



THE MENU

AVAILABLE
6/09
FOR PICKUP

SALADS

SPINACH BACON SALAD \$6.99
520K 38F 42C 6DF 5P
P

BLACKENED CHICKEN SALAD \$6.24
300K 20F 5C 1DF 25P
P K 30 21

BREAKFAST

BACON AND EGG SCRAMBLE / \$6.00
360K 25F 2C ODF 28P | P K 30 21

CHOCOLATE CHIP BANANA PANCAKES / \$7.24
570K 34F 56C 7DF 21P | P

SAUSAGE AND APPLES / \$6.75
560K 38F 25C 4DF 28P | P

RED BUS BREAKFAST / \$7.00
760K 60F 5C 1DF 46P | P K 30 21

SOUPS

PORK AND MUSTARD GREEN SOUP \$6.75
470K 27F 27C 3DF 29P
P

VERDE SHREDDED CHICKEN CHILI \$6.75
250K 10F 22C 5D 20P
P K 30 21

ENTREES

LEMON GARLIC CHICKEN WITH ITALIAN VEGGIES \$10.75
330K 14F 12C 3DF 41P | P K 30 21

CHICKEN FRIED CHICKEN WITH CAULI MASH AND GRAVY \$10.95
490K 30F 18C 6DF 42P | P K 21

SPAGHETTI SQUASH WITH MEAT SAUCE \$10.75
270K 11F 26C 5DF 18P | P K

BBQ BRAISED BEEF BURGER WITH PASTA SALAD \$12.00
980K 56F 58C 2DF 56P | PRIMAL

LOADED PHILLY STEAK FRIES \$10.85
510K 24F 49C 10DF 29P | P

ASIAN TUNA SALAD \$12.24
390K 24F 19C 4DF 23P | P

BRAISED CHICKEN WITH HERB SHALLOT SAUCE \$10.75
320K 15F 11C 4DF 38P | P K

CHEESY BACON CHICKEN WITH BROCCOLI \$11.00
390K 17F 14C 6DF 48P | P K 30

MUSTARD BBQ PORK, SWEET POTATO SALAD \$11.00
850K 48F 44C 7DF 53P | P

TURKEY LETTUCE WRAPS \$10.75
480K 31F 18C 4DF 34P | P K 30 21

SWEET CHILI CHICKEN, PINEAPPLE FRIED RICE \$10.75
520K 22F 41C 6DF 43P | P

CHORIZO MEATBALLS, CUMIN CARROTS, MANGO SALSAL \$10.75
440K 26F 23C 5DF 30P | P K 30

P: PALEO K: KETO
30: WHOLE 30
21: 21 DAY SUGAR DETOX

HEALTHY
PREMADE
MEALS
JUICES
SNACKS

ALWAYS FIND THE
LOWEST
PRICES ONLINE

DESSERTS

CHOCOLATE ESPRESSO BROWNIES \$6.24
620K 41F 63C 6DF 10P
P

GRILLED PINEAPPLE WITH BROWN BUTTER \$6.75
430K 40F 15C 2DF 1P
P K 30

CHOCOLATE CHIP \$4.90
410K 31F 30C 5DF 9P
P

PICK UP &
DELIVERY

EATTOEVOLVE.COM