



DEFINE
body & mind

MENU

Texas Garden Salad

Avocado, strawberries and pecans served over a bed of spinach and tossed in white balsamic vinaigrette

Fresh French Salad

Baby arugula, toasted walnuts and blue cheese crumbles combined with white balsamic vinaigrette

Banh Mi Salad

Carrots, cucumbers, radish and toasted cashews served over fresh spring mix and tossed in lime honey mustard dressing

Mediterranean Salad

Carrots, Kalamata olives, cucumbers and Parmesan cheese served over a bed of fresh spinach tossed in lemon basil pesto

California Salad

Cucumbers, avocado, almonds and fresh goat cheese served over fresh Italian kale tossed in white balsamic vinaigrette

Choice of Protein

Chicken breast

Steak

Salmon

Tuna

Shrimp

