

# Grain & Glory

Whole food, whole life

Cuisine: Health

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## Appetizers

<b>Avocado Toast</b>	[WHEAT, SESAME]	<b>\$9.49</b>
Smashed avocado on sourdough with everything seasoning and microgreens.		
Cal: 320   Protein: 8g   Fat: 18g   Carbs: 34g		

## Mains

<b>Quinoa Power Bowl</b>	[SESAME]	<b>\$13.99</b>
Tri-color quinoa with roasted sweet potato, kale, chickpeas, and tahini dressing.		
Cal: 420   Protein: 16g   Fat: 18g   Carbs: 52g		
<b>Salmon Poke Bowl</b>	[FISH, SOY, SESAME]	<b>\$16.49</b>
Sushi-grade salmon over brown rice with avocado, edamame, and ponzu.		
Cal: 480   Protein: 32g   Fat: 20g   Carbs: 44g		
<b>Mediterranean Wrap</b>	[WHEAT, MILK, SESAME]	<b>\$12.49</b>
Whole-wheat wrap with grilled chicken, hummus, feta, cucumber, and tomato.		
Cal: 440   Protein: 30g   Fat: 16g   Carbs: 44g		
<b>Acai Bowl</b>	[TREE_NUT]	<b>\$11.99</b>
Blended acai topped with granola, banana, berries, and honey.		
Cal: 380   Protein: 8g   Fat: 12g   Carbs: 62g		

## Sides

<b>Kale Caesar Salad</b>	[WHEAT, MILK, EGG, FISH]	<b>\$8.99</b>
Massaged kale with Caesar dressing, shaved parmesan, and croutons.		
Cal: 280   Protein: 10g   Fat: 18g   Carbs: 20g		

## Drinks

<b>Cold-Pressed Green Juice</b>		<b>\$7.49</b>
Kale, cucumber, celery, apple, ginger, and lemon.		
Cal: 120   Protein: 2g   Fat: 0g   Carbs: 28g		
<b>Protein Smoothie</b>	[PEANUT]	<b>\$8.49</b>
Banana, peanut butter, oat milk, and plant protein.		
Cal: 340   Protein: 24g   Fat: 12g   Carbs: 40g		