

# GUILT FREE STARTERS

**Garden Fresh Guac** ① ② ③ (220 kcal)  
**\$ 9.00**  
 Our Newly Improved Guac Topped with Basil, Pomegranate Seeds, Sunflower & Pumpkin Seeds, Sprinkled with Chili Flakes. Served with Keto Chips

**Innocent Nachos** ① ② ③ (320 kcal)  
**\$ 11.00**  
 Homemade Keto-Friendly Tortilla Chips Topped with Almond Cheese, Jalapeños & Salsa. Served with Guac and Sour Cream

**Almond Chicken Strips** ② ③ (290 kcal)  
**\$ 10.00**  
 Free-Range Chicken Strips Oven Baked in Almond Flakes. Served with Vegan Honey Mustard

**Glow Cheese Sticks** ① ② ③ (260 kcal)  
**\$ 9.00**  
 The Crunchiest Oven Baked Herby Cheese Sticks. Served with Our Homemade Thousand Island Sauce

**Tropical Island Shrimp Skewers** ② (230 kcal)  
**\$ 12.00**  
 Char-Grilled Jumbo Shrimps, Glazed Pineapple Slices, Drizzled with Tangy Teriyaki Sauce

**Immunity Balance Soup** ② (180 kcal)  
**\$ 8.00**  
 A Heartwarming and Healing Mixture of The Season's Freshest Vegetables & Broth Topped with Chili Flakes, Parsley & Parmesan Cheese

# the glow paradise

## WELLNESS from inside out



# RISE & SHINE

**Protein Pancakes** ② ③ (300 kcal)  
**\$ 9.00**  
 Whey Protein based Pancakes, Strawberries, Blueberries, Dark Chocolate Syrup, Peanut Butter

**Glow's Halloumi Panini** ① ② (280 kcal)  
**\$ 10.00**  
 Gluten-Free Panini, Vegan Halloumi, Avocado, Tomato, Pesto Maple Sauce

**Inner Fire Oats Bowl** ① ② (260 kcal)  
**\$ 9.00**  
 Overnight Gluten-Free Banana Infused Oats, Strawberries, Blackberries, Mango, Dark Chocolate Chips, Chia Seeds, Peanut Butter

**Brekkie Burrito Wrap** ② (320 kcal)  
**\$ 10.00**  
 GF Wrap, Organic Eggs, Almond Cheese, Organic Turkey Slices, Avocado, Jalapeños, Mixed Greens, Vegan Honey Mustard

**Turkey Cheese Mankouche** ② ③ (260 kcal)  
**\$ 9.00**  
 Three Mini Turkey & Cheese Mankouche. Served with Vegan Honey Mustard

**Athlete's Omelette** ② ③ (290 kcal)  
**\$ 8.00**  
 Two Organic Eggs, Almond Cheese, Organic Turkey Slices, Grilled Mushrooms, Sautéed Spinach



# REVITALIZING SALADS

**High Vibe Halloumi Salad** ① ② (320 kcal)  
**\$ 13.00**  
 Arugula, Vegan Halloumi, Quinoa, Strawberries, Orange, Grapefruit, Bean Sprouts, Shaved Toasted Almonds, Pomegranate Seeds, Pumpkin Seeds, Chia Seeds. Served with Maple Lemon Pesto Dressing

**Chicken Caesar Salad** ② ③ (340 kcal)  
**\$ 14.00**  
 Iceberg Lettuce, Grilled Chicken, Parmesan Cheese, Dried Cranberries, Avocado, Seasoned Shiitake Mushrooms, Walnuts, Keto Croutons. Served with Caesar Dressing

**Autumn Abundance Salad** ② (355 kcal)  
**\$ 13.00**  
 Baby Spinach, Goat Cheese, Quinoa, Sweet Potato, Dried Prunes, Raisins, Goji Berries, Cucumber, Macadamia Nuts, Pomegranate Seeds, Pumpkin Seeds, Sunflower Seeds, Chia Seeds. Served with Molasses Vinaigrette Dressing

**Chicken Kale Crunch Salad** ② (360 kcal)  
**\$ 14.00**  
 Kale, Grilled Chicken, Parmesan Cheese, Dried Apricot, Beetroot, Avocado, Pecans. Served with Honey Balsamic Sauce

**Aloha Mantra Salad** ① ② (300 kcal)  
**\$ 14.00**  
 Red Cabbage, Crispy Tofu, Beluga Lentils, Sweet Potato, Avocado, Pomegranate Seeds, Sunflower Seeds, Pumpkin Seeds, Flaxseeds. Served with Creamy Maple Balsamic Dressing

# GUILTLESS SIDES

**Skinny Fries** ① ② (160 kcal)  
**\$ 4.00**

**Sweet Potato Wedges** ① ② (180 kcal)  
**\$ 5.00**

**Farm Fresh Bok Choy** ① ② (95 kcal)  
**\$ 9.00**

**Keto Chips** ① ② ③ (120 kcal)  
**\$ 4.00**

**Kaleslaw** ① ② ③ (30 kcal)  
**\$ 3.00**



① Vegan    ② Gluten Free    ③ Keto

All our foods are free of gluten yet not safe for celiac patients

## WRAPS & MORE

### California Chicken Wrap (355 kcal)

\$ 10.00

GF Wrap, Grilled Chicken, Almond Cheese, Shredded Carrot, Pickles, White Cabbage, Vegan Honey Mustard

### Chicken Avo Wrap (375 kcal)

\$ 10.00

GF Wrap, Grilled Chicken, Almond Cheese, Avocado, Tomato, Iceberg Lettuce, Ranch Sauce

### Glow's Philly Steak (380 kcal)

\$ 13.00

GF Ciabatta, Lean Beef, Almond Cheese, Avocado, Mushrooms, Bell Peppers, Onion, Vegan Mayo

### Protein Packed Plantful Wrap (320 kcal)

\$ 10.00

GF Wrap, Crispy Tofu, Mixed Vegan Cheese, Avocado, Tomato, Iceberg Lettuce, Vegan Mayo

### Grilled Shrimp Tacos (350 kcal)

\$ 16.00

Two Crispy Taco Shells, Grilled Jumbo Shrimps, Avocado, Pickled Onion, Coriander, Chipotle Infused Sauce

### Chicken Sando (330 kcal)

\$ 12.00

GF Toast, Almond Crusted Chicken, Almond Cheese, Pickles, Kaleslaw, Light Teriyaki Sauce

### Chicken Quesadillas (360 kcal)

\$ 13.00

GF Wrap, Grilled Chicken, Almond Cheese, Bell Peppers, Guac, Sour Cream, Salsa

## Groundbreaking flavorful nourish

## GLOW POWER BOWLS

### Glow's Famous Curry (420 kcal)

\$ 14.00

Grilled Chicken, Black Rice, Baby Spinach, Roasted Cashews, Spicy Coconut Curry Creamy Base

### Paramount Protein Platter (460 kcal)

\$ 18.00

Beef Patty, Black Rice, Sweet Potato Wedges, Roasted Cashews, Served with Guac and Sour Cream

### Fitness Favorite Bowl (400 kcal)

\$ 19.00

Grilled Salmon, Black Rice, Sweet Potato, Edamame, Mango, Avocado, Mixed Sesame, Served with Asian Sesame Dressing

### Glow's Beef Stroganoff (390 kcal)

\$ 14.00

Lean Beef, Black Rice, Mushrooms, Maple Almonds, Stroganoff Creamy Base

### Vibrant Shrimp Noodle Bowl (320 kcal)

\$ 17.00

Soba Noodles, Grilled Jumbo Shrimps, Bell Peppers, Peanuts, Spring Onions, White Sesame Seeds, Served with Thai Vinaigrette Dressing

## WELLNESS BOWLS

### Pumpkin Spice Oatmeal (290 kcal)

\$ 9.00

Steel-Cut Gluten-Free Overnight Oats, Dried Cranberries, Pumpkin Mix, Red Apple, Pumpkin Seeds, Cinnamon, Walnuts

### Yoghurt Bowl (270 kcal)

\$ 10.00

Greek Yoghurt, Carrot Cake Granola, Blueberries, Strawberries, Banana, Peanut Butter

### Avo Nana Bowl (290 kcal)

\$ 11.00

Avocado Nana Base, Strawberries, Banana, Blackberries, Dark Chocolate Chips, Chia Seeds, Coconut Shreds

### Beautifying Glow Bowl (275 kcal)

\$ 10.00

Pink Pitaya, Greek Yoghurt, Chocolate Granola, Blueberries, Strawberries, Banana, Almond Butter

### Aloha Açaí Bowl (280 kcal)

\$ 12.00

Açaí Smoothie Base, Carrot Cake Granola, Strawberries, Banana, Almond Butter

### Cocoa Oats Bowl (300 kcal)

\$ 10.00

Chocolate Infused Oats, Strawberries, Banana, Dark Chocolate Chips, Chia Seeds, Almond Butter

### Protein Power Bowl (280 kcal)

\$ 12.00

Whey Protein, Greek Yoghurt, Raspberries, Banana, Hazelnuts, Dark Chocolate Chips, Chia Seeds, Pumpkin Seeds, Almond Butter



## LEAN BURGERS

### Superfood Burger (400 kcal)

\$ 14.00

Keto Bun, Beef Patty, Almond Cheese, Sweet Potato, Tomato, Mixed Greens, Homemade Sauce

### Chicken Crisp Burger (390 kcal)

\$ 14.00

Keto Bun, Crispy Oven Baked Chicken, Almond Cheese, Tomato, Iceberg Lettuce, Pickles, Homemade Thousand Island Sauce

### Glow's Famous Cheeseburger (370 kcal)

\$ 15.00

Keto Bun, Beef Patty, Almond Cheese, Grilled Mushrooms, Arugula, Vegan Mayo

### Pollo Parm Burger (340 kcal)

\$ 14.00

Keto Bun, Grilled Chicken, Varmesan Cheese, Avocado, Seasoned Shiitake Mushrooms, Arugula, Vegan Mayo

### Vegan Mighty Burger (360 kcal)

\$ 13.00

Keto Bun, Beetroot Patty, Avocado, Tomato, Jalapeños, Mixed Greens, Vegan Honey Mustard



**V** Vegan **GF** Gluten Free **K** Keto

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\*All burgers are served with keto chips & kaleslaw.

\*All buns can be replaced with a lettuce bun

## GLOW COFFEE

**Glow Coffee** (32 kcal)  
\$ 4.00  
Almond Milk, Organic Coffee Beans,  
Monk Fruit

**Glow Coffee  
4 Pack** (128 kcal)  
\$ 15.00

## DETOXIFYING JUICES

**Wake Me Up** (280 kcal)  
\$ 7.00  
Almond Milk, Banana, Medjool Dates,  
Cocoa Nibs, Organic Peanut Butter,  
Maple Syrup

**Forever Young** (96 kcal)  
\$ 6.00  
Organic Aloe Vera, Strawberries,  
Blueberries, Coconut Flakes, Fresh Dill,  
Blue Spirulina

**Protein Papa** (150 kcal)  
\$ 7.00  
Almond Milk, Hemp Protein,  
Dark Chocolate

**Vitamin Charge** (88 kcal)  
\$ 6.00  
Organic Aloe Vera, Kiwi, Orange,  
Lemon, Mint

**Heal My Gut** (40 kcal)  
\$ 7.00  
Tea Infused Kombucha, Lemon, Ginger

**Metabolism Fuel** (220 kcal)  
\$ 7.00  
Almond Milk, Marine Collagen,  
Banana, Mango, Blackberries, Turmeric,  
Maple Syrup

**Deep Cleanse** (48 kcal)  
\$ 7.00  
Almond Milk, Spinach, Kale, Ginseng

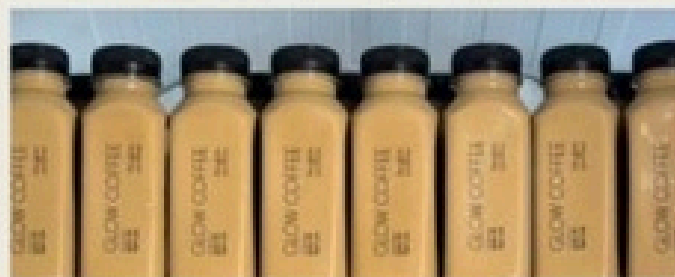
## HEALING SHOTS

**Beauty** (30 kcal)  
\$ 4.00  
Activated Charcoal, Lemon, Manuka  
Honey

**Immunity** (20 kcal)  
\$ 4.00  
Apple Cider Vinegar, Ginger, Turmeric,  
Apple, Orange

**Abundance** (20 kcal)  
\$ 4.00  
Beetroot, Pomegranate, Manuka Honey

## Beautifying Superfoods



## DRINKS & MORE

**Water**  
\$ 2.00

**Black Coffee**  
\$ 3.00

**Diet Soda**  
\$ 2.00

**Espresso**  
\$ 3.00

**Sparkling  
Water**  
\$ 2.50

**Almond Latte**  
\$ 5.00

**Organic Tea**  
\$ 3.00

**Coconut Latte**  
\$ 5.00

## NOURISHING DESSERTS

**Pistachio White  
Chocolate Donut** (140 kcal)  
\$ 5.00

**Lazy Cake** (140 kcal)  
\$ 5.00

**Moon Power Cookie** (150 kcal)  
\$ 4.00

**Glow's Protein Bar** (145 kcal)  
\$ 5.00

**Salted Caramel  
Bites** (160 kcal)  
\$ 5.00

**Keto White  
Chocolate** (140 kcal)  
\$ 5.00

**Keto Dark  
Chocolate** (140 kcal)  
\$ 5.00

**Loaded Banana  
Bread** (145 kcal)  
\$ 5.00

**Vegan Brownies** (110 kcal)  
\$ 5.00

**Basque Burnt  
Cheesecake** (125 kcal)  
\$ 6.00

**Glow's Chocolate  
Tarte** (155 kcal)  
\$ 6.00

**Glow Cinnamon  
Rolls** (160 kcal)  
\$ 5.00

**Glow Beauty Bar** (140 kcal)  
\$ 6.00

**Mocha Tiramisu  
Cookie** (160 kcal)  
\$ 5.00

**Protein Bounty Bars** (110 kcal)  
\$ 5.00

**Paradise Carrot Cake** (160 kcal)  
\$ 6.00

**Almond Butter Cups** (110 kcal)  
\$ 5.00

**Matcha Butter Cups** (110 kcal)  
\$ 5.00

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theglowparadise  
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