

Salads



KALE CRUNCH 7.99

Kale Blend, Almond, Cranberry, Peppered Turkey, Citrus Vinaigrette

CHICKEN AND EGG 6.99

Chicken, Egg, Carrots, Red Onion, Tomato, Cucumber, Romaine Lettuce, Balsamic Vinaigrette

WHAT'S UP DOC 6.99

Carrot, Hummus, Fattoush, Soy Nuts, Ancient Grains, Spinach, Lemon Vinaigrette

TO THAI FOR 6.99

Asian Slaw, Chicken, Peanuts, Crispy Noodles, Edamame, Sesame Ginger Dressing

Kale Crunch



That's a Wrap

THE ITALIAN JOB 7.99

Ham, Peppered Turkey, Salami, Provolone, Lettuce, Tomato, Sport Peppers, Spinach Wrap

HAIL CAESAR 6.99

Chopped Romaine, Grilled Chicken, Parmesan, Croutons, Caesar Dressing, Whole Wheat Wrap

GYRO WRAPTURE 6.99

Gyro Meat, Red Onion, Tomato, Lettuce, Tzatziki Sauce, Feta Cheese, Pita

WRAPZILLA 6.99

Ham, Turkey, Bacon, Swiss Cheese, Lettuce, Tomato, Pesto Spread, Whole Wheat Wrap

CRUNCH ROLL 6.99

Crispy Chicken Tenders, Shredded Lettuce, Tomatoes, Serrano Ranch Dressing, Spinach Wrap

WEDGE QUESADILLA 5.99

Wheat Tortilla, Chicken Chorizo, Bean Salsa, Cheese

GARDEN OF EDEN 4.99

Hummus, Fattoush, Soy Nuts, Ancient Grains, Wrapped in Lettuce Leaves

Crunch Roll



Oatmeal Bowls

PEANUT BUTTER 4.59

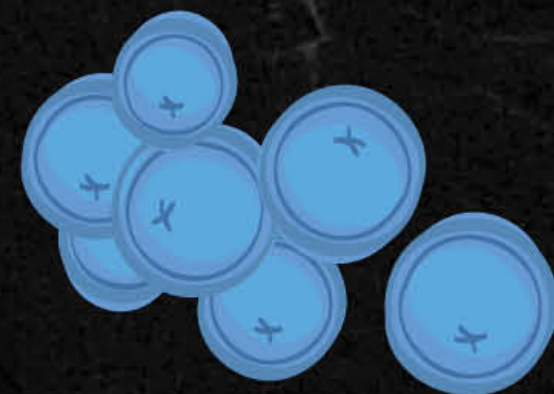
Muesli Oatmeal, Peanut Butter, Banana, Raspberries & Flax seed



BERRY ALMOND 5.59

Ancient Grains Oatmeal, Almonds, Strawberries, Blackberries & Blueberries

Berry Almond
Oatmeal Bowl



Açaí Bowls



CREATE YOUR OWN BASE BOWL 5.99

Açaí Bowl, Granola, Sliced Bananas

BERRY BOWL 6.99

Açaí Bowl, Granola, Sliced Bananas, Blueberries, Strawberries

ADD INS 0.70

Peanut Butter, Strawberries, Raspberries, Blueberries, Mango, Dark Chocolate, Dried Cranberries, Walnuts, Coconut, Flax Seeds



Breakfast

Served All Day

BUILD YOUR OWN BOWL .. 4.49

Two Poached Eggs, Yukon Puree, Sweet Potato Puree or *Cauliflower Rice, Pita Puff, Your Choice of 3 Toppings

*Additional 1.00 for Cauliflower Rice

CHOOSE THREE TOPPINGS:

Smoked Bacon	Green Peppers	Mushrooms
Chicken Sausage	Green Onions	Cheese
Chicken Chorizo	Sauteed Spinach	Tomatoes

Served All Day

BUILD YOUR OWN PITA 4.99

Two Scrambled Eggs, Your Choice of 3 Toppings

CHOOSE THREE TOPPINGS:

Smoked Bacon	Green Peppers	Mushrooms
Chicken Sausage	Green Onions	Cheese
Chicken Chorizo	Sauteed Spinach	Tomatoes

Create
your own

Breakfast Pita

Eggs + 3 Toppings
on Potato Puree or
*Cauliflower Rice. YUM!



Smoothie Bar

CHAMP 12oz. 4.79 20oz. 5.79

Banana, Kale, Flax Seed, Apple, Apple Juice, Vanilla Yogurt

AÇAÍ SMOOTHIE 4.79 5.79

Açaí, Banana, Apple, Apple Juice, Blueberries, Vanilla Yogurt

BACK TO BASICS 4.49 5.49

Strawberry, Banana, Orange Juice, Vanilla Yogurt

TROPICAL 4.49 5.49

Mango, Pineapple, Banana, Pineapple Juice, Vanilla Yogurt

GREEN MONSTER 4.49 5.49

Pineapple, Kale, Banana, Apple Juice

MENSA MANGO 4.49 5.49

Mango, Peach, Banana, Strawberry, Orange Juice, Vanilla Yogurt

BUILD YOUR OWN 4.79 5.79

CHOOSE 3 FRUITS/VEGGIES:

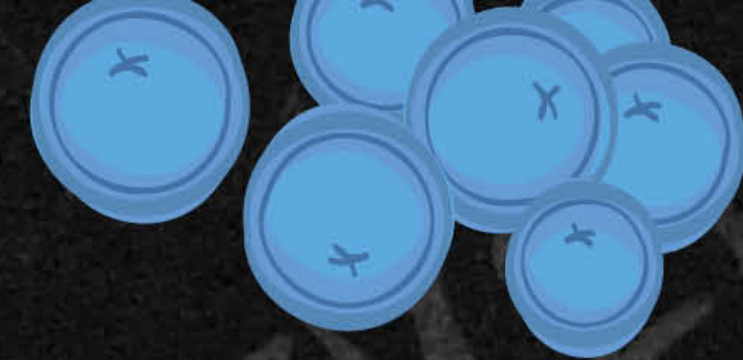
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|-----------|-------|-----------|------------|
| Banana | Kale | Peach | Raspberry |
| Blueberry | Mango | Pineapple | Strawberry |

CHOOSE 2 MIXERS:

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|-------------|-----------------|--------------|----------|----------------|
| Almond Milk | Chocolate Syrup | Orange Juice | 2% Milk | Vanilla Yogurt |
| Apple Juice | Coconut Water | Pineapple | Soy Milk | |

ADD INS

- | | | | |
|----------------|------|---------------|-----|
| Açaí | 1.99 | Peanut Butter | .99 |
| Protein Powder | 1.69 | Flax Seed | .99 |



On The Side

Sweet Potato Fries 2.79

French Fries 1.69

Pita Chips99

Whole Fruit89

Green Bean Fries 2.79

Make It A Combo!

20 oz. bottled drink and French fries of your choice, pita chips or a piece of fruit 2.99

Sweet potato fries..... **ADD 1.50**