Make any Entrée a Combo for $2.00 more! Combos include a bag of chips and a fountain drink
*Meal Swipe Options include a bag of chips and a fountain drink*

### HOT SUBS $7.59

**The Carolina Melt | I 610 Cal | *Meal Swipe Option* |
Grilled chicken, sliced ham, provolone cheese, and tomato on sourdough bread, topped with honey mustard**

**Buffalo Chicken | I 450 Cal |
Grilled chicken dressed with buffalo sauce, topped with ranch, blue cheese, lettuce, tomato, and onion**

**Vegan Veggie Burger Sub | I 540 Cal |
Vegan burger crumbles, sliced veggies, vegan cheese, and salsa spread**

**Build Your Own Sub | I 370-860 Cal**

### SIGNATURE SALADS $7.29

**Vertical Roots Chopped Salad | I 150 Cal | *Meal Swipe Option* |
Fresh vertical roots salad blend, tossed vegetables, and shredded cheddar cheese**

**Vertical Roots Caesar Salad | I 210 Cal |
Fresh Vertical Roots romaine lettuce, croutons, and shredded parmesan**

**Kale Chicken Caesar Salad | I 340 Cal |
Grilled chicken and parmesan over a kale greens mix with seasoned croutons served with Caesar dressing**

**Kale Buffalo Chicken Caesar Salad | I 360 Cal |
Fresh kale, croutons, parmesan and grilled chicken tossed in buffalo sauce**

**Build Your Own Salad | I 50-440 Cal**

### CLASSIC FLATBREAD $7.29

**Veggie Lover’s | I 600 Cal |
Fresh broccoli florets, kale, tomato topping, mozzarella and parmesan on a whole grain flatbread**

**Double Cheese I 570 Cal | *Meal Swipe Option* |
Melted mozzarella, cheddar cheese, and marinara**

**Pepperoni I 650 Cal |
Pepperoni, savory pizza sauce, and mozzarella**

**BBQ I 690 Cal |
Sweet bbq sauce, grilled chicken, red onion, mozzarella and cheddar**

**Buffalo I 610 Cal |
Grilled chicken, buffalo sauce and celery with crumbled blue cheese and mozzarella**

**Chicken and Spinach Artichoke I 730 Cal |
Sautéed spinach, ricotta cheese, mozzarella, parmesan, grilled chicken on top of a flatbread**

**Build Your Own Flatbread I 570-830 Cal**

### TACO BAR $7.29

**Build Your Taco Plate I 1270-640 Cal |
Two tacos served with choice of beans and seasoned rice and a fountain drink. Shell: hard or soft | Protein: chicken, beef, or tofu | Beans: pinto or black Select 4 Toppings: lettuce, tomatoes, jalapenos, cheddar jack cheese, sour cream, chipotle sour cream, guacamole, salad verde, pico de gallo**

**Quesadilla I 540-840 Cal |
Choice of chicken or beef, grilled vegetables, cheddar jack cheese, salsa, sour cream, and guacamole**

**Loaded Nachos I 800 Cal |
Tortilla chips topped with queso, black beans, cheddar jack cheese, lettuce, jalapenos, pico de gallo, sour cream, and guacamole**

**Extra Protein $1.89 | Extra Queso or Guacamole | I $1.59 Extra Toppings $1.09**

### BAKED MAC AND CHEESE BOWLS $8.49

**Four Cheese Blend | I 680 Cal | *Meal Swipe Option* |
Cavatappi pasta with cheddar, monterey jack, mozzarella, and parmesan cheeses**

**Buffalo Chicken | I 730 Cal |
Chicken and cavatappi pasta in a creamy blue cheese and cheddar sauce spiced with buffalo sauce**

**Chicken and Spinach Artichoke | I 650 Cal |
Chicken and cavatappi pasta, mozzarella and cheddar cheeses, fresh spinach and artichoke hearts**

**Vegan Mac and Not-So-Cheese | I 420 Cal |
Cavatappi pasta baked with creamy vegan cheese sauce**

**Build Your Own Mac and Cheese Bowl | I 420-750 Cal**

### JUMBO CINNAMON ROLL $8.49 | 1880 CAL

Additional nutritional information is available upon request. 2000 calories a day is used for general nutrition advice, but calorie needs vary.