

Wraps

Caesar Crunch 760cal

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

\$16.49

Honey Mustard 720cal

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

\$16.49

Japanese BBQ 660cal

low net carb tortilla** with romaine, roasted chicken, napa cabbage, carrots, avocado, crispy wontons**, Bachan's Japanese BBQ Sauce**, & teriyaki dressing

\$16.49

Mediterranean Crunch 710cal New

low net carb tortilla** with romaine, roasted chicken, feta, tomatoes, hummus, pita chips**, & ranch dressing

\$16.49

Ranch Club 730cal

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

\$16.49

Spicy Southwest 730cal

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

\$16.49

** : contains gluten



an **OTG** experience®

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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*



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Sandwiches

Cali Club 600cal 36g protein

house-baked bread**, shredded romaine, roasted chicken, bacon, sliced tomato, oil & vinegar, & jalapeño green goddess dressing

Classic Honey Mustard 570cal 29g protein

house-baked bread**, shredded romaine, roasted turkey, provolone, sliced tomato, oil & vinegar, & honey mustard dressing

Pesto Primo 580cal 39g protein

house-baked bread**, shredded romaine, roasted chicken, provolone, sliced tomato, oil & vinegar, & pesto sauce

The Rancher 650cal 38g protein

house-baked bread**, shredded romaine, roasted chicken, provolone, avocado, cucumbers, oil & vinegar, & ranch dressing

Turkey BLT 760cal 33g protein

house-baked bread**, shredded romaine, roasted turkey, bacon, provolone, sliced tomato, oil & vinegar, & mayo

Turkey Provo 670cal 29g protein

house-baked bread**, shredded romaine, roasted turkey, provolone, sliced tomato, oil & vinegar, & mayo

** contains gluten

\$12.59

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Grain Bowls

\$17.99

Bold & Buffalo 500cal

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

Fiesta Bowl 790cal

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

Greek Out! 710cal

brown rice, spinach, roasted chicken, radicchio, cucumbers, feta, greek olives, roasted tomatoes, hummus, pita chips**, & balsamic vinaigrette

Pesto Italiano 710cal Seasonal

brown rice, spinach, roasted chicken, roasted tomatoes, shaved parmesan, quinoa, radicchio, sunflower seeds, lemon squeeze, pesto, & balsamic vinaigrette

Tokyo Garden 500cal V New

brown rice, spinach, tofu, roasted sweet potatoes, avocado, jalapeños, napa cabbage, carrots, Bachan's Japanese BBQ Sauce**, & teriyaki dressing

Verde Chicken 660cal

quinoa, spinach, roasted chicken, roasted corn & poblano, avocado, roasted tomatoes, napa cabbage, pickled onion, aji verde sauce, & jalapeño-lime vinaigrette

Salads

\$17.49

** contains gluten

Ceviche Zest 380cal

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

Chicken Bacon Ranch 380cal

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

Classic Chicken Caesar 530cal

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

Feta Believe It 510cal Seasonal

mixed greens, spinach, roasted chicken, strawberries, feta, cucumbers, radicchio, sunflower seeds, & balsamic vinaigrette

No Prob Cobb 570cal

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

Wild Southwest 620cal

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



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Acai Bowls

\$13.79

Acai Ya Later 460cal

Protein Power Play 580cal V

Tropic Time 350cal V

Two To Mango 400cal V

Smoothies

\$11.99

Date Night 540cal 25g protein V

Green Glow 240cal 22g protein V

Maple Peanut 640cal 32g protein V

Strawberry Sunrise 260cal 22g protein V

Be Well 290cal 22g protein V

Blue Boost 280cal 24g protein

Golden Hour 260cal 25g protein New

Inner Beauty 230cal 22g protein

Brewberry 430cal 32g protein V

Chai Tea 580cal 22g protein V

Mocha Dream 560cal 22g protein V

Power Brew 500cal 24g protein New

Classic Smoothies

Energy Smoothies

Power Smoothies



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