

HERO WRAPS

Buffalo Bleu • 650 cal

low net carb tortilla** with romaine, buffalo chicken, carrots, cucumbers, bleu cheese, roasted tomatoes, buffalo bread crumbs, & C&G ranch dressing

\$13.15

Caesar Crunch • 740 cal

low net carb tortilla** with romaine, roasted chicken, parmesan, avocado, roasted tomatoes, croutons**, & classic caesar dressing

\$13.15

Honey Mustard • 710 cal

low net carb tortilla** with romaine, roasted chicken, tomatoes, white cheddar, avocado, bacon, & honey mustard dressing

\$13.15

Italian Chopped • 810 cal

low net carb tortilla** with romaine, salami, pepperoncini, tomatoes, cucumbers, parmesan, kalamata olives, roasted peppers & onions, & red wine vinaigrette

\$13.15

Japanese BBQ • 680 cal

low net carb tortilla** with romaine, roasted chicken, napa cabbage, carrots, avocado, crispy wontons, sesame seeds, Japanese BBQ sauce, & teriyaki dressing

\$13.15

Spicy Southwest • 720 cal

low net carb tortilla** with romaine, blackened chicken thigh, jalapeños, white cheddar, avocado, roasted corn & poblano, & creamy southwestern dressing

\$13.15

** - Contains Gluten



an **OTG** experience®

SCAN HERE FOR TAKEOUT

ALL PURCHASES ARE SUBJECT TO A 4.5% HOSPITALITY CHARGE. THIS SURCHARGE IS NOT A GRATUITY PAYABLE DIRECTLY TO STAFF.



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*CONSUMING RAW OR UNDERCOOKED MEAT, FISH, SHELLFISH, POULTRY OR EGGS CAN INCREASE YOUR CHANCES FOR A FOODBORNE ILLNESS. MORE INFORMATION FOR ALTERNATIVE CHOICES IS AVAILABLE UPON REQUEST. *ALLERGY WARNING: FOOD PRODUCED IN A FACILITY THAT MAY ALSO HANDLE PEANUTS AND OTHER ALLERGENS, PLEASE SPEAK TO YOUR SERVER IF YOU HAVE A FOOD ALLERGY*

SIGNATURE SALADS

C'est la Viche •  • 390 cal

mixed greens, romaine, citrus & garlic shrimp, napa cabbage, pickled onions, tomatoes, cucumbers, roasted corn, lime squeeze, blue corn chips, & jalapeño lime vinaigrette

\$16.29

Chicken Bacon Ranch •  • 380 cal

mixed greens, romaine, blackened chicken thigh, pickled onions, tomatoes, cucumbers, avocado, bacon, & C&G ranch dressing

\$13.09

Classic Chicken Caesar •  • 530 cal

romaine, kale, roasted chicken, tomatoes, shaved parmesan, sunflower seeds, lemon squeeze, parmesan crisps, & classic caesar dressing

\$13.69

No Prob Cobb •  • 560 cal

spinach, kale, roasted chicken, jalapeños, tomatoes, queso fresco, egg, avocado, bacon, lemon squeeze, & jalapeño green goddess dressing

\$16.29

#SquashGoals •  • 600 cal

kale, arugula, quinoa, roasted chicken, apples, white cheddar, maple roasted butternut squash, candied pecans, & apple cider pumpkin seed dressing

\$14.19

Wild Wild Southwest •  • 620 cal

spinach, arugula, roasted chicken, tomatoes, white cheddar, black beans, roasted corn & poblano, cilantro, blue corn chips, & creamy southwestern dressing

\$14.99



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GRAIN BOWLS

Ahh...Greek Out! • 660 cal

brown rice, spinach, roasted chicken, radicchio, cucumbers, feta, kalamata olives, roasted tomatoes, hummus, pita chips**, & red wine vinaigrette

\$15.29

Crispy Teriyaki • 500 cal

brown rice, spinach, roasted chicken, napa cabbage, carrots, roasted peppers & onions, roasted broccoli, crispy wontons**, & teriyaki dressing

\$14.49

Fiesta Bowl • • 760 cal

brown rice, roasted chicken, napa cabbage, jalapeños, queso fresco, avocado, black beans, roasted peppers & onions, lime squeeze, pepitas, roasted tomatillo salsa, & jalapeño lime vinaigrette

\$14.49

Seoul Bowl • • 530 cal

brown rice, spinach, tofu, napa cabbage, daikon radish, carrots, cucumbers, roasted mushrooms, cilantro, sesame seeds, spicy bibimbap sauce**, & korean chile cashew dressing**

\$14.49

The Bold & The Buffalo • 520 cal

brown rice, arugula, buffalo chicken, carrots, radicchio, white cheddar, roasted cauliflower, croutons**, & C&G ranch dressing

\$14.99

Wild Child • • 520 cal

wild rice, arugula, roasted chicken, radicchio, roasted brussels sprouts, raisins, goat cheese, & balsamic vinaigrette

\$14.19



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ACAI BOWLS


\$12.99
All bowls

Acai Ya Later •  • 450 cal

Protein Power Play •   • 600 cal

Give Me S'more •  • 700 cal

Tropic Time •   • 340 cal

Imagine Dragon Fruit •  • 430 cal

Two To Mango •   • 410 cal

SMOOTHIES

\$8.69
All smoothies

Big Island •   • 280 cal

Purple Rain •   • 270 cal

Date Night •   • 540 cal

Rise & Grind •   • 460 cal

Green Glow •   • 210 cal

Strawberry Sunrise •   • 240 cal

Maple Pea-Nut •   • 480 cal

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