

# Sandwiches

GLUTEN-FREE AVAILABLE



## Garden Veggie Sandwich • 500 cal

Hummus, pesto, mozzarella, sliced cucumbers, lettuce mix, roasted tomatoes, pickled red onions, on toasted sweet multigrain bread (toasted white telera roll or toasted gluten-free bread available).

## Steak Sandwich • 620 cal

Grass-fed sous-vide steak, roasted tomatoes, mozzarella cheese, pickled red onion, lettuce mix, garlic aioli, chimichurri on toasted white telera roll (toasted sweet multigrain bread or toasted gluten-free bread available).

## Chicken Sandwich • 530 cal

All-natural sous-vide sliced chicken, mozzarella cheese, lettuce mix, pesto, grape tomatoes, pickled red onions, dijon on toasted white telera roll (toasted sweet multigrain bread or toasted gluten-free bread available).

## EggWich • 480 cal

Scrambled egg, mozzarella cheese, roasted tomatoes, pickled red onions, pesto on toasted white telera roll (toasted sweet multigrain bread or toasted gluten-free bread available).

## PB&J • 700 cal

Peanut butter, strawberry jam, organic hemp granola, on toasted white telera roll (toasted sweet multigrain bread or toasted gluten-free bread available).

# Salads



## Harvest Greens Salad • 510 cal

Lettuce mix, red potatoes, carrots, gourmet brined purple hardboiled egg, cucumber, seasoned avocado, grape tomatoes, sunflower seeds, green goddess dressing (add all-natural sous-vide chicken or grass-fed sous-vide steak.)

## Berry Salad • 460 cal

Lettuce mix, strawberries, blueberries, almond slices, feta cheese, superseed crunch, pesto dressing (add all-natural sous-vide chicken or grass-fed sous-vide steak.)

## Mediterranean Salad • 520 cal

Lettuce mix, cucumbers, grape tomatoes, pickled red onions, celery, hummus, feta cheese, superseed crunch, lemon tahini vinaigrette dressing (add all-natural sous-vide chicken or grass-fed sous-vide steak.)

# Protein Bowls



## Steak Bowl • 840 cal

Grass-fed sous-vide steak, rice & quinoa blend, lettuce mix, roasted tomatoes, feta, chimichurri, pickled red onions, gourmet brined purple hardboiled egg, pepitas, lemon tahini vinaigrette dressing.

## Chicken Bowl • 660 cal

All-natural sous-vide seared chicken, rice & quinoa blend, lettuce mix, seasoned avocado, grape tomatoes, feta, pickled red onions, pesto, superseed crunch, lemon tahini vinaigrette dressing.

## Breakfast Bowl • 630 cal

3 scrambled eggs, seasoned avocado, roasted potatoes, roasted tomatoes, pickled red onions, feta cheese, pesto.

# Wraps



## Avocado Chicken Wrap • 810 cal

All-natural sous-vide chicken, seasoned avocado, mixed lettuce, rice & quinoa blend, pickled red onions, roasted tomatoes, feta cheese, sunflower seeds, tahini vinaigrette, pesto, tomato & basil tortilla.

## Steak Wrap • 970 cal

Grass-fed sous-vide steak, rice & quinoa blend, mozzarella, pickled red onions, roasted tomatoes, superseed crunch, garlic aioli, chimichurri sauce, tomato & basil tortilla.

## Breakfast Power Wrap • 780 cal

3 scrambled eggs, roasted potatoes, roasted tomatoes, seasoned avocado, mozzarella cheese, pickled red onions, tomato & basil tortilla.

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request. While we take great care in providing a safe kitchen for allergies and food sensitivities, our products may contain milk, soy, tree nuts, peanuts and wheat. Need it gluten-free? Just ask.

\*Graviola is not recommended for pregnant women.

# Smoothies



## Tropical Mint Smoothie • 250 cal

Mango, pineapple, bananas, fresh mint, mango juice, coconut milk, and a hint of honey.

## Berry Protein Boost • 350 cal

Blueberries, raspberries, strawberries, bananas, almond butter, whey protein, almond milk, apple juice.

## Heaven • 220 cal

Bananas, strawberries, pitaya, mango juice.

## Protein Pack • 400 cal

Peanut butter, bananas, graviola\*, dates, whey protein, almond milk.

## Coconut Craze • 320 cal

Organic coconut blend, bananas, pineapple, mango, mango juice, coconut milk.



Harvest Kitchen  
BY VITALITY BOWLS