

# cress

eat well | be well

## choose one



**bowl**



**salad**



**wrap**

*each offering is served with one protein, two bases, two essentials, one cheese, and one sauce. Additional proteins, bases, and essentials available for additional fee*

## proteins

60 spiced chicken <sup>gf</sup>	<b>\$12</b>
seared salmon <sup>gf</sup>	<b>\$13</b>
gochujang steak <sup>gf</sup>	<b>\$13</b>
buffalo tempeh <sup>gf</sup>	<b>\$12</b>
blackened shrimp <sup>gf</sup>	<b>\$14</b>
tuna poke	<b>\$14</b>

## cold bases

cress blend <sup>v gf</sup>  
bibb blend <sup>v gf</sup>  
cauliflower rice <sup>v gf</sup>  
kelp noodles <sup>v</sup>

## hot bases

<sup>v gf</sup> cumin brown rice  
<sup>v gf</sup> herbed farro  
<sup>v gf</sup> citrus quinoa  
harissa lentils

## essentials

broccoli salad <sup>gf</sup>	<sup>v</sup> stir fry vegetables
roasted corn	<sup>v gf</sup> Mediterranean mix
marinated mushrooms	<sup>gf</sup> avocado salsa +2

## cheeses

feta cheese <sup>gf</sup>	<sup>gf</sup> grated parmesan
shredded cheddar <sup>gf</sup>	<sup>gf</sup> blue cheese crumbles

## dressings

caesar dressing	<sup>v gf</sup> red wine vinaigrette
dill ranch	<sup>v gf</sup> EVOO + lemon
honey balsamic <sup>v</sup>	<sup>v</sup> jalapeño soy

seasonal soup \$4

sweet potato chips \$2.50