

bowls & burritos

xl
offensively
large

large
original size –
a serious meal

regular
for those on
an anti-bloat
mission

mini
as offensively
small as the xl
is large

first choose

the buffalo
spicy buffalo sauce, blue cheese dressing, crisp celery, lime rice (flour tortilla)

memphis bbq
sweet barbecue sauce, creamy coleslaw, pinto beans, lime rice (flour tortilla)

the summer
mango salsa, melted cheese, black beans, lime rice (flour tortilla)

bangkok thai
thai-style peanut sauce, asian slaw, cucumbers, brown rice (flour tortilla)

the teriyaki
sweet teriyaki sauce, caramelized onions, broccoli, carrots, brown rice (whole wheat tortilla)

yucatan habanero
hot habanero salsa, tangy pickled onions, sour cream, black beans, lime rice (flour tortilla)

the cajun
roasted corn salsa, cajun spices, black beans, sour cream, lime rice (flour tortilla)

goloco
simply put, you customize one of our favorites or you make your own from scratch (see goloco menu)

classic mexican
choice of rice (lime or brown), beans (pinto or black), salsa (mild tomato, roasted corn, mango or hot habanero), melted cheese (flour tortilla)

- ask for sour cream, lettuce, hot sauce or whole wheat tortilla
- guacamole extra (worth it!)

then add

grilled chicken
thigh meat, humanely-raised, no antibiotics or added growth hormones, vegetarian fed

grilled white chicken
premium breast

grilled steak
humanely-raised, no antibiotics or added growth hormones, vegetarian fed

carnitas
braised pork, humanely-raised, no antibiotics or added growth hormones, vegetarian fed

spicy tofu
organic and oven roasted

fajita veggies
sautéed green peppers and onions, lightly spiced

guacamole

salads & wraps

first choose

caesar
romaine lettuce, herb croutons, feta cheese, caesar dressing

mediterranean
black bean hummus, tomato salsa, black olives, feta cheese, cucumbers, balsamic vinaigrette, romaine lettuce

house balsamic
romaine lettuce, tomatoes, carrots, cucumbers, balsamic vinaigrette dressing

chinese
romaine lettuce, rice noodles, almonds, sesame seeds, scallions, chinese dressing

southwestern
not yet – patience please

then add

grilled chicken
thigh meat, humanely-raised, no antibiotics or added growth hormones, vegetarian fed

grilled white chicken
premium breast

grilled steak
humanely-raised, no antibiotics or added growth hormones, vegetarian fed

spicy tofu
organic and oven roasted

fajita veggies
sautéed green peppers and onions, lightly spiced

guacamole

smoothies & shakes

flavors

mango passion
mango juice, mango, non-fat frozen yogurt

berry blitz
blueberries, apple juice, banana, raspberry sorbet

strawbana
strawberries, banana, apple juice, orange juice, non-fat frozen yogurt

cape codder
cranberries, blueberries, apple juice, raspberry sorbet, non-fat frozen yogurt

jimmy carter shake
organic creamy peanut butter, skim milk, banana, non-fat frozen yogurt

soy berry shake
strawberries (and/or blueberries), soymilk, banana and honey

nutella milkshake
creamy nutella, skim milk, non-fat frozen yogurt (substitute or add strawberries, blueberries, bananas, vanilla or chocolate, if desired)

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whey (33g)

vitamin c

blended chocolate chip cookie