



1-800-988-3287

<http://www.eat-s.com>

Flame Broiler

#1. BOWLS & PLATES

MINI BOWL - (3 oz of protein & base.)

REGULAR BOWL - (5 oz of protein & base.)
PLATE - (7 oz of protein, base, salad & fresh fruit.)

#2. *PICK A BASE

- *White Rice
- *Brown Rice
- *Veggies
- *Rice & Veggies
- *Salad

#3. CHOOSE A PROTEIN

Chicken (Mini)	\$6.83
<i>All-natural skinless chicken.</i>	
Chicken (Regular)	\$8.97
<i>All-natural skinless chicken.</i>	
Chicken (Plate)	\$11.44
<i>All-natural skinless chicken.</i>	
Chicken - Substitute for White Meat (Mini)	\$8.45
Chicken - Substitute for White Meat (Regular)	\$10.60
Chicken - Substitute for White Meat (Plate)	\$13.91
Angus Beef (Mini)	\$7.41
<i>Marinated choice angus beef.</i>	
Angus Beef (Regular)	\$10.27
<i>Marinated choice angus beef.</i>	
Angus Beef (Plate)	\$13.33
<i>Marinated choice angus beef.</i>	
Half & Half (Mini)	\$7.09
<i>Chicken & angus beef combination.</i>	
Half & Half (Regular)	\$9.75
<i>Chicken & angus beef combination.</i>	
Half & Half (Plate)	\$12.74
<i>Chicken & angus beef combination.</i>	
Organic Tofu (Mini)	\$7.09
<i>Extra firm, non-gmo, charbroiled tofu.</i>	
Organic Tofu (Regular)	\$9.75
<i>Extra firm, non-gmo, charbroiled tofu.</i>	
Organic Tofu (Plate)	\$12.74
<i>Extra firm, non-gmo, charbroiled tofu.</i>	

ADD-ONS

Green Onions	
Avocado	\$1.63
Extra Chicken	\$3.90
Extra All-White Chicken	\$3.90
Extra Angus Beef	\$3.90
Extra Tofu	\$3.90

DRINKS

Coca-Cola Products.

Regular Soft Drink	\$2.54
Large Soft Drink	\$2.86
Bottled Water	\$2.08

SAUCES

Magic Sauce	
Hot Sauce	
Double Hot Sauce	
Triple Hot Sauce	