

Pizzas

Served on Pita, Lavash, or Thin Crust
Gluten Free Crust \$3

Chicken Sausage Pizza (425cal, 22gm Fat, 51Carbs, 24gm Protein) <i>Tomato, fennel, and fontina cheese</i>	\$9.99
Margherita Pizza (352cal, 14gm Fat, 57Carbs, 19gm Protein) <i>Low-fat mozzarella, tomatoes, roasted garlic and basil</i>	\$8.99
BBQ Chicken Pizza (446cal, 14gm Fat, 57Carbs, 38gm Protein) <i>Low-fat cheddar and low-fat mozzarella with shaved red onion, grilled BBQ chicken and cilantro</i>	\$9.99
The Greek Pizza (296cal, 14gm Fat, 48Carbs, 11 Protein) <i>House-made roasted red pepper hummus, tomatoes, cucumbers, Kalamata olives, and crumbled feta cheese</i>	\$8.99
Veggie Pizza (342cal, 14gm Fat, 56Carbs, 17gm Protein) <i>Red sauce, tomato, spinach, red onion, artichokes, mixed peppers, Kalamata olives, Daiya vegan cheese or mozzarella cheese</i>	\$11.99

All calorie counts are calculated on Lavash crust

Burgers

Served with tofu fries or jicama "fries" & a pickle.

(Gluten Free Bun \$3) (Add turkey bacon \$1 / avocado \$.75)


* Angus Beef Burger (584cal, 24gm Fat, 37Carbs, 56gm Protein) <i>Grilled Angus burger low-fat cheese, L, T, O</i>	\$9.99
Turkey Burger (503cal, 20gm Fat, 36Carbs, 50gm Protein) <i>Ground turkey w/ alfalfa sprouts, L, T, O, low-fat cheese</i>	\$9.99
G&P Veggie Burger (466cal, 18gm Fat, 68Carbs, 16gm Protein) <i>A lentil black bean, brown rice, mushroom, celery, carrot, onion, Cilantro, basil, garlic and cashew patty w/ L, T, O, & alfalfa sprouts</i>	\$9.99
*Bison Burger (529cal, 34gm Fat, 35Carbs, 42gm Protein) <i>Grilled bison burger- low-fat cheese L, T, O</i>	\$10.99
Ostrich Burger (573cal, 19gm Fat, 34Carbs, 66gm Protein) <i>Grilled ostrich burger- alfalfa sprouts, cheese L, T, O</i>	\$14.99

Wraps & Sandwiches

(Cabbage wrap, wheat wrap, spinach wrap, or whole wheat hoagie)

Bison Cheese Steak (545cal, 33gm Fat, 20Carbs, 44gm Protein) <i>Red onions, peppers and low-fat mozzarella, lettuce & tomato</i>	\$10.99
Teriyaki Grilled Chicken (450cal, 7gm Fat, 40 Carbs, 58gm Protein) <i>Cucumbers and an Asian slaw, teriyaki sauce</i>	\$10.99
Turkey Club (361cal, 12gm Fat, 32Carbs, 31gm Protein) <i>Roasted turkey, turkey bacon, lettuce, and tomato, with Russian dressing. (460 cal)</i>	\$9.99
California Grilled Chicken (473cal, 14gm Fat, 26Carbs, 60gm Protein) <i>Turkey bacon, L, T, O, and extra virgin mayo</i>	\$10.99
Grilled Vegetable (371cal, 23gm Fat, 36Carbs, 10gm Protein) <i>Portabella mushroom, asparagus, squash, zucchini, artichoke hearts, roasted red peppers, raw Spinach, tomato, bean puree, walnut cilantro pesto</i>	\$9.99
Cajun Angus Wrap (790cal, 30gm Fat, 70Carbs, 53gm Protein) <i>Grounded Angus, bleu cheese, Cajun seasoning, pickled red onions, Roma tomatoes, creamy slaw</i>	\$10.99

G & P Juices (Add Whey Protein \$1 / Pea Protein \$1.50)

All juices and Smoothies are 

Green Ginger Limeade (277cal, .5gm Fat, 72 Carbs, 3gm Protein) <i>Green grapes, spinach, ginger, lime, Stevia</i>	\$5.99
Watermelon Strawberry (221cal, .5gm Fat, 56 Carbs, 2gm Protein) <i>Watermelon, raspberries, strawberries, Stevia</i>	\$5.99
Carrot Juice (321cal, 1gm Fat, 83 Carbs, 3gm Protein) <i>Green grapes, carrots, apple, ginger, lemon, Stevia</i>	\$5.99
Wellness Drink (286cal, 2.5gm Fat, 67 Carbs, 6gm Protein) <i>Green grapes, green apple, pineapple, orange, lime, wheat grass, kale, spinach, collard greens, ginger, flax seed, Stevia</i>	\$7.50
V9 (273cal, 2gm Fat, 53 Carbs, 15gm Protein) <i>Carrot, celery, sun dried tomato, scallions, cabbage, garlic, yellow squash, zucchini, orange, lime, vegetable stock</i>	\$6.99
Straight to the Heart (211cal, .5gm Fat, 55 Carbs, 2gm Protein) <i>Green grapes, honey, avocado pit, wheatgrass, ginger, lime</i>	\$3.99
Loaded Antioxidant Chiller (313cal, 1gm Fat, 80 Carbs, 3gm Protein) <i>Green grapes, blueberries, blackberries, Stevia</i>	\$5.99

Smoothies (Choice of Almond or Soy Milk)

Apple Pie Smoothie (455cal, 24 gm Fat, 59Carbs, 5gm Protein) <i>Apples, cabbage, carrot, squash, pecans, nutmeg, cinnamon, vanilla, Stevia (455 cal)</i>	\$7.50
Banana Split (574cal, 28gm Fat, 70 Carbs, 16gm Protein) <i>Tofu, banana, strawberries, peaches, squash, cabbage, carrots, pecans, vanilla,</i>	\$7.50
Chocolate Peanut Butter Banana (715cal, 37gm Fat, 94Carbs, 17gm Protein) <i>Cacao powder, dark chocolate chips, banana, roasted peanut, avocado, kale, spinach, zucchini, flax seed, chia seeds, honey, vanilla, Stevia</i>	\$7.50
Green Shake (574cal, 23gm Fat, 87Carbs, 14gm Protein) <i>Banana, almonds, mango, orange, apple, avocado, spinach, collard greens, kale, vanilla, Stevia</i>	\$7.50
Green Leaf Berry Blast (316cal, 4gm Fat, 69 Carbs, 4gm Protein) <i>Strawberries, blueberries, raspberries, pineapple, lemon, carrots, cabbage, spinach, kale, vanilla, Stevia</i>	\$7.50
Acai Berry Smoothie (321cal, 3.5gm Fat, 76Carbs, 3gm Protein) <i>Acai, green grapes blueberries, blackberries, pineapple, coconut, beet powder, spinach, kale, honey banana, & peaches (Does NOT contain Soy or Almond milk)</i>	\$7.50
Malibu Breeze (421cal, 4gm Fat, 93Carbs, 7gm Protein) <i>Green grapes, pineapple, orange, squash, carrots, cabbage, banana, strawberries, peaches, chia seeds, flax seeds, coconut & honey</i>	\$7.50

Greens & Caffeine's

Chocolate Veggiechino (496cal, 20gm Fat, 80Carbs, 8gm Protein) <i>Almond or soy milk, cacao powder, dark chocolate chips, coffee beans, avocado, spinach, kale, collard greens, flax seed, chi seeds, raisins, vanilla, Stevia</i>	\$6.99
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Ask us about our HCG Diet, Meal prep,
Vegan & Raw Selections.

“Our food is NOT prepared in a Certified Vegan, gluten free,
or nut free environment.”

Phone: 702-541-7800
8975 S. Eastern Avenue, Suite 3C
Las Vegas, NV 89123
(215 & Eastern in LVAC parking lot)
Hours: 7am – 10pm / Breakfast (served all day)

Phone: 702-541-6400
9809 W. Flamingo Road, Suite 7
Las Vegas, NV 89174
(215 & Flamingo in LVAC parking lot)
Hours: 7am – 10pm / Breakfast (served all day)

Phone: 702-823-4600
6375 S. Rainbow Ave, Suite 100
Las Vegas, NV 89118
(215 & Rainbow)
Hours: 7am – 10pm / Breakfast (served all day)

NOW OPEN


Phone: 702-853-0650
6180 N. Decatur Blvd, Suite 106
N. Las Vegas, NV 89130
(215 & N Decatur in LVAC parking lot)
Hours: 7am – 10pm / Breakfast (served all day)

www.greensandproteins.com

 **Vegan**  **Gluten Free**  **Vegetarian**

Breakfast


(Served All Day)

 **Real Deal Oatmeal** (314cal, 7gm Fat, 61Carbs, 6gm Protein) **\$4.95**

Irish steel cut oats, flax, cinnamon, sucanat & almond milk w/ bananas & raisins

 **G & P Granola** (605cal, 33gm Fat, 95Carbs, 12gm Protein) **\$4.95**

Rolled oats, oat bran, flax seeds, pecans, walnuts, coconut, raisins, maple syrup, cinnamon, nutmeg, & sucanat w/berries on top

 **Berry Parfait** (356cal, 13gm Fat, 52Carbs, 11gm Protein) **\$4.95**

Layers of our granola, strawberry yogurt, & fresh berries.

 **SW Tofu & Soy Chorizo Wrap** (617cal, 26gm Fat, 51Carbs, 40gm Protein) **\$7.95**

Scrambled tofu & soy chorizo with roasted Anaheim chilies, cilantro, tomatoes, scallions, red onion & salsa, tofu home fries

G & P Breakfast Burrito (771cal, 10gm Fat, 19Carbs, 47gm Protein) **\$7.95**

Scrambled eggs, scallions, red onion, tomatoes, roasted Anaheim chilies, house-made turkey sausage, cheddar cheese, & house-made salsa with side tofu home fries.

Greek Scramble (333cal, 7gm Fat, 37Carbs, 29gm Protein) **\$5.95**

Egg whites, feta cheese, Kalamata olives, fresh basil, green peppers, onions & tomatoes served with toasted pita bread & tofu fries.

Scrambled Egg Whites with House Made Turkey Sausage (361cal, 10gm Fat, 19Carbs, 47gm Protein) **\$5.95**


Egg whites served with our house made turkey sausage & side of tofu home fries

Multigrain Protein Pancakes (582cal, 33gm Fat, 48Carbs, 33gm Protein) **\$7.25**


Protein Pancakes served with pecans, bananas & agave syrup

Granola Crusted French toast (575cal, 15gm Fat, 88Carbs, 24gm Protein) **\$6.95**


French toast crusted in our house made granola with agave syrup & fried banana

 **Acai Sorbet Berry Bowl** (307cal, 8gm Fat, 51Carbs, 3gm Protein) **\$7.99**


(Sugar Free) Acai Sorbet, banana, pineapple, blackberries, blueberries & Granola

 **Tomato Mozzarella & Basil** (623cal, 41gm Fat, 9Carbs, 32gm Protein) **\$7.99**

Seasoned egg mixture baked with mozzarella cheese, tomato & fresh basil

 **Turkey Broccoli & Fontina** (678cal, 48gm Fat, 7Carbs, 37gm Protein) **\$7.99**


Seasoned egg mixture baked with oven roasted turkey breast, broccoli & fontina cheese


 **Grilled Vegetable** (514cal, 40gm Fat, 11Carbs, 22gm Protein) **\$7.99**

Seasoned egg mixture baked with caramelized onion, tomato, artichoke, zucchini & herbs


Soups \$4.99 (Made to Order)

Contains Cashews & Veggies, Served with Lavash chips that are NOT gluten free

 **Thai Ginger** (420 cal, 26gm fat, 43 carbs, 9 protein)

 **7 Vegetable Broccoli & Cheese** (426 cal, 30 fat, 28 carbs, 15 protein)


 **Tortilla** (449 cal, 24gm fat, 50 carbs, 16 protein)

 **White Bean Turkey Chili** (281cal, 17gm fat, 18 carbs, 15 protein) **\$7.50**



Salads

Small Chicken \$3 or Large Chicken \$5



3 Shrimp \$3.99 or 5 Shrimp \$5.99

 **Albacore Tuna Salad** (143/250cal, 5/8gm Fat, 6/9Carbs, 15/29gm Protein) **\$6.99/\$9.99**


Tomato, celery, cucumbers, Bibb lettuce & Dijon dressing

  **Rough Cut Salad** (277/406cal, 23/33gm Fat, 11/18Carbs, 8/12gm Protein) **\$6.99/\$9.99**



Tomato, cucumber, mixed greens, dill, feta cheese, Greek dressing

  **Summer Berry** (264/398cal, 22/33gm Fat, 15/23Carbs, 5/8gm Protein) **\$6.99/\$9.99**


Spinach, assorted berries, goat cheese, orange, Frisee, raspberry balsamic vinaigrette

 **Skinny Chef** (363/544cal, 19/27gm Fat, 14/23Carbs, 30/47gm Protein) **\$6.99/\$9.99**


Turkey breast, romaine lettuce, kale, cucumbers, tomato, Swiss cheese, hard-boiled egg with agave Dijon mustard

  **Low-Carb Caesar** (250/376cal, 20/28gm Fat, 6/10Carbs, 13/22gm Protein) **\$5.99/\$7.99**

Romaine Lettuce, parmesan cheese, parmesan crisp and EVOO Caesar dressing

 **Chicken Quinoa** (511cal, 19gm Fat, 36Carbs, 48gm Protein) **\$10.99**


Grilled chicken, quinoa, mint, cranberries, celery, spiced pumpkin seeds & cider vinaigrette

 **Harvest Kale** (511cal, 16gm Fat, 85Carbs, 15gm Protein) **\$10.99**


Kale, roasted corn, eggplant, pumpkin seeds, apricots, oranges, grape/Sriracha reduction & agave Dijon

G & P Chopped (509cal, 17gm Fat, 64Carbs, 28gm Protein) **\$10.99**

Spinach, roasted corn, cranberries, pumpkin seeds, artichoke, cous cous, balsamic tomatoes, roasted turkey & buttermilk pesto

 **Steak Salad** (704cal, 59gm Fat, 15Carbs, 34gm Protein) **\$13.95**

Romaine, arugula, bleu cheese, candied walnuts, Roma tomatoes, pickled onions, caramelized onion Vinaigrette

 **Ahi Protein Salad** (680cal, 44gm Fat, 33 Carbs, 43 gm Protein) **\$13.95**

Seared Ahi tuna, balsamic portabella mushroom, sunflower seeds, artichoke hearts, hard-boiled egg, baked tofu, avocado, romaine, arugula, citrus vinaigrette


Small Pickings

 **Hummus & Pita** (374cal, 15gm Fat, 50Carbs, 10gm Protein) **\$5.99**


Artichoke & roasted red pepper hummus with Lavash & pita

 **Thai Peanut Chicken Satay** (505cal, 25gm Fat, 13Carbs, 59gm Protein) **\$7.99**

Skewered chicken with spicy peanut sauce

 **Salmon Ceviche Cups** (237cal, 9gm Fat, 29Carbs, 14gm Protein) **\$9.99**

Salmon, cucumber, onion, tomato, cilantro, jalapeno & citrus juice in mini lettuce cups

 **Grilled Buffalo Chicken** (338cal, 10gm Fat, 7Carbs, 52gm Protein) **\$7.99**

Carrots & celery, ranch, spicy citrus buffalo sauce

Mini Ahi Tostadas (317cal, 5gm Fat, 35Carbs, 30gm Protein) **\$9.99**

Crispy tortilla, edamame puree, wheatgrass slaw, sweet chili dressing & seared ahi

Southern Nevada Health District

Regulations governing the sanitation of food establishments 2010 3-401.11(D)

*Thoroughly cooking food of animal origin, including but not limited to beef, eggs, fish, lamb, milk, poultry, or shell stock reduces the risk of food borne illness. Young children, the elderly, and individuals with certain health conditions may be at a higher risk if these foods are consumed raw or undercooked

Build Your Own Meal

1 Proteins (Choose one of the following)

*Bison Patty	(248 cal, 31 fat, 0 carbs, 36 protein)	12.99
*Filet Mignon	(315 cal, 13 fat, 0 carbs, 49 protein)	16.99
Chicken Breast	(272 cal, 6 fat, 0 carbs, 49 protein)	9.99
*Salmon	(241cal, 10 fat, 0 carbs, 33 protein)	12.99
Shrimp	(75 cal, 0 fat, 0 carbs, 19 protein)	12.99
*Ahi Tuna	(185 cal, 1 fat, 0 carbs, 40 protein)	12.99
Turkey Breast	(172 cal, 3 fat, 0 carbs, 33 protein)	8.99
Marinated Tofu	(121 cal, 6 fat, 4 carbs, 11 protein)	8.99
Ostrich	(297 cal, 16 fat, 0 carbs, 59 protein)	16.99
Tilapia	(340 cal, 4 fat, 0 carbs, 46 protein)	12.99
Cod	(360 cal, 2 fat, 0 carbs, 40 protein)	12.99

2 Greens (Choose one of the following)

Spinach (24 cal, 4 carbs, 3 protein)	Edamame (138 cal, 6 fat, 11 carbs, 12 protein)	Broccoli (24 cal, 4 carbs, 3 protein)
Mixed Greens (16 cal, 3carbs, 1 protein)	Kale (24 cal, 5 carbs, 2 protein)	Tomatoes (24 cal, 5 carbs, 1 protein)
Avocado (113 cal, 10 fat, 6 carbs, 6 protein)	Carrots (43 cal, 10 carbs, 1 protein)	Asparagus (14 cal, 3 carbs, 2 protein)
Wakame Salad (51 cal, 10 carbs, 3 protein)	Cucumbers (16 cal, 4 carbs, 1protein)	Peppers (27cal, 5 carbs, 1 protein)
Portobello Mushroom (50 cal, 3 carbs, 2 protein)	Caramelized Onions (19 cal, 4 carbs, 0 protein)	

3 Grains (Choose one of the following)

Quinoa (136 cal, 2 fat, 24 carbs, 8 protein)	Whole Wheat Pasta (213cal, 2 fat, 42 carbs, 7 protein)
Cous Cous (213 cal, 0 fat, 44 carbs, 7 protein)	Sweet Potato Mashed (101 cal, 0 fat, 24 carbs, 2 protein)
Basmati Rice (202 cal, 0 fat, 44 carbs, 5 protein)	White Cannellini Beans (96 cal, 0 fat, 17 carbs, 7 protein)
Brown Rice (159 cal, 1 fat, 33 carbs, 3 protein)	Spaghetti Squash (35 cal, 1 fat, 8 carbs, 1 protein)


4 Sauces (Choose one of the following)

Tangy Buffalo Sauce (10 cal, 0 fat, 4 carbs, 3 protein)	Teriyaki Sauce (43 cal, 0 fat, 11 carbs, 1 protein)
Lemon Vinaigrette (109 cal, 12 fat, 1 carbs, 0 protein)	Low-fat Ranch (32 cal, 2 fat, 2 carbs, 0 protein)
Aged Balsamic Reduction (30 cal, 0 fat, 8 carbs, 0 protein)	Citrus BBQ Sauce (56 cal, 1 fat, 12 carbs)
Walnut & Cilantro Pesto (79 cal, 8 fat, 1 carbs, 0 protein)	Peanut Sauce (105 cal, 9 fat, 4 carbs, 3 protein)


Raw

 **Mock Chicken Lettuce Cups** (533 cal, 43 fat, 30 carbs, 18protein) **\$8.99**


Cashew chicken salad in lettuce cups topped with tomato & sprouts with raw cashew cheese

 **Raw Pizza** (544 cal, 36 fat, 50 carbs, 20 protein) **\$8.99**

Herb tomato sauce, raw cashew cheese, Portobello mushroom, Kalamata olives, green onion & diced tomato on a flax seed pizza crisp

 **Raw Chili Cheese Fries** (549 cal, 35 fat, 51 carbs, 20 protein) **\$9.99**

Raw pumpkin seed chili and raw cashew cheese, spread over jicama sticks & diced tomato

 **Raw Macho Nacho** (848 cal, 60 fat, 68 carbs, 30 protein) **\$11.99**

Raw pumpkin seed chili, raw cashew cheese, mango salsa, avocado & diced tomato, over raw corn chips.