

**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, avocado cilantro 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)

- Shredded Carrots
- Cucumber
- Tomato
- Onions
- Beets
- Corn
- Apples
- Strawberry
- Blueberries
- Edamame
- Celery
- Scallions

#### 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, almonds milk, 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, peanut butter, dark chocolate chips

**Almond butter**

Banana, blueberries, sliced almonds, almond butter

**PB&J**

Strawberries, strawberry jam, peanut butter

**Apple cinnamon**

Apple cinnamon honey and walnuts

**Almond joy**

Strawberry, dark chocolate, coconut, sliced almonds

**Frittatas: \$5.50**

**\*served with fruit salad and toast \$8.50**

**Broccoli cauliflower frittata**

**Potato and onion frittata**

## **Onion mushroom spinach feta 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

#### **Provençal**

Chicken breast, spinach, mushroom, low fat mozzarella cheese

#### **Alaska**

Smoked salmon, spinach, feta cheese, tomato, cucumbers red onions