

green tame co.

BREAKFAST

MADE IN HOUSE DAILY

FRESH

YOGURT PARFAIT	\$9.00
CHIA AND STRAWBERRIES	\$9.00
OVERNIGHT OATS	\$9.00
FRUIT SALAD	\$9.00

WARM

CROISSANT SANDWICH Turkey bacon, egg and cheese Bacon, egg and cheese Chicken sausage, egg and cheese BLT +\$1	\$8.50
TACOS Bacon and Egg Potato and Egg Mexican Egg Turkey Bacon and Egg Spicy Ground Turkey and Egg The Popular Light Chicken sausage Egg \$4.00 Chiko GWP \$4.75	\$3.85
EMPANADAS Turkey bacon, egg and cheese Bacon, egg and cheese Chicken sausage, egg and cheese	\$3.75 - \$4.75

BREAKFAST BOX

CROISSANT +1 side+1 sweet	\$13.00
TACOS two of choice of bacon and egg, sausage and egg or potato and egg, hot salsa +1 side +1 sweet	\$12.00
EMPANADAS (2) +1 side +1 sweet	\$12.00

SIDES

Collard greens, hash browns, roasted sweet potato, roasted potatoes, fruit cup

SWEETS

Mini brownies, mini muffins, energy bites, cookies



FEEDING A CROWD

\$135.00

Buffet style. Includes plates, knapsacks, and serving utensils. Serves 8-10

EGG WHITE SCRAMBLE WITH CHICKEN AND VEGETABLES

Start your day with plenty of protein. Loaded with mushroom, bell peppers and onions. Served with roasted potatoes, beans and corn tortillas.

AMERICAN BREAKFAST

Scrambled eggs served with roasted potatoes, bacon or sausage, buttermilk biscuits, butter and assorted jellies.

MEXICAN BREAKFAST

Scrambled eggs with grilled onions, hot peppers and tomato, served with roasted potatoes, chicken sausage, pico de gallo and hot sauce. Your choice of flour/corn tortillas.

NORTH OF THE BORDER

Machacado con huevo: Delicious slow cooked beef scrambled with egg, onions, peppers and tomato, served with roasted potatoes and beans. Your choice of flour/corn tortillas.

ALL DAY COFFEE BREAK

Prices can vary depending on the size of your party. Give us a call to find out more

VEGETABLE CRUDITÉS

Crisp, fresh veggies with blue cheese or ranch

NUTS, FRUIT & DARK CHOCOLATE

Assorted roasted nuts, fresh fruit & dark chocolate bites

PITA CHIPS, CHERRY TOMATOE & HUMMUS

GUACAMOLE & CHIPS

ROASTED WINGS, CELERY & RANCH OR BLUE CHEESE

EMPANADAS

Ham and cheese, beef, cheese and onions, shrimp and cheese served with chimichurri sauce

FINGER SANDWICH ASSORTMENT

FRESH FRUIT WITH YOGURT DIP OR CHILE CHILE MIX

FRESH FRUIT DELUXE BOWL

BOTANERO ASSORTMENT OF MEXICAN SNACKS WITH CHILE CHILE MIX

BROWNIE AND COOKIE TRAY

MUFFIN TRAY

LUNCH

Individually served or buffet style

GREEN BOWLS \$12.00

*Per person

MY NICOISE

FARMERS MARKET

SIGNATURE HOUSE

SOUTHWEST

THAI

GRAIN BOWLS \$12.00

*Per person

Served on your choice of white rice, brown rice and quinoa mix or kale.

LOADED MEDITERRANEAN

THAI

FIESTA BOWL

POWER HOUSE

POKE TUNA \$15.85

Add protein to any bowl

Pork Loin, Turkey, Chicken, Tofu, Tuna Salad, Chicken Salad, Egg Salad	\$4.50
Tuna, Salmon, Grilled Fish	\$6.50

SANDWICH BOX

\$16.00

TUNA SALAD

CHICKEN SALAD

EGG SALAD

GRILLED CHICKEN

Plus one side and one sweet

SIDES

Chips, fruit salad, soup or house salad

SWEETS

Mini brownies, mini muffins, energy bites, cookies

DESSERTS

MINI BROWNIES

MINI MUFFINS

ENERGY BITES

COOKIES

SIGNATURE PLATES

Served with your choice of white or brown rice and quinoa mix. Served with 2 sides.

CHICKEN FIESTA	\$16.00
CHICKEN ALAMBRE	\$16.00
GRILLED CHICKEN WITH PIQUILLO SAUCE	\$16.00
PEPPERED TURKEY BREAST	\$16.00
SOUTHWEST CHIPOTLE MEATBALLS	\$16.00
PORK LOIN WITH HABANERO MUSTARD SAUCE	\$17.00
PESCADO A LA VERACRUZANA	\$18.00
BALSAMIC GLAZED FISH	\$18.00
CHUCK POT ROAST WITH CHIMICHURRI SAUCE	\$20.00
WILD CUT GRILLED SALMON FILLETS	\$20.00
SAVORY PAN SEARED TUNA STEAK	\$20.00

Sides

Roasted broccoli • Brussel sprouts • Roasted zucchini • Mashed cauliflower • Mashed sweet potatoes • Collard greens • Roasted potatoes • Baked sweet potato fries • Garlic ginger green beans • Kale salad • Caesar salad.

FUEL UP!

10 cups to go just got easier to handle with our disposable beverage carafe. Includes cups, sugar and stirrers.

COFFEE	\$27.00
ICED TEA	\$27.00
REGULAR LEMONADE	\$27.00
BOTTLE WATER	\$2.55
CANNED DRINKS	\$2.55

HAPPY EATING

*Prices do not include TAX

ALL DAY BOWLS

AÇAÍ BOWL \$13.50

BRAIN
Apple juice, banana, blueberries, oats

ENERGY
Almond milk, almond butter, banana, strawberries

HYDRATION
Coconut water, banana, peach

STRENGTH
Coconut milk, banana, spinach, cranberries

YOGURT BOWL \$9.00

NATURAL GREEK VANILLA HONEY GREEK RASPBERRY AGAVE GREEK Choose 3 Fruits and 1 Topping

FRUIT BOWL \$9.00

BYO Fruit Bowl

TOPPINGS Extra \$0.75

FRUITS
Strawberries, Blueberries, Raspberries, Kiwi, Pineapple, Banana, Apple

ENHANCERS
PB, Almond Butter, Cinnamon, Cacao Powder, Raisins, Cranberries, Honey, Agave

SUPERFOOD
Chia Seeds, Hemp Seeds, Goji Berries, Cacao Nibs, Flax Seeds, Ground Flax, Amaranth

CRUNCH
Homemade Granola, GF Granola, Pumpkin Seeds, Almonds, Pecans, Rolled Oats

BREAKFAST

BREAKFAST TACOS \$3.75

BACON AND EGG
POTATO AND EGG
MEXICAN EGG
TURKEY BACON AND EGG
SPICY GROUND TURKEY AND EGG
THE POPULAR LIGHT \$4.25
Turkey bacon, potato and fresco cheese
CHICKEN SAUSAGE EGG
CHIKO GWP \$5.00
Grilled chicken, potato and avocado.

**Only available at greenway plaza*

BREAKFAST BOWLS \$12.50

OMELETTES \$13.50

SPANISH
2 eggs, potatoes, onions, bell pepper.

WHOLESOME
2 eggs, turkey, tomatoes, bell pepper, green onions, spinach, basil, zucchini.

LA FLACA
Light and delicious combination of spinach, mushroom and feta, scrambled with egg.

MEDITERRANEAN
2 eggs, tomatoes, spinach, black olives, onions, feta cheese, avocado and quinoa.

SANDWICHES \$12.00

MARINATED GRILL CHICKEN
Tomato, lettuce, cheddar cheese.

TUNA SALAD SANDWICH
Tomato, onions, lettuce and mayo.

EGG SALAD SANDWICH
Tomato, lettuce, onions and mayo.

CHICKEN SALAD SANDWICH
Tomato, onions, lettuce and mayo. Served on Multi-Grain bread.

LEMONADE \$6.00

MOJITO LEMONADE
PINK LEMONADE
DETOX LEMONADE
FUSION LEMONADE

COFFEE

LATTE \$4.25
CAPUCCINO \$4.25
AMERICANO \$3.75
ICED COFFEE \$4.90

BOWLS AND PLATES

GREEN BOWLS \$12.00

MY NICOISE
Green beans, hard boiled eggs, potatoes, black olives, tomatoes. W/ Lemon vinaigrette dressing.

FARMERS MARKET
Romain lettuce, spinach, cucumber, bell pepper, celery, jicama, broccoli, cauliflower, apple, strawberries, sunflower seeds, feta cheese. W/ Balsamic vinaigrette dressing.

SIGNATURE HOUSE
Kale, cranberries, feta cheese, pumpkin seeds. W/ House dressing.

SOUTHWEST
Romain lettuce, fresco cheese, corn, black beans, tomatoes, cilantro, bell peppers, red onions. W/ Chipotle ranch dressing.

THAI
Romain lettuce, kale, white and red cabbage, mango, carrots, green onions, cucumber, edamame beans, cilantro, beets. W/ Sesame miso dressing.

DUO SALAD \$15.00
Chicken and tuna salad.

GRAIN BOWLS \$12.00

Served on your choice of white rice, brown rice and quinoa mix or kale.

LOADED MEDITERRANEAN
Lemon sauce, black olives, cucumber, parsley, cherry tomatoes, feta cheese, chickpeas, red onions, kale, sunflower seeds. W/ Tahini sauce.

THAI
Corn, cilantro, peanuts, red cabbage, carrots, green onions, garlic and lime, chili flakes. W/ Pad Thai sauce.

FIESTA BOWL
Corn, cilantro, bell pepper, mushrooms, tomato, onions, black beans, fresco cheese. W/ Piquillo sauce.

POWER HOUSE
Sautéed shiitake mushrooms, green onions, cashews, celery, kale, beets, cauliflower. W/ House sauce.

AHI TUNA POKE BOWL \$15.85
Cucumber, edamame beans, carrots, avocado, chives, seaweed, cilantro. W/ Creamy wasabi and spicy ponzu sauce.

**Consuming raw seafood may increase your risk of foodborne illness, especially if you have a medical condition*

SIGNATURE PLATES

Served on your choice of white rice brown rice and quinoa mix or kale. With choice of two sides.

GRILLED CHICKEN FIESTA \$16.00
Topped with our roasted corn, tomato, onion, bell pepper, black beans and mushroom chutney.

GRILLED CHICKEN WITH PIQUILLO SAUCE & CRACKED PEPPER \$16.00
Topped with our specialty roasted bell pepper sauce.

GRILLED CHICKEN ALAMBRE \$16.00
Topped with our roasted bell peppers, mushrooms and onions.

PORK LOIN WITH HABANERO MUSTARD SAUCE \$17.00
Rubbed with a blend of herbs and spices, slow roasted, served with a housemade spicy mustard sauce.

PEPPERED TURKEY BREAST \$16.00

CHUCK POT ROAST CHIMICHURRI STYLE \$20.00
This chuck pot roast is smoked for seriously tender and flavorful roast topped with our specialty chimichurri sauce.

PESCADO A LA VERACRUZANA \$18.00
Basa fillet baked in a briny-chunky tomato sauce with capers, olives, a little olive oil and a blend of herbs.

BALSAMIC GLAZED FISH \$18.00
Basa fillet baked in a balsamic glazed reduction sprinkled with green onions.

SAVORY PAN SEARED TUNA STEAK \$20.00

GRILLED SALMON FILLET \$20.00
A light and simple soy sauce marinade gives a special flavor to this delicious dish.

Add protein to any bowl

Pork Loin, Turkey, Chicken, Tofu, Tuna Salad, Chicken Salad, Egg Salad \$4.50

Tuna, Salmon, Grilled Fish \$6.50

SOUP

M \$4.75 **L** \$7.00

VEGETABLES - MEDITERRANEAN - LENTIL

SIDES

Mashed Cauliflower • Mashed Sweet Potatoes • Baked Sweet Potato Fries • Garlic Ginger Green Beans • Rosemary Potatoes • Collard Greens \$3.75

JUICE BAR

JUICES

S \$8.00 **M** \$10.00 **L** \$12.00

AM BOOST
GOOD MORNING HOUSTON
THE ELI
BEEF MAN
C-PLEASE
HANGOVER
HELLO SUNSHINE

SMOOTHIES

S \$8.00 **M** \$10.00 **L** \$12.00

SUPERCHARGER
PINK FLUFF
ORANGE DREAM
COCONUT LIME
CHOCO MILK
GREEN SMOOTHIE
NUTTY BERRY
TROPICAL TWIST
PIÑA COLADA
CHERRY #2

COLD PRESSED

\$12.00

VITALIZER
SUPER K
D-TOX
BACK TO ROOTS
KAMP
V-9
PEACE OF MIND
GINGER BLISS
BEEF THE HEAT
HEALING TREASURE
REFRESH

Ask for our Juice Cleanse Bundles!

SHOTS & TONICS

\$3.50

TURMERIC
GINGER BOOST
DR.FUEGO
HEART BEETER
GLOW UP
DARK KNIGHT
BELLY BLISS

CHECK OUT OUR COMPLETE DRINKS MENU!