



Are you interested in ideas for Keto, Paleo, Whole30, or Vegan options? Here are some of our recommendations:

Keto – Low carb

GREEK SALAD

QUINOA, CHICKEN & BROCCOLI BOWL

substitute cauliflower rice for quinoa and no dried cranberries

Vegan – No animal products

We have vegan feta and our sauces are available vegan (made with cashew yogurt)

GREENS BOWL WITH GARLIC YOGURT SAUCE

Request the vegan version of the garlic yogurt sauce

MEDITERRANEAN CHICKEN BOWL

Substitute chicken with lentils and request vegan version of the dill tzatziki sauce

GRANOLA BARS

Always made with maple syrup

Whole30 – No sugar, grains, legumes, or dairy

QUINOA, CHICKEN & BROCCOLI BOWL

Request raspberries and cauliflower rice instead of quinoa and dried cranberries

HARVEST SALAD

Request regular pepitas instead of maple cinnamon pepitas and simple apple cider vinaigrette

ROMESCO & GRILLED VEGGIE BOWL

Request no hummus

Paleo – Whole, Unprocessed foods

MEDITERRANEAN SWEET POTATO BOWL

Request cauliflower rice instead of quinoa, regular red onion, no cheese, add brussels sprouts

KALE SALAD WITH CARROT GINGER DRESSING

no chickpeas, no dried cranberries, add hazelnuts

Gluten Free – Wheat Free

Siete grain free wrap instead of Angelic sprouted grain wrap