



NEW & LATEST

FANCY BEET SALAD ♥ (gc)

roasted red beets, baby greens, macedonian feta & goat cheese, candied pecans, pumpkin seeds, italian vinaigrette, beet crisps (800 Cals) 21

add grilled chicken breast (270 Cals) 8

add grilled prawns (180 Cals) 10

add pan seared salmon (300 Cals) 11

SPICY TUNA SUSHI ROLL

sushi grade ahi, hand-rolled tempura sushi, soy sauce (220 Cals per serving, 2 servings) 19½

FANCY BEET SALAD

Adults and youth (ages 13 and older) need an average of 2000 calories a day, and children (ages 4 to 12) need an average of 1500 calories per day. However, individuals needs vary.