

SNACKS



ROASTED VEGGIES WITH	9.45
HUMMUS	7,55
AVOCADO TOAST TRIO	7.45
VEGGIE FRITTERS COMBO	6.50
ROASTED VEGGIES	9.75
ROASTED SWEET POTATOES	8.45
EDAMAE WITH CHILI LIME	

MAIN COURSE



*customizable



GRILLED SALMON WITH	10.45
VEGGIES	

GRESH SALMON WITH FRESH ROASTED VEGETABLES AND LEMON HERB SAUCE

SUPER SALAD 7.50

A MIX OF FRESH GREENS ,BERRIES AND A SALAD DRESSING OF YOUR CHOICE

VEGAN BOWL

BROWN RICE, CHICKPEAS, CORN,
AVACADO, TOFU AND SPICY PEANUT
SAUCE

RICE NOODLES WITH SESAME-GINGER SAUCE 11.45

LIGHT AND GLUTEN-FREE RICE NOODLES TOSSED WITH A TANGY SESAME-GINGER SAUCE, SAUTÉED VEGGIES, AND A SPRINKLE OF SESAME SEEDS

SMOOTHIES

PEANUT BUTTER AND
BANANA PROTEIN SHAKE* 8.25

A RICH MIX OF BANANA, PEANUT BUTTER, PROTEIN POWDER, ALMOND MILK, AND A DRIZZLE OF HONEY

BERRY BLAST* 7.50

A BLEND OF BLUEBERRIES, STRAWBERRIES, RASPBERRIES, GREEK YOGURT, AND A TOUCH OF HONEY

GREEN GREATNESS* 9.40

A REFRESHING BLEND OF SPINACH, KALE, GREEN APPLE, BANANA, AND ALMOND MILK, TOPPED WITH CHIA SEEDS.

GOLDEN GLOW* 7.45

TURMERIC, BANANA, PINEAPPLE, GINGER, COCONUT MILK.

DESSERT

CHIA PUDDING PARFAIT



ON-THE-GO



AVOCADO CHOCOLATE	8.65	AVOCADO TOAST	9.45
MOUSSE	7.45	SUPERFOOD ACAI BOWL*	11.50
COCONUT MATCHA	< 4F	GREEK YOGURT AND	11.30
ENERGY BALLS	6.45	GRANOLA*	10.45
BAKED ALMOND FLOUR	5. 50		0.40
BROWNIES	7.45	VEGGIE SPRING ROLLS	9.40