

PF

Entrees

PF	Chicken Paillard Dijon & Garlic Chicken Paillard Topped with Julienned Zucchini, Strips of Bell Pepper, and Fresh Herbs.	208 Cal	
PF	Grilled Balsamic Chicken with Broccolini Salad Grilled Balsamic Chicken with a side of Baby Broccoli, Roasted Fennel, Sauteed Red Onion, Kalamata Olives and Ripe Cherry Tomatoes.	360 Cal	
PF	Vegetarian Lentil Loaf with Checca Sauce Brown Rice, Lentils, Fresh Spinach, Corn, Herbs & Italian Cheese. Topped with a Healthy and Flavorful Checca Sauce.	418 Cal	
PF	Baked Salmon with Cucumber Dill Sauce Baked Atlantic Salmon with Cucumber Dill Yogurt Sauce.	269 Cal	
PF	Baked Mac & Cheese Roasted Cauliflower, Sharp Cheddar, Brown Rice Pasta, and Fresh Herbs.	366 Cal	
PF	Sushi Bowl Baked Asparagus, Fresh Avocado, Shredded Carrots, & Pan-Cooked Tempeh over Brown Rice. Topped with Toasted Nori and a Citrus Cilantro Scallion Dressing.	539 Cal	
PF	Flat Iron Steak Entree Flat Iron Steak with Thai Peanut Sauce. With Shitake Mushrooms, Peppers, and Watercress.	326 Cal	

Salads

PF

Chickpea Cauliflower Salad

Recommended for you, pure fare – this item fits your nutritional profile!
★ New

52
Cal



PF

Fresh Tuna & Spinach Salad

Fresh Spinach, Chickpeas, Roasted Peppers, Sliced Fennel, Tuna
Recommended for you, pure fare – this item fits your nutritional profile!

263
Cal



PF

Tandoori Chicken Salad

Fresh Spinach, Tandoori Chicken, Red Onion, Cucumber, Cherry Tomatoes
Recommended for you, pure fare – this item fits your nutritional profile!

115
Cal



PF

Beet & Arugula Salad

Arugula, Crumbled Sheep Feta, Roasted Beets, Red Onion, Avocado, Olive Oil, Sea Salt, Fresh Thyme, Fresh Sage, Garlic, White Wine Vinegar
Recommended for you, pure fare – this item fits your nutritional profile!

180
Cal



PF

Greek Salad

Romaine Lettuce, Grilled Chicken, Lemon Juice, Minced Garlic, Cucumbers, Cherry Tomatoes, Red Onion, Feta Cheese, Kalamata Olives, Chopped Parsley

327
Cal



PF

Nicoise Salad

Watercress, Grilled Tuna, Artichokes, Olive Oil, Fresh Green Beans, Kalamata Olives, Cherry Tomatoes, Red Onion

288
Cal



PF

Mexican Grilled Chicken

Romaine Lettuce, Grilled Chicken Breast, Black Beans, Corn Kernels, Red Onion, Jicama, Bell Pepper, Tomatoes, Avocado

344
Cal







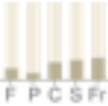


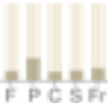
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Chili Chicken Salad

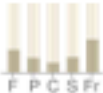

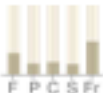
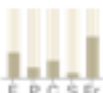
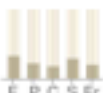
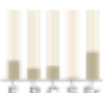



Shredded Chili Chicken, Fresh Corn, Jicama, Cherry Tomatoes, Peppers, Spinach, Cilantro.

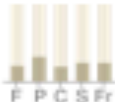
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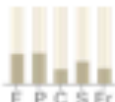
PF	Farro Kale Salad Farro, Kale, Roasted Sweet Potatoes, Olive Oil, Fresh Squeezed Orange Juice, Dijon Mustard, Walnut Oil (Roasted), Toasted Walnuts, Sea Salt, Black Pepper, Minced Scallions & Garlic	365 Cal	
PF	Quinoa Salad Fresh Spinach, Quinoa, Sea Salt, Dried Apricots, Lemons, Avocados, Scallions, Toasted Almonds, Orange Bell Peppers, Olive Oil, Coriander, Paprika, Cumin, Cucumber, Cherry Tomatoes	482 Cal	
PF	Lemon Dill Green Beans Shallots and Fresh Green Beans in a Lemon Dill Dressing.	92 Cal	
PF	Endive & Gorgonzola Salad Endive, Sliced Apple, Candied Walnuts, and Gorgonzola Cheese.	434 Cal	
PF	Wheatberry Salad Wheatberries, Beets Roasted in Garlic and Fresh Thyme, Butternut Squash, Shredded Raw Kale & a Honey Sesame Dressing.	307 Cal	
PF	Curried Waldorf Salad Fresh Apples, Celery, Raisins, in a Curried Yogurt Dressing.	192 Cal	
PF	Mayo-Less Tuna Salad Our Special Tuna Salad Prepared with No Mayo!	157 Cal	
PF	Curried Chicken Salad Shredded Chicken, Fresh Herbs, Onion, Celery, Raisins. Made with no Mayo!	262 Cal	

Sandwiches


PF	Poached Egg Asparagus, Extra Virgin Olive Oil, Sea Salt, Fresh Thyme Leaves, Garlic, White Wine Vinegar, Poached Egg, Asiago Cheese, Whole Grain Bread	356 Cal	
PF	Broccoli Egg Broccoli, Minced Garlic, Onion & Red Chili, Eggs, Olive Oil, Lemon Juice, Goat Feta, Fresh Chives, Whole Grain Bread	342 Cal	
PF	Leek, Egg & Spinach Braised Leeks, Homemade Chicken Stock, Extra Virgin Olive Oil, Minced Parsley, Eggs, Garlic, Fresh Spinach, Whole Grain Bread	371 Cal	
PF	Banana Nut Peanut Butter, Banana, Whole Grain Bread	458 Cal	
PF	Smoked Salmon Sandwich Smoked Salmon, Fresh Cucumber, Dill, Red Onion & Lemon Caper Dressing	400 Cal	
PF	Goat Brie & Fig Sandwich Goat Brie, Arugula, Roasted Peppers & Caramelized Onion Fig Spread.	361 Cal	
PF	Grilled Vegetables and Provolone Broccoli Rabe, Portobella Mushrooms, Roasted Peppers & Sharp Provolone <i>Recommended for you, pure fare – this item fits your nutritional profile!</i>	349 Cal	
PF	Black Bean Hummus Sandwich Sliced Cucumber, Avocado, Red Onion, Fresh Spinach, Tomato & Spicy Black Bean Hummus on Multigrain Bread	371 Cal	
PF	Tuna Salad Sandwich Our Special Mayo-Less Tuna, Red Onion, Celery, Watercress and Tomato on Multigrain Bread <i>Recommended for you, pure fare – this item fits your nutritional profile!</i>	290 Cal	

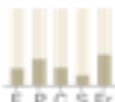
PF	Tuna Romesco Sandwich Albacore Tuna, White Onion, Greens, and Romesco Sauce.	390 Cal	
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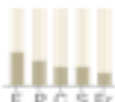
PF	Roasted Turkey & Plum Chutney Roasted Turkey, Fresh Spinach, Red Onion, Tomato & Plum Chutney Spread. <i>Recommended for you, Kunals07 - this item fits your nutritional profile!</i>	345 Cal	
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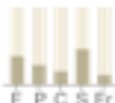
PF	Roasted Turkey & Honey Mustard Roasted Turkey, Sharp Cheddar, Fresh Tomato, Lettuce and Honey Mustard	491 Cal	
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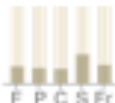
PF	Roasted Turkey & Pesto Roasted Turkey, Fresh Tomato, Greens, Red Onion & Homemade Pesto	493 Cal	
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PF	Grilled Chicken Grilled Chicken, Shredded Carrots, Cabbage & Ginger Edamame Spread. <i>Recommended for you, Kunals07 - this item fits your nutritional profile!</i>	359 Cal	
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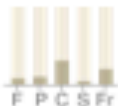
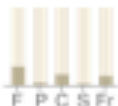
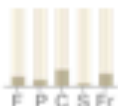
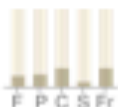
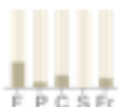
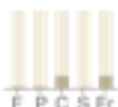
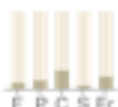
PF	Tandoori Chicken Sandwich Grilled Tandoori Chicken, Red Onion, Cucumber & Mint Chutney.	443 Cal	
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PF	Turkey Burger Turkey Burger, Fresh Tomato, Lettuce, Onion & Roasted Pepper Basil Sauce	537 Cal	
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PF	Steak, Cheddar & Horseradish Sandwich Local Steak, Homemade Tomato Relish, Fresh Horseradish, and Sharp Cheddar.	414 Cal	
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PF	Thai Flat Iron Steak Sandwich Baked Flat-Iron Steak, Raw Peppers, Fresh Cilantro, and Greens with a Creamy Thai Peanut Sauce.	359 Cal	
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Smoothies

PF	Mango Smoothie Mango, Low-fat Milk, Plain Low-fat Yogurt, and a Bit of Honey	372 Cal	
PF	Spinach Coconut Smoothie Spinach, Coconut, and Fresh Green Grapes	252 Cal	
PF	Creamy Date Smoothie Sweetened only with Dates!	286 Cal	
PF	Strawberry Flax Smoothie Fresh Strawberries, Lowfat Yogurt, Fresh Orange Juice, and Ground Flax	351 Cal	
PF	Banana Cashew Smoothie Raw Cashews and Fresh Banana Sweetened with a Touch of Maple Syrup	320 Cal	
PF	Carrot Pineapple Smoothie Fresh Pineapple, Fresh Orange Juice, Carrots, and Banana	177 Cal	
PF	Gingery Berry and Oat Smoothie Blueberries, Low-fat Yogurt, Fresh Ginger, and a Handful of Soaked Rolled Oats.	308 Cal	
PF	Kale-Apple Smoothie Fresh Apple Juice, Banana, Lemon, and Kale!	161 Cal	