

Grain & Glory

Whole food, whole life

Cuisine: Health

Appetizers

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

Mains

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

Sides

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

Drinks

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