

BREAKFAST • BEVERAGES • ENERGY BOWLS

ITALIAN WOOD-FIRED FLATBREAD

ESSENTIALS

Breakfast Sandwich Egg, American Cheese, Turkey Sausage,
on choice of Ancient Grain Toaster, Power Bagel, or English Muffin **3.29**

Ancient Grain Oatmeal Farro, Quinoa, Oats, Almonds,
Cranberries, Cinnamon, Milk **3.99**

Power Bagel Greek Cream Cheese **2.99**

BREAKFAST FLATBREADS

Veggie and Egg White Flatbread Egg White, Arugula,
Mushroom, Havarti, Tomato, Fresh Basil Pesto **5.89**

Ham and Cheese Flatbread Egg, Tomato, Mozzarella,
Arugula, Prosciutto, Fresh Basil Pesto **7.79**

GREEK YOGURT CREATION BAR

Build your own creation with
assorted yogurt and seasonal toppings

49¢ per ounce



HOT AND COLD BEVERAGES

	REGULAR	LARGE
Hot Drip Coffee	1.59	1.89
Hot Tea Earl Grey, Passion, Awake English Breakfast, Refresh Mint, China Green Tea, Zen, Wild Sweet Orange	1.29	1.59
Silk Soy Vanilla Milk	2.59	2.99
Ocean Spray® Juice Fountain Cranberry, Orange, Apple & Passion Fruit Guava	1.59	1.79
Extras Coffee Refills		1.09

ENERGY BOWLS

Antipasto Brown Rice Blend, Fresh Basil Pesto,
Shredded Carrots, Cured Tomatoes, Chicken Breast,
Kale, Feta Crumbles **6.99**

Power Muesli Cereal, Almonds, Oats, Dried Fruit,
Fresh Berries, Fresh Apples, Non-Fat Greek Yogurt **6.49**

Quinoa Black Bean Chili Topped with Greek Yogurt . . **6.49**

CHAMP Quinoa, Black Bean, Corn, Chicken, Cremini Mushrooms,
Cured Tomato, Edamame, Parmesan, Serrano Ranch **7.19**



FLATBREADS • WRAPS • SANDWICHES • SALADS

ITALIAN WOOD-FIRED FLATBREAD

FLATBREADS

Choice of: Ancient Grain or Plain Italian Flatbread

- BLT** Bacon, Arugula, Tomatoes, Pesto Yogurt Dressing **7.49**
- Rosemary Chicken** Pesto, Tomato, Artichoke Hearts, Parmesan **7.49**
- Caprese di Parma** Prosciutto, Fresh Whole-Milk Mozzarella, Tomato, Fresh Basil Pesto. **7.79**
- Mediterranean** Tomato, Chickpeas, Cucumber, Mint, Lemon Feta, Fresh Basil Pesto **7.89**

WRAPS

Choice of: Whole Wheat Flax Seed or Spinach Wrap

- Chicken BLT** Chicken, Bacon, Arugula, Tomato, Pesto Yogurt Dressing. **7.49**
- Spicy Chicken** Serrano Yogurt, Spicy Chicken, Lettuce, Tomato **6.29**
- Fattoush Vegetable** Hummus, Tomato, Lettuce, Chickpeas, Cucumber, Mint, Lemon. **5.89**
- Turkey Pastrami** Peppered Turkey, Canadian Bacon, Provolone, Lettuce, Tomato, Sport Peppers, Fresh Basil Pesto **6.79**

SALADS MADE FRESH TO ORDER

SANDWICHES

- Chicken BLT** Chicken, Bacon, Lettuce, Tomato, Pesto Aioli on Wheatberry Bread **6.99**

SALADS

- Chicken Caesar** Chicken, Romaine, Soy Nuts, Arugula, Parmesan, Caesar Dressing **7.29**
- Ancient Grains** Farro, Quinoa, Corn, Almonds, Kale, Mixed Greens, Dried Cranberries, Balsamic Dressing **6.79**
- Mediterranean** Mixed Greens, Tomato, Chickpeas, Cucumber, Mint, Lemon Feta, Balsamic Dressing **6.79**
- Kale Crunch** Kale Blend, Almond, Cranberry, Peppered Turkey, Citrus Vinaigrette **7.79**



FRO-YO • SMOOTHIES

OUR FROZEN YOGURT IS 100% FAT-FREE

BLENDED SMOOTHIES WITH FRESH INGREDIENTS

FROZEN YOGURT	REGULAR 12oz.	LARGE 20oz.
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includes 2 toppings.	2.49	2.99
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Flavors

Chocolate	Vanilla
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Toppings

Rainbow Sprinkles	Raspberries	Mango
Chocolate Chips	Peaches	Walnuts
Chocolate Syrup	Pineapple	Peanuts
Caramel Syrup	Blueberries	
Bananas	Strawberries	

extra toppings 99¢ each

\$1 FRO-YO FRIDAY

Regular size for \$1 • toppings 59¢ each

After 8PM



SMOOTHIES	REGULAR 12oz.	LARGE 20oz.
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CHAMP Banana, Kale, Flax Seed, Apple, Apple Juice, Vanilla Yogurt	4.49	5.49
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Back to Basics Strawberry, Banana, Orange Juice, Vanilla Yogurt . . .	4.19	5.19
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Green Monster Pineapple, Kale, Banana, Apple Juice	4.19	5.19
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Mensa Mango Mango, Peach Banana Orange Juice, Vanilla Yogurt	4.19	5.19
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Tropical Mango, Pineapple, Banana, Pineapple Juice, Vanilla Yogurt . . .	4.19	5.19
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BUILD YOUR OWN	4.49	5.49
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Choose 3 Fruits/Veggies:

Banana
Blueberry
Kale
Mango
Peach
Pineapple
Raspberry
Strawberry

Choose 2 Mixers:

Almond Milk
Apple Juice
Cranberry Juice
Orange Juice
Passion Fruit Juice
Pineapple Juice
Fat-Free Milk
Soy Milk
Vanilla Yogurt

Add-Ons:

Acai 1.99
Protein Powder 1.69
Peanut Butter99¢
Flax Seed99¢