

Create Your Own Bowl or Wrap

Choose your **BASE**... \$5

Arugula	Quinoa	Penne Pasta	Fettuccine	Whole Wheat Wrap
Spinach	Brown Rice	Whole Wheat Pasta	Rice Noodles	Spinach Wrap
Romaine Lettuce	Jasmine Rice	Gluten free Pasta	Zoodles	

Choose your **PROTEIN**...

\$2.60	\$2	\$3.20	\$4
Chicken	Chickpeas	Prosciutto	Seared or Raw Salmon
Bacon	Beans	Beyond Patty	Seared or Raw Tuna
Eggs (egg whites +\$1)		Shrimp	
Turkey sliced			
Meatballs (vegetarian)	Tofu crunchy/scrambled	\$2.60	

Any **CHEESE** ? \$1.90
\$2.25 Feta Parmesan Swiss Cheese
Burrata Vegan Cheese

Pick your **VEGGIES** \$0.80

Tomato	Broccoli	Carrots	Avocado	Edamame	Roasted Peppers
Cucumber	Onions	Corn	Zucchini	Alfalfa Sprouts	Roasted Asparagus
Jalapeños	Olives	Beets	Bean Sprouts	Mushrooms	Roasted Sweet Potato
Banana Peppers			Artichoke Hearts		

TOPPINGS: \$0.50

Walnuts	Cilantro
Almonds	Basil
Sunflower seeds	Parsley
Chia seeds	Green Onions
Pickled Ginger	

DRESSINGS: extra dressing +\$0.50

Balsamic Vinaigrette V/GF	Ginger Soy Sauce V/GF
Cilantro Vinaigrette V/GF	
Lemon Vinaigrette V/GF	Spicy Mayo GF
Basil Vinaigrette* V/GF	French Vinaigrette V/GF



Appetizers & Small Bites

Great to Share

Dumplings: Chicken or Edamame V \$6

Guac'n'Chips (contains cilantro, tomato, onion) V \$6

Nachos (beans, cheese, jalapenos, onions, avocado, cilantro) \$8 Make it Vegan!

Cheese Quesadilla \$8 Add Chicken +\$2.60 Make it Vegan! +\$1

Bruschetta (tomato, garlic, basil) V \$5



Burrata & Tomato Caprese (tomato, burrata mozzarella, basil, drizzled in balsamic glaze on top of arugula) \$10

Tuna or Salmon Tartare (avocado, mango, green onions, cilantro, spicy mayo & ginger soy, side salad) \$12.50

Power Salad (quinoa, avocado, beans, tomato, cilantro, pepper flakes) \$9 V

Burrata & Prosciutto (prosciutto, burrata mozzarella, basil, drizzled in balsamic glaze on top of arugula) \$12

Meatballs (vegetarian meatballs, tomato sauce, parmesan cheese) \$8 VG

* contains nuts

** may contain shellfish

Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs or unpasteurized milk may increase your risk of foodborne illness.

Avocado Toast *BAR*

- The Classic:** red peppers flakes, honey
- The Caprese:** tomato, burrata
- The Sweet One:** feta, strawberries, alfalfa
- The Bacon & Eggs:** scrambled egg, bacon bits
- The Mushroom:** scrambled tofu, parley
- The Smoked Salmon:** red onions, scallions
- The Prosciutto:** parmesan, arugula



Signature Dishes

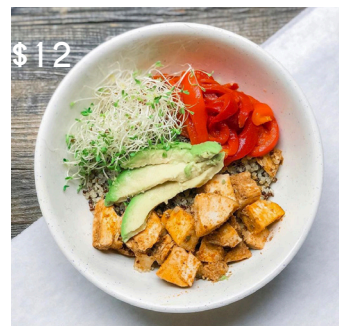
WARM DISHES

GF Energy Bowl (Quinoa, Chicken, Roasted Red Peppers, Alfalfa Sprouts, Avocado, Olive oil) \$12

Pick Base: Quinoa +\$1, Brown Rice +\$0.50, Jasmine Rice, Arugula, Lettuce, Spinach, Rice Noodles

GF Sesame Tuna Bowl (Broccoli, Carrots, Sprouts, Green onions, Ginger Soy Sauce) \$14

GF Lemon Salmon Bowl (Roasted Asparagus & Artichoke, Pine Nuts, Lemon vin.) \$14



V/GF Yellow Curry Bowl (Roasted Peppers, Onions, Bean Sprouts) \$12

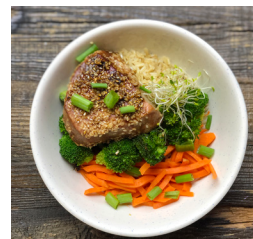
V/GF Lo Mein (Rice/Wheat Noodles, Spinach, Carrots, Mushrooms) \$11

GF Pad Thai (Rice/Wheat Noodles, Eggs, Peanuts, Peppers, Bean Sprouts, Cilantro, Green Onions, Ginger Soy sauce) \$12

GF Special Fried Rice (Rice, Chicken & Shrimp, Eggs, Broccoli, Mushrooms, Onions, Scallions, Ginger Soy) \$14

GF Poke Bowl (Raw Tuna/Salmon, Cucumber, Avocado, Jalapenos, Mango, Bean Sprouts
Your choice of Base & Sauce: Ginger Soy/Spicy Mayo/Wasabi Aioli) \$12

Add Protein: Chicken, Tofu, Shrimp +\$2, Salmon +\$2, Tuna +\$2



GF Mediterranean Zoodles (Pesto, Feta, Tomatoes, Kalamata Olives, Red Onions)

V/GF Asian Zoodles (Shredded Carrots, Bean Sprouts, Scallions, Sesame Seeds, topped with Avocado & Cilantro, Ginger Soy Sauce on the side) \$12



SALADS

GF Harvest Salad (Mixed Greens, Parmesan, Beets, Sweet Potato, Blueberries, Granola, Lemon Vinaigrette) \$12

V/GF Southern Bowl (Lettuce, Black Beans, Corn, Tomato, Onion, Avocado, Cilantro, Cilantro Vin. & Sriracha) \$11

GF Fresh Bowl (Lettuce, Burrata Mozzarella, Tomato, Cucumber, Avocado, Basil, Balsamic Vinaigrette) \$10

GF Greek Bowl (Spinach, Chickpeas, Feta, Cucumber, Onions, Kalamata Olives, Lemon Vinaigrette) \$11

GF Super Cobb Salad (Lettuce, Turkey, Bacon, fried Egg, Feta, Tomato, Avocado, Basil, Balsamic vinaigrette) \$14

Pasta Bowls

Kids Size Available! \$8 any

Pick Pasta: Regular Penne ~ Whole Wheat Penne +\$.50 ~ Gluten Free Penne +\$1

Fettuccine ~ Gluten Free Rice Noodles +\$1 ~ Zoodles +\$1

✓ Tomato Sauce \$8 🌱

✓ Pesto* \$9 🌱

Olive Oil, Basil, Parmesan \$8 🌱

Carbonara (raw egg&cheese, bacon) \$10 🌱

Caprese (Fresh Tomatoes, Burrata, Basil, Tomato Sauce) \$10 🌱

✓ Arrabbiata (Spicy Tomato sauce) \$9 🌱

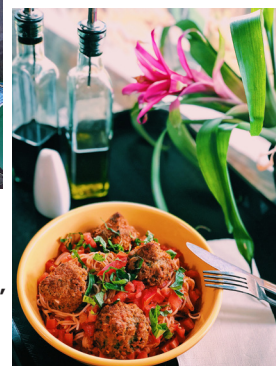
Cheese Sauce \$11 Make it Vegan! 🌱

✓ Primavera (Zucchini, Mushrooms, Peppers, Basil, Olive Oil) \$10 🌱

Smoked Salmon Fettuccine (with sauteed onions, fresh parsley, cream) \$12

✓ Spaghetti & Meatballs (Rice Noodles, veggie Meatballs, Tomato sauce, fresh Tomatoes, Basil) \$12

🌱 Included in the \$6 Pasta special Promotion



SANDWICHES

\$8 any

Chicken (Lettuce, organic Chicken, Avocado, Tomato, Cilantro Vinaigrette)

✓ Vegan (Spinach, Tofu, Carrots, Cucumber, Alfalfa Sprouts, French Vinaigrette)

Prosciutto & Burrata (with Arugula & Balsamic Glaze)

Turkey (Sliced Turkey, Avocado, Parmesan, Lettuce, Tomato, French Vinaigrette)

Caprese (Arugula, Burrata, Tomato, Basil Vinaigrette*) Make it Vegan!

✓ Meatball (veggie Meatballs, Tomato sauce, Burrata, Basil)

BLTA (Bacon, Lettuce, Tomato, Avocado, French Vinaigrette)

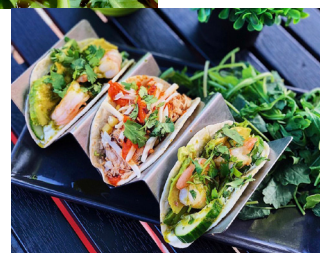
Gluten free available

Vegan Burger (Beyond Burger, Spinach, Avocado, Tomato, Cilantro vinaigrette served on a Pretzel Bun with a side of Lettuce) \$10

Chicken Taco (Spicy Salsa, pulled Chicken, Corn, Cheese, Cilantro) \$3.50

Shrimp Taco (Cilantro cream, Shrimp, Avocado, Cucumber, Mango, Cilantro, Cilantro vin.) \$4.50

Vegan Taco (Cilantro Lime, crunchy Tofu, Mushrooms, vegan Cheese, Alfalfa sprouts) \$4.20



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WRAPS

Pick: Whole Wheat Wrap
Spinach Wrap

Chicken (Lettuce, Quinoa, Chicken, Peppers, Avocado, Cilantro Vinaigrette) **\$10**

Vegan (Spinach, Quinoa, crunchy Tofu, Avocado, Mushrooms, Jalapeños, Ginger Soy sauce) **\$11 V**

Smoked Salmon (Arugula, Feta, Cucumbers, Onions, French Vinaigrette) **\$11**

Super Burrito (Brown Rice, Spinach, scrambled Eggs, Bacon, Parmesan, Tomatoes, Spicy Mayo) **\$12**

Poke Burrito (Jasmine Rice, Avocado, Cucumber, Alfalfa Sprouts, Carrots, Green Onions, Ginger, Cilantro, Wasabi Aioli)

Choose raw Salmon/raw Tuna/Chicken **\$13**



Desserts

Vegan Peanut Butter Toast (with banana and cinnamon) **\$6** Add Jelly +\$.80 Ask for GF Bread

Nutella Toast (with strawberries and coconut flakes) **\$6** Ask for GF Bread

Nutella "Quesadilla" (with strawberries, banana) **\$8**

Vegan Chia Pudding* (chia seeds, almond milk, granola, strawberries, blueberries) **\$9**

Fruit Cup (strawberries, blueberries, banana, kiwi, pineapple, mango, almonds, coconut flakes) **\$9**

VEGAN & GLUTEN FREE

Brownie (with berries, coconut flakes, and chocolate glaze) **\$6**

Ice Cream Sandwich: multiple flavors **\$6**

Courtney's Cookies: multiple flavors **\$6**

Banana Bread / Carrot Cake available for special orders



V/GF Create your own ACAI or PITAYA BOWL!

\$5 Base Price

1) Acai (Banana, Coco water) OR Pitaya (Mango, Almond Milk)

2) Add Fruit Toppings: **+\$1/each**

Strawberries Mango

Blueberries Pineapple

Goji Berries **+\$0.50** Kiwi

3) Add Goodies! **+\$1/each**

Granola **GF**

Almonds

Nutella

Matcha **+\$0.50**

Chia seeds

Almond Butter **+\$0.50**

Honey

Wheatgrass

Coconut flakes

Peanut Butter

Spirulina

Protein Powder **+\$1**



Smoothies

Tropical Green (Spinach, Mango, Coconut Water) \$7

Pink Dragon (Dragonfruit, Pineapple, Lemon, Almond Milk) \$8.50

Popeye's Punch (Spinach, Banana, Avocado, Blueberries, Ginger, Almond Milk) \$9.50

Green Hulk (Spinach, Kiwi, Blueberries, Spirulina, Coconut Water) \$8

Acai Smoothie (Acai, Banana, Coconut Water, Peanut Butter) \$8.50

Choco Dream (Nutella, Banana, Almond Milk, Almond Butter) \$8.50

Rise Up (Espresso, Banana, Chia seeds, Peanut Butter, Almond Milk) \$9

Matcha Latte (Matcha powder, Almond Milk, Honey) \$6

Sugar Boost (Strawberries, Banana, Mango, Wheatgrass) \$8

Berry Blast (Strawberries, Blueberries, Acai, Coconut Water) \$9

Strawberry & Banana Smoothie \$6

Strawberry & Guava Smoothie \$7



Add-ons! \$0.50 each

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|--------------|---------------------|--------------------------------|
| - Ginger | - Goji Berries +\$1 | - Chia seeds |
| - Wheatgrass | - Honey | - Peanut Butter |
| - Nutella | - Maple Syrup | - Hemp Protein Powder 15g +\$1 |
| - Spirulina | - Vanilla | - Pure Cacao Powder |

