

GLOW Kitchen

Sandwiches and Wraps

The Cross Chipotle Chicken Club

\$8.50

Grilled Chicken, Chopped Romaine Lettuce, Tomato, Pepper Jack Cheese, Bacon w/ Chipotle Mayo

Chicken Ranch Baconator

\$8.50

Grilled Chicken, Chopped Romaine Lettuce, Bacon, Tomato, Cheddar Cheese w/ Light Ranch

Maui Jerk Chicken

\$9.50

Grilled Chicken, Rice, Black Beans, Cheddar Cheese, Roasted Pineapple Salsa, Chopped Romaine Lettuce w/ Jerk Sauce

Buffalo Chicken Wrap

\$7.00

Grilled Chicken, Chopped Romaine Lettuce, Tomato, Mozzarella Cheese, Buffalo Sauce w/ Light Ranch

Coastal Chicken Wrap

\$8.50

Grilled Chicken, Rice, Black Beans, Smashed Avocado, Chopped Romaine Lettuce, Pickled Red Onions, Cheddar Cheese w/ Roasted Tomato Salsa

All sandwiches and wraps are available with your choice of naan or flour tortilla.

Smoothies

The Sunny Day

\$6.95

Strawberries, Pineapple, Mango, Orange Juice

Cross Punch

\$5.75

Strawberries, Banana

Paradise Beach

\$5.50

Strawberries, Banana, Pineapple

Mango Tango

\$6.50

Mango, Pineapple, Non-fat Yogurt

Pink Lime

\$7.50

Strawberries, Pineapple, Orange Juice, Lime Juice

Blueberry Magic

\$6.00

Blueberries, Strawberries, Banana

Peanut Delight

\$6.00

Peanut Butter, Banana

Soups

\$5.75 / 8 oz. Bowl

Please see our Soup of the Day for available options.

Açaí Bowls

Berry Bowl

\$7.95

Açaí, Granola, Banana, Blueberries, Strawberries

Coconut Mango Bowl

\$8.25

Açaí, Granola, Banana, Mango Slices, Coconut Shavings

Pineapple Bowl

\$7.25

Açaí, Banana, Blueberries, Pineapple, Strawberries

Sides

SunChips

\$1.50

Cheddar, Garden Salsa, Chili Lime

Baked Lays

\$1.50

Original, BBQ

• Splenda available for substitution upon request

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