95}

Lightly salted

Yummus {2.95} **VG**

House hummus w/ choice of cucumber chips or pita

Grapefruit Brûlée {3.95} **VG GS**

Grapefruit, caramelized brown sugar

Pre Birds {3.95} **VE**

Deviled eggs, Thai spice, cilantro, smoked paprika