### Healthy

**Cauliflower Fries (5.95)VG**
Cauliflower, buffalo sauce, pico, cilantro yo | 135 cal

**Brussel Crowe (6.95)VG**
Sautéed brussel, caramelized onions, golden raisins, capers, almonds, parsley, balsamic glaze | 285 cal

### Things in Bowls

**Smoke in a Bowl** (10.95)GS
Agave BBQ chicken, peppers, onions, pineapple, black bean pico, cilantro yo, Jasmine rice | 513 cal

**Naked Chix (9.95)GS**
Mango basil chicken, Hawaiian mix, Jasmine rice, cilantro yo | 404 cal

**Zucc It** (9.95)VGGS
Zucchini noodles, eggplant, squash, peppers, cherry tomatoes, mushrooms, arrabbiata sauce | 144 cal

**Bleu Balsamic** (10.95)
Shaved Steak, spinach, cherry tomato, red onion, bleu cheese, balsamic | 460 cal

### Add Protein

- Filet* (6)
- NY Steak* (6)
- Shrimp* (6)
- Ahi* (6)
- Chicken (4)
- Turkey Patty (4)
- 1/2 lb burger* (2)
- 1/2 lb burger* (4)
- Tofu (4)

### Juices

**Liquid Defense** (5.95)
Orange, carrot, apple, lemon, lime, basil | 255 cal

**Sweet Ginger** (5.95)
Apple, beet, carrot, lemon, ginger | 236 cal

**Green Mile** (5.95)
Apple, kale, spinach, cucumber, lemon, celery | 157 cal

### Drinks

**Soda or Iced Tea**
21oz (2.75) 32oz (2.95)

**Coffee or Hot Tea** (2.95)

**Seasonal Kombucha** (5.95)

**SkinnyFATS Punch** (6.95)
Apple, orange, strawberries, banana, lemon, agave, blended wine | 182 cal