

1 ADVENTURE BOWL

- 1 **Start** with quinoa
- 2 **Select** grilled chicken or marinated tofu
- 3 **Pick** two ingredients from the MIXT garden + a dip

MIXT GARDEN

Fruits + Nuts

- almonds
- apples
- avocado
- cherry tomatoes
- dried cranberries
- grapes
- oranges
- pumpkin seeds

Grains

- croutons
- quinoa

Veggies

- carrots
- cucumbers
- roasted cauliflower
- roasted golden beets
- roasted potatoes

Legumes + Egg + Dairy

- black beans
- chickpeas
- edamame
- egg
- sharp cheddar

2 'NO GREENS' SALAD

- 1 **Choose** grilled chicken or marinated tofu
- 2 **Select** three ingredients from the MIXT garden
- 3 **Pick** one dip

DIPS

- balsamic
- caesar
- sriracha ranch

Or, pick your favorite from the MIXT menu!

3 KID'S PLATE

- 1 **Choose** grilled chicken or marinated tofu
- 2 **Select** one side
- 3 **Pick** oranges, apples, or grapes

SIDES

- grilled broccoli
- mixt mac + cheese
- parmesan cauliflower mash

Or, pick your favorite from the MIXT menu!

4 BIG KID'S CAESAR

romaine hearts, grilled chicken, shaved parmesan, avocado, garlic herb croutons x2, caesar dressing

DRINKS

organic lowfat milk 2.45

TREAT

Whisper the secret passcode "bee's knees" to a cashier for a free organic lollipop!

