

GLOBAL FLAVORS

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| <p>M Beef Burrito Bowl
Bean & Veggie Burrito Bowl
Tinga Chicken Burrito Bowl</p> <p>T Teriyaki Chicken Noodle Bowl
Sweet & Sour Vegetarian Plant Based
Chick'n Noodle Bowl
Korean BBQ Chicken Noodle Bowl</p> <p>W Popcorn Chicken Bowl
Crispy Plant Based Chick'n Bowl
BBQ Chicken Bowl</p> <p>TH Meatball Marinara Bowl
Tuscan Vegetable Bowl
Herb Roasted Chicken Bowl</p> <p>F Chicken Meatball
Vegetable & Cheese
Turkey Gyro & Cheese</p> | <p>Mexican Zucchini
Corn Elotes</p> <p>Spicy Asian Vegetable Blend
Roasted Sesame Carrots</p> <p>Mashed Potatoes
Low Country Green Beans
Corn</p> <p>Butternut Squash
Parmesan Green Beans</p> <p>Summer Squash
Moroccan Carrots</p> |
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SUPER FOODS

- M SMOOTHIE BOWLS**
Very Berry • Sunshine • Tropical
(No Bananas)
- T NOODLE BOWLS**
The Garden • Tokyo Teriyaki • Spicy Buffalo Chicken •
The Grecian
- W WRAPS & FLATBREADS**
Turkey Cheddar Ranch • The Mediterranean • Classic
Ham & Cheese • Spicy Buffalo
- TH SUPER SALADS**
Please Make A Different Selection
- F SMOOTHIE BOWLS**
Very Berry • Sunshine • Tropical
(No Bananas)

**PLANT-BASED, VEGETARIAN, NATURAL & MORE...
ALL THE INGREDIENTS YOU LOVE!**

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| <p>M Including Kidney Beans
Variety of Fresh Fruit
Variety of Canned Fruit</p> <p>W Including Baby Carrots
Variety of Fresh Fruit
Variety of Canned Fruit</p> <p>F Including Celery Sticks
Variety of Fresh Fruit
Variety of Canned Fruit</p> | <p>T Including Basil Corn Salad
Variety of Fresh Fruit
Variety of Canned Fruit</p> <p>TH Including Apple Glazed
Baby Carrots
Variety of Fresh Fruit
Variety of Canned Fruit</p> |
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EVERYDAY SELECTS

- M** Spicy Crispy Chicken Sandwich
Cheeseburger or Hamburger
Grilled Cheese Sandwich
All entrées served with Baked French Fries
- T** Cheese Pizza
Pepperoni Pizza
Hawaiian Pizza
- W** Bean & Cheese Nachos
Beef & Cheese Nachos
Turkey Carnitas Nachos
All entrées served with Stewed Black Beans
- TH** Chicken Nugget Basket
Fish Sticks 'n' Chips Basket
Herb Roasted Drumstick Basket
All entrées served with Seasoned Spiral Fries
- F** Spicy Crispy Chicken Sandwich
Cheeseburger or Hamburger
Grilled Cheese Sandwich
All Entrées Served with Baked French Fries

SAUCE IT UP!

Add a kick to any dish with our featured sauces.

Music City Sauce
Signature Nashville Hot Sauce
with just the right kick of heat

MK Special Sauce
The perfect blend of mayonnaise
and ketchup

Spicy Cool Sauce
Spicy sriracha meets cool,
creamy mayonnaise

Spicy K Sauce
Classic ketchup — with a kick!

IN A HURRY?

DOWNLOAD THE
APP + DECIDE
YOUR LUNCH
IN ADVANCE!



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