

Mac Kelly's

greens n' things

Smoothies

Power Peanut Butter
frozen yogurt, skim milk, peanut butter, banana \$5.99

Key West-er
frozen yogurt, skim milk, pineapple, mango, coconut, banana \$5.99

Passion
frozen yogurt, strawberries, mango, pineapple, orange juice \$5.99

Crunchie Banana Nut
frozen yogurt, banana, granola, almonds, skim milk, cinnamon \$5.99

Very Berry
frozen yogurt, blueberries, strawberries, banana, lemon \$5.99

Strawberry Breeze
frozen yogurt, fresh strawberries, banana, orange juice \$5.99

Juiced Just for You!

- Mac Juice**
kale, spinach, pear, strawberries, lemon, apple \$4.99 (16oz) \$5.99 (20oz)
- Liquid Gold**
pineapple, ginger, golden beets, cilantro, green apples \$4.99 (16oz) \$5.99 (20oz)
- Green Breeze**
kale, green apples, celery, cucumbers, lime \$4.99 (16oz) \$5.99 (20oz)
- Essentials**
kale, spinach, avocado, pineapple, banana \$4.99 (16oz) \$5.99 (20oz)
- Carrot Zinger**
carrots, green apples, ginger \$4.99 (16oz) \$5.99 (20oz)
- Cucumber De-tox**
cucumber, lemon, kale, ginger, green apple \$4.99 (16oz) \$5.99 (20oz)
- Very Berry**
blueberries, cucumber, lemon, red apple, pineapple \$4.99 (16oz) \$5.99 (20oz)
- Pear Pleasure**
pear, pineapple, green apple \$4.99 (16oz) \$5.99 (20oz)
- Hail to Kale**
kale, watermelon, apple, lemon \$4.99 (16oz) \$5.99 (20oz)
- Beet-tastic**
beets, carrots, grapes, red apple \$4.99 (16oz) \$5.99 (20oz)
- Ruby Red**
strawberries, pineapple, carrot, red apple \$4.99 (16oz) \$5.99 (20oz)
- ABC's**
green apples, golden beets, carrots, celery, cucumbers, lemon \$4.99 (16oz) \$5.99 (20oz)

Fat-Free Probiotic frozen yogurt with your choice of 2 toppings

Topping include: cinnamon, brown sugar, maple syrup, honey, banana, strawberries, mango, green apples, mandarin oranges, dried cranberries, coconut, chopped almonds, walnuts, granola, sunflower seeds, M&M's, Chocolate Chips, Chocolate syrup

short \$2.29 med \$2.79 tall \$3.29

Bowls and Burritos

Bowls \$7.99 / Burritos \$6.99

- Baja**
organic quinoa and brown rice, avocado, red onions, cilantro, green onions, cabbage, salsa, pico de gallo
- Champion**
brown rice, black beans, corn, cilantro, red onions, diced tomatoes, carrots, cajun spices, lowfat ranch
- Endurance**
organic quinoa, and brown rice, mixed greens, feta cheese, red onion, tomatoes, black olives, cilantro, red peppers, almonds, cilantro lime
- Rapture**
organic quinoa, brown rice, goat cheese, avocado, mushrooms, spinach, red peppers, tomatoes, olive oil and balsamic vinaigrette
- Shanghai**
brown rice, spinach, cucumbers, mushrooms, carrots, bean sprouts, spicy peanut sauce
- Spicy Thai**
organic quinoa, brown rice, cabbage, carrots, bean sprouts, cilantro, edamame, spicy peanut sauce
- Teriyaki Twist**
rice noodles, green onions, cucumbers, edamame, carrots, broccoli, sesame seeds, teriyaki sauce
- Tex Mex**
brown rice, black beans, carrots, corn, avocado, jack and cheddar, pico de gallo, cilantro lime vinaigrette

All bowls and burritos include your choice of a protein

Baked Chicken, Steak, Bacon, Roast Turkey, Tofu, Baked Ham

Panini Sandwiches

- Corned Beef**
this sliced corned beef, and your choice of cheese, spicy mustard available \$7.99
- Buffalo Chicken**
oven roasted chicken, tomato, carrots, jack & cheddar, blue cheese crumbles, ranch, buffalo sauce \$5.99
- Chipotle Steak**
steak, jack and cheddar cheese, tomato, baby spinach, and our chipotle sauce \$5.99
- Ham/Cheese**
baked ham, white cheddar, spinach, tomato, dijonaise \$5.99
- Mac Kelly**
oven roasted turkey or baked ham, mustard, red onion, baby spinach, and our sun dried tomato mayo \$5.99
- Pesto Chicken**
oven roasted chicken, tomato, red onion, shaved parmesan, and our pesto sauce \$5.99
- Roast Turkey**
oven roasted turkey, tomato and red onion, mustard cheese, and chipotle mayo \$5.99

Toss or Wrap it

(salads and wraps)

- Farmhouse**
field greens, green apples, walnuts, dried cranberries, carrots, red pepper, goat cheese, choice of a protein and dressing (wrap \$6.99 / salad \$7.99)
- Signature Chopped**
field greens, romaine, crumbled egg, bacon, tomatoes, cucumber, red onion, blue cheese, dried cranberries, choice of a protein and dressing (wrap \$7.99 / salad \$8.99)
- The Vegetarian**
spinach, cucumber, tofu, diced tomatoes, broccoli, carrots, walnuts, goat cheese, and choice of dressing (wrap \$7.49 / salad \$8.99)
- Fiesta**
field greens, corn, black beans, avocado, pico de gallo, cilantro, jack and cheddar cheese, choice of protein and dressing (wrap \$6.99 / salad \$7.99)
- Chicken Salad**
romaine or spinach, and our signature chicken salad (oven roasted chicken breast, grapes, lite mayo, lite slaw dressing) (wrap \$5.99 / salad \$6.99)
- Cucumber Wasabi**
field greens, carrots, cilantro, mushrooms, goat cheese, wasabi peas, choice of a protein and dressing (wrap \$6.99 / salad \$7.99)
- Buffalo**
spinach, romaine, diced tomatoes, celery, carrots, jack and cheddar cheese, lowfat ranch dressing, buffalo sauce, and choice of a protein (wrap \$6.99 / salad \$7.99)
- Kale Caesars**
romaine, kale, grape diced tomatoes, eggs, shaved parmesan, sesame sticks, house caesars dressing and choice of a protein (wrap \$6.99 / salad \$7.99)
- Soho**
field greens, spinach, bacon, green apples, beets, dried cranberries, walnuts, goat cheese, choice of a protein and dressing (wrap \$4.99 / salad \$5.99)
- Cobb**
field greens, romaine, avocado, bacon, tomatoes, corn, crumbled egg, blue cheese crumbles, choice of a protein and dressing (wrap \$6.99 / salad \$7.99)
- All salads and wrap include choice of a protein**
Baked Chicken, Steak, Bacon, Roast Turkey, Tofu, Baked Ham

Breakfast Steel Cut Oatmeal

- Cranberry Crunch**
steel cut oatmeal, topped off with cranberries and chopped almonds \$3.50
- House Special**
steel cut oatmeal, raisins, brown sugar and cinnamon with a dash of honey \$3.50
- Strawberry Crunch**
steel cut oatmeal, with fresh slices of strawberries topped off with crunchie granola \$3.50
- Apple Cinnamon**
steel cut oatmeal, with fresh apple slices topped off with cinnamon \$3.50
- Blueberry Crunch**
steel cut oatmeal, topped off with blueberries and granola \$3.50

Breakfast Burritos

- Bacon, Egg & Cheese**
sliced eggs, diced tomatoes, smoked bacon, jack and cheddar, dijonaise \$4.99
- Southwestern**
eggs, jack and cheddar, red onion, pico de gallo, bacon, and dijonaise \$4.99
- Steak, Egg & Cheese**
scrambled eggs, steak, diced tomatoes, jack and cheddar, dijonaise \$4.99

Vegetarian
spinach, mushrooms, red peppers, goat cheese, and dijonaise

Scrambled Bowls

Not a burrito fan? Choose one of the burrito items and we will toss it together and put it in a bowl \$4.99

Breakfast Panini

- Avocado Delight**
avocado, eggs, jack and cheddar, tomatoes, onion, cilantro, jalapeno \$5.99 (whole) \$3.99 (half)
- Egg & Cheese**
eggs, white cheddar, sliced tomato, baby spinach, pesto spread \$5.99 (whole) \$3.99 (half)
- Ham, Egg, Cheese**
Sliced baked ham, eggs, white cheddar, baby spinach, tomatoes, pesto spread \$5.99 (whole) \$3.99 (half)
- Steak & Egg**
steak, eggs, sliced tomato white cheddar, baby spinach, chipotle sauce \$5.99 (whole) \$3.99 (half)

For Groups

Deluxe Wrap Platter:

Wraps and burritos include your choice of chicken, tofu, and steak. Each wrap or burrito will be cut in half and displayed on a platter. Most popular choices include: Buffalo wrap/chicken, Farmhouse wrap/chicken, Vegetarian wrap/tofu, Champion burrito/steak, Tex Mex burrito/chicken

Small Platter: \$39.95 (6 wraps, 12 halves)
Medium Platter: \$49.95 (8 wraps, 16 halves)
Large Platter: \$59.95 (10 wraps, 20 halves)

Salads:

Choose from our most popular salads: Cobb, Fiesta, Soho, Kale Caesars, The Vegetarian, Farmhouse.

Small: \$24.95 (serves 6 side salads)
Medium: \$39.95 (serves 10 side salads)
Large: \$49.95 (serves 15 side salads)

Cocktail Sandwich Platters

Includes a variety of chicken salad, tuna salad, roast turkey, baked ham, chicken

Small Platter: \$19.95 (16 cocktail sandwiches)
Medium Platter: \$29.95 (24 cocktail sandwiches)
Large Platter: \$49.95 (40 cocktail sandwiches)

Fruit Platters

Includes watermelon, pineapple, honeydew, cantaloupe, strawberries, red and green grapes

Small Platter: \$29.95 (serves around 8)
Medium Platter: \$49.95 (serves 12-18)
Large Platter: \$59.95 (serves 20-25)

Cubed Cheese Trays

Includes a variety of cubed cheese and salami perfect for snacking

Small Platter: \$29.95 (serves around 8)
Medium Platter: \$49.95 (serves 12-18)
Large Platter: \$59.95 (serves 20-25)

Veggie Trays

Includes carrots, broccoli, grape tomatoes, cauliflower, red and green peppers, mushrooms and a centerpiece of ranch dressing for dipping

Small Platter: \$19.95 (serves 8-10)
Medium Platter: \$29.95 (serves 12-20)
Large Platter: \$39.95 (serves 20-30)