



Menú

Bases

Salads \$12

Greek salad

Lettuce, Cucumber, Tomato, Onions,
Feta cheese, Olives, Olive oil

Strawberry spinach

Spinach, Feta cheese, Tomatoes, Red
onions, Strawberries, Blueberries,
Pecans, Strawberry vinaigrette

Apple walnut

Spring mix, Goat cheese, Apple, Beets,
Cranraisins, Onions, Walnuts

Buffalo Chicken (\$14.50)

Chicken, Lettuce, Celery, Shredded
carrots, Tomatoes, Buffalo sauce

Nicoise (\$15.50)

Spring mix, Tuna, Hard boiled egg,
Tomato, Red onion, Olives, Corn,
Olive oil

Chickpeas/Tofu/Egg +\$1.00; Chicken
+\$3.50; Salmon/Shrimp +\$4.50



Quinoa \$12

Mint

Chickpeas, Tomatoes, Onions,
Cucumbers, Mint, Feta cheese, Olive
oil

Pesto

Tomatoes, Roasted peppers, Zucchini,
Arugula, Pesto

Veggie

Broccoli, Roasted peppers, Sweet
potatoes, Arugula, Hummus

BBQ

Broccoli, Sweet potatoes, Corn, BBQ
sauce

Sweet chili

Spring mix, Peppers, Edamame,
Shredded carrots, Cucumbers,
Scallions, Sweet chili sauce



Brown rice \$12

Harvest

Brussel sprouts, Roasted carrots,
Walnuts, Cranraisins, Maple dressing

Mediterranean

Tomatoes, Onions, Cucumbers,
Olives, Feta Cheese, Tzatziki

Teriyaki

Carrots, Zucchini, Broccoli, Scallions,
Sesame seeds, Teriyaki sauce

Southwest bowl

Roasted peppers, Corn, Black
beans, Tomatoes, Onions,
Avocadocilantro sauce

Thai peanut

Roasted peppers, Broccoli, Shredded
carrots, Edamame, Thai peanut sauce



Build your own!

Proteins

- Chicken breast
- Shrimp
- Salmon
- Tofu
- Chickpeas
- Egg

Veggies (additional vegetables +1.00)

Cooked

- Broccoli
- Sweet potatoes
- Roasted Carrots
- Roasted peppers
- Roasted zucchini
- Roasted Brussel Sprouts

Raw (additional vegetables +1.00)

- Broccoli
- Sweet potatoes
- Roasted Carrots
- Roasted peppers
- Roasted zucchini
- Roasted Brussel Sprouts



Build your own!

Add ons (additional vegetables +1.50)

- Avocado
- Goat cheese
- Feta cheese
- Walnuts
- Sesame seeds

Sauces

- Peanut sauce
- Pesto sauce
- Avocado cilantro sauce
- Tzatziki
- Hummus
- BBQ
- Teriyaki
- Sweet chili

To go

Salads

Small (5.50)

Large (8.50)

Waldorf salad

Chickpea salad

Three Bean salad

Cut fruit

Mango, Pineapple, Strawberries,
Mixed (\$5.50)



Protein chia
pudding and overnight
oats (\$6.50)

Chocolate haze

Chocolate protein powder, Chia seeds,
Almond milk, Cocoa powder, Honey,
Coconut and berries

Snickers

Chocolate protein powder, Chia
seeds, Almondsmilk, Cocoa powder,
Honey, Peanut butter and banana

Muesli

Greek yogurt, oats, Carrots, Honey,
Raisins, Apple, Cinnamon, Walnuts,
Almond milk

Oatmeal \$8

Hearty

Banana, Honey, Walnuts, Chia seeds

Reeces

Banana, Peanutbutter, Dark
Chocolatechips



Almond butter

Banana, Blueberries, Sliced almonds,
Almondbutter

PB&J

Strawberries, Strawberry jam, Peanut
butter

Apple cinnamon

Apple cinnamonhoney and walnuts

Almond joy

Strawberry, Dark chocolate, Coconut,
Sliced almonds

Frittatas: \$5.50

*Served with fruit saladand
toast \$8.50

Broccoli cauliflower frittata

Potato and onion frittata

Onion mushroom spinachfeta cheese
frittata



Crepes \$9.50

Sweet

Pear honey walnut Lemon
blueberry honey Strawberry Nutella
Strawberry banana Nutella
Almond butter/peanut butter and
banana

Savory \$13.50

Apple Brie

Turkey, Apples, Brie, Arugula

Parisian

Turkey, Spinach, Pesto, Low fat
mozzarella

Vegetarian

Spinach, Mushrooms, Artichokes,
Low fat mozzarella cheese

La Jardiniere

Low fat mozzarella cheese, Tomato,
Fresh basil

Provencal

Chicken breast, Spinach, Mushroom,
Low fat mozzarella cheese

Alaska

Smoked salmon, Spinach, Feta cheese,
Tomato, Cucumbers red onions