

Grabbagreen

6607 W Adams Ave 76502-5845 · +12549350707 · Updated: Jan 14, 2026

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GRABBA BOWL 12

Fall Harvest

Brown Rice • Chicken • Brussels Sprouts • Sweet Potato Hash • Maple Chipotle Sauce

AVAILABLE OPTIONS

\$9.25

Chicken: \$3.00

Cajun Spice Chicken: \$3.00

Mindful Chick'n: \$3.00

Cajun Spice Mindful Chik'n: \$3.00

Salmon: \$3.50

Cajun Spice Salmon: \$3.50

Steak: \$4.00

Cajun Spice Steak: \$4.00

Add Chili Mango: \$1.00

Add Chimichurri: \$1.00

Add Creamy Avocado: \$1.00

Add Lemon Vinaigrette: \$1.00

Add Maple Chipotle Sauce: \$0.99

Add Mediterranean Pomegranate:

\$1.00

Add Miso Ginger: \$1.00

Add Ranch: \$1.00

Add Southwest BBQ: \$1.00

Add Spicy Peanut: \$1.00

Grab Your Own

Customize your bowl with our any of our fresh nutrients, delicious proteins and house-made sauces.

AVAILABLE OPTIONS

\$9.25

Chicken: \$3.00

Cajun Spice Chicken: \$3.00

Mindful Chick'n: \$3.00

Cajun Spice Mindful Chik'n: \$3.00

Salmon: \$3.50

Cajun Spice Salmon: \$3.50

Steak: \$4.00

Cajun Spice Steak: \$4.00

Asian Peanut

Spicy Peanut Sauce • Spinach • Carrots • Edamame • Sweet Potato • Green Onion • Almonds • Cilantro

AVAILABLE OPTIONS

\$9.25

Chicken: \$3.00

Cajun Spice Chicken: \$3.00

Mindful Chick'n: \$3.00

Cajun Spice Mindful Chik'n: \$3.00

Salmon: \$3.50

Cajun Spice Salmon: \$3.50

Steak: \$4.00

Cajun Spice Steak: \$4.00

Southwest

Southwest BBQ Sauce • Avocado • Black Beans • Corn • Tomato • Cheddar-Jack • Cilantro

AVAILABLE OPTIONS

\$9.25

Chicken: \$3.00

Cajun Spice Chicken: \$3.00

Mindful Chick'n: \$3.00

Cajun Spice Mindful Chik'n: \$3.00

Salmon: \$3.50

Cajun Spice Salmon: \$3.50

Steak: \$4.00

Cajun Spice Steak: \$4.00

Mediterranean

Mediterranean Pomegranate Sauce • Baby Spinach • Cucumber • Kalamata Olives • Red Pepper • Red Onion • Mint • Feta

AVAILABLE OPTIONS

\$9.25

Chicken: \$3.00

Cajun Spice Chicken: \$3.00

Mindful Chick'n: \$3.00

Cajun Spice Mindful Chik'n: \$3.00

Salmon: \$3.50

Cajun Spice Salmon: \$3.50

Steak: \$4.00

Cajun Spice Steak: \$4.00

Blueberry Lemon Feta

Lemon Vinaigrette • Blueberries • Red Onion • Almonds • Feta • Chia Seeds

AVAILABLE OPTIONS

\$9.25

Chicken: \$3.00

Cajun Spice Chicken: \$3.00

Mindful Chick'n: \$3.00

Cajun Spice Mindful Chik'n: \$3.00

Salmon: \$3.50

Cajun Spice Salmon: \$3.50

Steak: \$4.00

Cajun Spice Steak: \$4.00

Super Green

Creamy Avocado Sauce • Spinach • Red Onion • Red Pepper • Cucumber • Avocado • Parsley

AVAILABLE OPTIONS

\$9.25

Chicken: \$3.00

Cajun Spice Chicken: \$3.00

Mindful Chick'n: \$3.00

Cajun Spice Mindful Chik'n: \$3.00

Salmon: \$3.50

Cajun Spice Salmon: \$3.50

Steak: \$4.00

Cajun Spice Steak: \$4.00

Hummus

Lemon Vinaigrette • Hummus • Quinoa Tabbouleh • Pickled Onion • Cucumber • Kalamata Olives •
Red Pepper • Feta • Parsley • Side Of Lavash

AVAILABLE OPTIONS

\$9.25

Chicken: \$3.00

Cajun Spice Chicken: \$3.00

Mindful Chick'n: \$3.00

Cajun Spice Mindful Chik'n: \$3.00

Salmon: \$3.50

Cajun Spice Salmon: \$3.50

Steak: \$4.00

Cajun Spice Steak: \$4.00

Fiesta

Chimichurri Sauce • Black Beans • Red Onion • Red Pepper • Roasted Mushroom • Pico De Gallo •
Avocado • Cilantro

AVAILABLE OPTIONS

\$9.25

Chicken: \$3.00

Cajun Spice Chicken: \$3.00

Mindful Chick'n: \$3.00

Cajun Spice Mindful Chik'n: \$3.00

Salmon: \$3.50

Cajun Spice Salmon: \$3.50

Steak: \$4.00

Cajun Spice Steak: \$4.00

Caribbean

Chili Mango Sauce • Creamy Avocado Sauce • Pineapple • Black Beans • Sweet Potato • Red Onion •
Red Pepper • Avocado

AVAILABLE OPTIONS

\$9.25

Chicken: \$3.00

Cajun Spice Chicken: \$3.00

Mindful Chick'n: \$3.00

Cajun Spice Mindful Chik'n: \$3.00

Salmon: \$3.50

Cajun Spice Salmon: \$3.50

Steak: \$4.00

Cajun Spice Steak: \$4.00

Tokyo Ginger

Miso Ginger Sauce • Avocado • Carrot • Cucumber • Edamame • Broccoli • Green Onion

AVAILABLE OPTIONS

\$9.25

Chicken: \$3.00

Cajun Spice Chicken: \$3.00

Mindful Chick'n: \$3.00

Cajun Spice Mindful Chik'n: \$3.00

Salmon: \$3.50

Cajun Spice Salmon: \$3.50

Steak: \$4.00

Cajun Spice Steak: \$4.00

Thai Almond

Spicy Peanut Sauce • Edamame • Broccoli • Cucumbers • Red Pepper • Almonds • Green Onion

AVAILABLE OPTIONS

\$9.25

Chicken: \$3.00

Cajun Spice Chicken: \$3.00

Mindful Chick'n: \$3.00

Cajun Spice Mindful Chik'n: \$3.00

Salmon: \$3.50

Cajun Spice Salmon: \$3.50

Steak: \$4.00

Cajun Spice Steak: \$4.00

GRABBA WRAP 5

Turkey Avocado

Creamy Avocado Sauce • Red Pepper • Tomato • Avocado • Mixed Greens • Cheddar Jack

AVAILABLE OPTIONS

\$8.25

Chicken: \$3.00

Cajun Spice Chicken: \$3.00

Mindful Chick'n: \$3.00

Cajun Spice Mindful Chick'n:

\$3.00

Salmon: \$3.50

Cajun Spice Salmon: \$3.50

Steak: \$4.00

Cajun Spice Steak: \$4.00

Turkey: \$2.00

Turkey Hummus

Hummus • Pickled Onion • Feta • Mixed Greens • Tomato

AVAILABLE OPTIONS

\$8.25

Chicken: \$3.00

Cajun Spice Chicken: \$3.00

Mindful Chick'n: \$3.00

Cajun Spice Mindful Chick'n: \$3.00

Salmon: \$3.50

Cajun Spice Salmon: \$3.50

Steak: \$4.00

Cajun Spice Steak: \$4.00

Turkey: \$2.00

BBQ Chicken

Southwest BBQ Sauce • Tomato • Red Onion • Avocado • Corn • Black Beans • Mixed Greens

AVAILABLE OPTIONS

\$8.25

Chicken: \$3.00

Cajun Spice Chicken: \$3.00

Mindful Chick'n: \$3.00

Cajun Spice Mindful Chick'n:

\$3.00

Salmon: \$3.50

Cajun Spice Salmon: \$3.50

Steak: \$4.00

Cajun Spice Steak: \$4.00

Turkey: \$2.00

Veggie Hummus

Chili Mango Sauce • Hummus • Avocado • Mixed Greens • Carrot • Cucumber • Green Onion • Roasted
Mushroom

\$10.25

Salmon Tabbouleh

Quinoa Tabbouleh • Salmon • Cucumber • Feta • Tomato • Hummus • Lemon Vinaigrette

AVAILABLE OPTIONS

\$7.75

Chicken: \$3.00

Cajun Spice Chicken: \$3.00

Mindful Chick'n: \$3.00

Cajun Spice Mindful Chick'n:

\$3.00

Salmon: \$3.50

Cajun Spice Salmon: \$3.50

Steak: \$4.00

Cajun Spice Steak: \$4.00

Turkey: \$2.00

FRESH PRESSED BOTTLED JUICES 7

Wellness

Carrot • Apple • Strawberry • Lemon

\$9.49

Boost

Cucumber • Ginger • Lemon • Mint

\$9.49

Cleanse**\$9.49**

Cucumber • Beet • Celery • Lemon • Parsley

Power**\$9.49**

Apple • Kale • Baby Spinach • Lemon

Nourish**\$9.49**

Carrot • Watermelon • Turmeric • Apple • Lemon

Energy**\$9.49**

Apple • Pineapple • Coconut • Mint

Immunity Support**\$9.49**

Orange • Carrot • Ginger • Lemon

SMOOTHIES 9**Banana Maple Crunch****AVAILABLE OPTIONS**

Oatmilk • Maple • Bananas • Granola • Chia Seeds

16oz: \$7.25

24oz: \$8.25

32oz: \$9.25

Sunshine Crunch**AVAILABLE OPTIONS**

Mango • Strawberries • Orange Juice • Bananas • Granola • Agave

16oz: \$7.25

24oz: \$8.25

32oz: \$9.25

Cocoa Crusher**AVAILABLE OPTIONS**

Peanuts OR Almonds • Oat Milk • Agave • Bananas • Granola • Chia Seeds • Cocoa

16oz: \$7.25

24oz: \$8.25

32oz: \$9.25

Energy Elevator®**AVAILABLE OPTIONS**

Cold Brew • Banana • Whey Protein • Flax • Oat Milk • Cacao • Agave

16oz: \$7.25

24oz: \$8.25

32oz: \$9.25

Oxidation Elimination®**AVAILABLE OPTIONS**

Blueberries • Strawberries • Bananas • Acai • Baby Spinach • Green Tea • Agave

16oz: \$7.25

24oz: \$8.25

32oz: \$9.25

Fab & Fruity®**AVAILABLE OPTIONS**

Mango • Strawberries • Bananas • Coconut Water • Agave

16oz: \$7.25

24oz: \$8.25

32oz: \$9.25

Piña Protein**AVAILABLE OPTIONS**

Coconut • Pineapple • Bananas • Whey Protein • Coconut Water • Agave

16oz: \$7.25

24oz: \$8.25

32oz: \$9.25

Feeling Fabulous®

Baby Kale • Baby Spinach • Avocado • Cucumber • Coconut • Lemon • Coconut Water • Agave

AVAILABLE OPTIONS

16oz: \$7.25

24oz: \$8.25

32oz: \$9.25

Power PB&J

Peanuts OR Almonds • Bananas • Strawberries • Whey Protein • Agave

AVAILABLE OPTIONS

16oz: \$7.25

24oz: \$8.25

32oz: \$9.25

SUPER FRUIT BOWLS 8

Maple Blueberry

\$11.99

Maple Overnight Oats topped with Bananas • Blueberries • Maple Drizzle • Granola

Protein Punch

AVAILABLE OPTIONS

Acai Base • Whey or Planet Based Protein • Banana • Blueberries • Strawberries • Almonds

\$11.99

Plant Based Protein: \$1.00

Power Acai

\$11.99

Acai Base • Banana • Strawberries • Granola • Agave

Vanilla Berry Chia

\$11.99

Vanilla Chia Base • Strawberries • Blueberries • Pineapple • Agave

Pina Colada Chia

\$11.99

Vanilla Chia Base • Banana • Coconut • Pineapple • Agave

Very Berry

\$11.99

Vanilla Greek Yogurt • Granola • Blueberries • Banana • Chia • Almonds • Strawberries

Fruit & Yogurt

\$11.99

Vanilla Greek Yogurt • Brown Rice • Blueberries • Pineapple • Strawberries • Mint • Agave

Sunshine Grains

\$11.99

Quinoa • Brown Rice • Mango • Pineapple • Banana • Granola • Coconut • Oat Milk • Chia Seeds

GRABBA CLEANSE 2

One Day Grabba Cleanse - Simple Green

AVAILABLE OPTIONS

Simple Green is ideal for first-timers and those new to the Grabba Cleanse. Boost: Cucumber • Ginger • Lemon • Mint

Half Day Cleanse:

Wellness: Carrot • Apple • Strawberry • Lemon Cleanse: Cucumber • Beet • Celery • Lemon • Parsley Power: Apple •

\$25.00

Kale • Baby Spinach • Lemon Nourish: Carrot • Watermelon • Turmeric • Apple Lemon Immunity Support: Orange •

Full Day Cleanse:

Carrot • Ginger • Lemon

\$50.00

Celery Cleanse

AVAILABLE OPTIONS

Half Day Cleanse:

\$25.00

Full Day Cleanse:

\$50.00

MEAL PREP 3

5 Meal Prep	\$30.00
7 Meal Prep	\$42.00
10 Meal Prep	\$60.00

KIDS 5

PB&J Roll	\$5.99
Peanut Butter • Strawberry Jelly	
PB&B Roll	\$5.99
Peanut Butter • Banana	
Turkey Roll	\$5.99
Turkey • Cheddar-Jack • Ranch	
PB & Chocolate Kids Smoothie	\$5.99
12oz • Oat Milk • Banana • Agave • Cocoa • Peanuts	
Banana Berry Kids Smoothie	\$5.99
12oz • Oat Milk • Banana • Strawberry • Agave	

BREAKFAST 3

Veggie Breakfast Wrap

Chili Mango Sauce • Sweet Potato • Black Beans • Baby Spinach • Green Onion • Roasted Mushrooms • Lavash

AVAILABLE OPTIONS

	\$7.25
Chicken:	\$3.00
Cajun Spice Chicken:	\$3.00
Mindful Chick'n:	\$3.00
Cajun Spice Mindful Chik'n:	\$3.00
Salmon:	\$3.50
Cajun Spice Salmon:	\$3.50
Steak:	\$4.00
Cajun Spice Steak:	\$4.00

Breakfast Bowl

Eggs • Sweet Potato • Black Beans • Red Pepper • Red Onion • Baby Kale • Cheddar-Jack • Parsley

AVAILABLE OPTIONS

	\$7.25
Chicken:	\$3.00
Cajun Spice Chicken:	\$3.00
Mindful Chick'n:	\$3.00
Cajun Spice Mindful Chik'n:	\$3.00
Salmon:	\$3.50
Cajun Spice Salmon:	\$3.50
Steak:	\$4.00
Cajun Spice Steak:	\$4.00

Breakfast Wrap

Eggs • Pico De Gallo • Cheddar-Jack • Lavash

AVAILABLE OPTIONS

- \$7.25
- Chicken: \$3.00
- Cajun Spice Chicken: \$3.00
- Mindful Chick'n: \$3.00
- Cajun Spice Mindful Chik'n:
\$3.00
- Salmon: \$3.50
- Cajun Spice Salmon: \$3.50
- Steak: \$4.00
- Cajun Spice Steak: \$4.00

BEVERAGES 7

Iced Tea

AVAILABLE OPTIONS

- 16oz: \$2.25
- 24oz: \$2.75
- 32oz: \$3.25

Lemonade

AVAILABLE OPTIONS

- 16oz: \$2.25
- 24oz: \$2.75
- 32oz: \$3.25

Cold Brew

\$5.00

Cold Brew • Agave

Oat Milk Brew

\$4.25

Cold Brew • Oat Milk • Agave

Super Brew

\$5.25

Cold Brew • Oat Milk • Cinnamon • Turmeric • Cocoa • Agave

Bottled Water

\$1.99

Coconut Water

\$2.99