

BITES & BOWLS



BACON MY HEART · GF
\$5.29 280 cal
egg, bacon, cheddar, & chives



THE GOAT · GF
\$5.29 160 cal
egg, spinach, goat cheese,
& roasted tomato



MV-PARFAIT · GF
\$9.49 410 cal
yogurt, banana, strawberries,
blueberries, granola, &
coconut flakes



TIME OAT · V
\$6.99 350 cal
oats, oat milk, chia seeds,
craisins, bananas,
strawberries, & blueberries



BANANA MUFFIN
\$5.29 220 cal
banana, dates, almond butter, vanilla
pea protein, soy protein puffs, chia
seeds, cocoa powder, & kosher salt



COCO NUTTY
\$5.29 290 cal
dates, almond butter, vanilla pea
protein, coconut, chia seeds, coconut
oil, cocoa powder, & kosher salt



PB DREAM
\$5.29 270 cal
peanut butter, chia seeds, dates,
vanilla pea protein, rolled oats,
rice cereal, & kosher salt



an **OTG** experience®

SCAN HERE
FOR TAKEOUT



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*CONSUMING RAW OR UNDERCOOKED MEAT, FISH, SHELLFISH, POULTRY OR EGGS CAN INCREASE YOUR CHANCES FOR A FOODBORNE ILLNESS. MORE INFORMATION FOR ALTERNATIVE CHOICES IS AVAILABLE UPON REQUEST. *ALLERGY WARNING: FOOD PRODUCED IN A FACILITY THAT MAY ALSO HANDLE PEANUTS AND OTHER ALLERGENS, PLEASE SPEAK TO YOUR SERVER IF YOU HAVE A FOOD ALLERGY*

TOAST



BERRIES & CREAM
\$9.79 320 cal
goat cheese, strawberries,
blueberries, banana, & granola



CLASSIC AVO · 
\$8.49 280 cal
avocado, arugula, lemon squeeze,
& extra virgin olive oil



**EVERYBODY'S
EVERYTHING**
\$8.49 350 cal
avocado, bacon, egg, lemon squeeze,
& everything bagel seasoning



LOX STAR
\$11.99 280 cal
avocado, smoked salmon,
cucumber, lemon squeeze,
& everything bagel seasoning



**MAPLE ALMOND
CRUNCH** · 
\$8.49 520 cal
almond butter, bananas, blueberries,
candied pecans, toasted coconut,
& maple syrup



PB CRUNCH
\$8.49 400 cal
peanut butter, banana,
strawberries, & granola



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SMOOTHIES

\$8.69

all smoothies

BIG ISLAND ✓

280 cal

DATE NIGHT ✓

540 cal

GREEN GLOW ✓

210 cal

MAPLE PEA-NUT ✓

480 cal

PURPLE RAIN ✓

270 cal

RISE & GRIND ✓

460 cal

STRAWBERRY SUNRISE ✓

240 cal

ACAI BOWLS

\$12.99

all bowls

ACAI YA LATER 450 cal

PROTEIN POWER PLAY ✓ 600 cal

GIVE ME S'MORE 700 cal

TROPIC TIME ✓ 340 cal

IMAGINE DRAGON FRUIT 430 cal

TWO TO MANGO ✓ 410 cal



SEE KIOSK FOR INGREDIENT INFORMATION

ALL SMOOTHIES AND ACAI BOWLS ARE GLUTEN FRIENDLY

✓ = VEGAN

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HERO WRAPS

CRISP & GREEN® + **HERO**
BREAD

CAESAR CRUNCH

low net carb tortilla** with romaine, roasted chicken, parmesan, avocado, roasted tomato, croutons**, & classic caesar dressing

\$ 13.15

740 cal

HONEY MUSTARD

low net carb tortilla** with romaine, roasted chicken, tomato, white cheddar, avocado, bacon, & honey mustard dressing

\$ 13.15

710 cal

ITALIAN CHOPPED

low net carb tortilla** with romaine, salami, tomato, cucumber, parmesan, pepperoncini, kalamata olives, roasted peppers & onions, & red wine vinaigrette

\$ 13.15

810 cal

SPICY SOUTHWEST

low net carb tortilla** with romaine, blackened chicken thigh, jalapeño, white cheddar, avocado, roasted corn & poblano, & creamy southwestern dressing

\$ 13.15

720 cal

Fresh flavors wrapped in a low net carb HERO™ tortilla. All wraps contain gluten.



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SIGNATURE SALADS

C'EST LA VICHE • GF

mixed greens, romaine, citrus & garlic shrimp, napa cabbage, pickled onions, tomatoes, cucumbers, roasted corn, lime squeeze, blue corn chips, & jalapeño lime vinaigrette

\$16.29

390 cal

NO PROB COBB • GF

spinach, kale, roasted chicken, jalapeños, tomatoes, queso fresco, egg, avocado, bacon, lemon squeeze, & jalapeño green goddess dressing

\$16.29

560 cal

PESTO PARM PERFECTION • GF

spinach, mixed greens, roasted chicken, radicchio, shaved parmesan, roasted tomatoes, quinoa, roasted peppers & onions, lemon squeeze, & pesto vinaigrette

\$14.99

450 cal

SUNNY HONEY PICNIC • GF

arugula, romaine, roasted chicken, radicchio, roasted corn, roasted tomatoes, roasted potatoes, goat cheese & honey mustard dressing

\$14.99

550 cal

WILD WILD SOUTHWEST • GF

spinach, arugula, roasted chicken, tomatoes, white cheddar, black beans, roasted corn & poblano, cilantro, blue corn chips, & creamy southwestern dressing

\$14.99

620 cal

CLASSIC CHICKEN CAESAR • GF

romaine, kale, roasted chicken, tomatoes, shaved parmesan, sunflower seeds, lemon squeeze, parmesan crisps & classic caesar dressing

\$13.69

530 cal

CHICKEN BACON RANCH • GF

mixed greens, romaine, blackened chicken thigh, pickled onions, tomatoes, cucumbers, avocado, bacon, & C&G ranch dressing

\$13.09

380 cal



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WARM GRAIN BOWLS

AHH...GREEK OUT!

brown rice, spinach, roasted chicken, radicchio, cucumbers, feta, kalamata olives, roasted tomatoes, hummus, pita chips**, & red wine vinaigrette

\$15.29

660 cal

THE BOLD & THE BUFFALO

brown rice, arugula, buffalo chicken, carrots, radicchio, white cheddar, roasted cauliflower, croutons**, & C&G ranch dressing

\$14.99

520 cal

CRISPY TERIYAKI

brown rice, spinach, roasted chicken, napa cabbage, carrots, roasted peppers & onions, roasted broccoli, crispy wontons**, & teriyaki dressing

\$14.49

500 cal

FIESTA BOWL • GF

brown rice, roasted chicken, napa cabbage, jalapeños, queso fresco, avocado, black beans, roasted peppers & onions, lime squeeze, pepitas, roasted tomatillo salsa, & jalapeño lime vinaigrette

\$14.49

760 cal

SEOUL BOWL • V

brown rice, spinach, tofu, napa cabbage, daikon radish, carrots, cucumbers, roasted mushrooms, cilantro, sesame seeds, spicy bibimbap sauce** & korean chile cashew dressing**

\$14.49

530 cal



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V = VEGAN GF = GLUTEN-FRIENDLY ** = CONTAINS GLUTEN