

Signature Breakfast

WAFFLE 7

Flour, sugar, milk, butter waffle topped with seasonal berries, banana

MATCHA WAFFLE 8

Almond flour matcha waffle, topped with seasonal berries

CROISSANT 2.5

Choice of plain, Nutella (+\$2.5), Almond (\$4.5) or strawberry jam (+\$1.5)

OATMEAL BOWL 6

Topped with strawberry, blueberry, banana slices

ACAI BOWL 11

Topped with apples, bananas, berries, coconut, granola

VERY BERRY PARFAIT 7

Greek yogurt, berries, almond granola, honey
Make it Vegan +\$1

FRUIT BOWL 11

Seasonal fruit salad

AVOCADO EGG TOAST 7

Poached eggs, avocado, olive oil, cilantro, Alfalfa sprouts

AVOCADO FETA TOAST 7

2 Bruschetta Bread, feta cheese, avocado cream, pumpkin seeds, sweet balsamic vinegar

AVOCADO MUSHROOM TOAST 7

2 Bruschetta Bread, mushrooms, avocado cream, olive oil, lime juice, soy sauce

PANINI, WRAP OR CROISSANT EGG 7

Egg omelette, turkey bacon, cheddar cheese

SPINACH EGG WHITES 9

Egg white omelette, spinach, red onions, peppers

JUST EGG 11

Plant-based egg omelette, mushrooms, onions, bell peppers, avocado, spinach

SALADS

Thai Crunch Salad 10

Iceberg lettuce, chicken, cucumbers, carrots, red onions, edamame, pita chip, Asian dressing

Harvest Cobb Salad 11

Mixed springs greens, red onions, grilled chicken, turkey bacon, cherry tomatoes, avocado, boiled egg, blue cheese dressing

BOWLS

Tenderloin Bowl 16.5

Grilled beef tenderloin, sweet corn, cilantro lime rice, red peppers, black beans, avocado

Chicken Bowl 11

Grilled chicken, cilantro, spinach, lime rice, avocado, black beans

Buddha Bowl 13 V

Mixed quinoa, broccoli, chickpeas, Asian-marinated tempeh, sweet potato, avocado, roasted pumpkin seeds, Asian dressing

Poke Bowl 17.5

Seared salmon, avocado, rice, black sesame, edamame, carrots, cucumber, Asian dressing, wakame, sesame seeds



Gluten Free GF Vegan V Vegetarian

WRAPS/PANINI

Turkey Lurkey 10

Sliced turkey, mixed greens, avocado, tomatoes, cilantro lime dressing

Tuna Provolone 12

Tuna, provolone cheese, mixed greens, red onions, black olives, ranch dressing

Greek Goddess 11

Chicken, quinoa, asparagus, mixed greens, cucumbers, bell peppers, carrots, alfalfa sprouts, pesto basil dressing

Sassy Italian 12

Prosciutto, salami, mozzarella cheese, bell peppers, tomatoes, green olives, extra virgin oil

WARM PLATES

Shrimp Taco 12

Soft taco, Shrimp, chili, garlic, cumin, dried oregano, chipotle sauce, mango-jalapeño Pico de Gallo

Chicken Burrito 11

Brown rice, black beans, corn, cheddar cheese, iceberg lettuce, tomatoes, sour cream, avocado

Beef Tenderloin Burrito 16.5

Grilled beef tenderloin, brown rice, corn, black beans, tomatoes, cheddar cheese, iceberg lettuce, avocado, sour cream

Homemade Burger A-la-Chef 14.5

Certified Angus beef burger made by our executive chef, bacon, cheddar cheese served with french fries

Vegan Burger 11 V

Lentil and quinoa bean burger, whole wheat bun, vegan cheese, tomatoes, red onions, romaine lettuce

SIDES

French Fries | Beans | Brown Rice 3.5

Create your own \$10

1 TO START

Salad
Wrap: Whole Wheat, Spinach, Plain or Gluten Free (+\$2)
Panini: Whole Wheat or White

2 LETTUCE

Iceberg
Romaine
Spring Mix
Spinach (+\$2)

3 TOPPINGS

Salad: your choice of 4 | Wrap or Panini: your choice of 2

Alfalfa Sprouts	Chickpeas	Tomatoes
Almonds	Croutons	Walnuts
Bell Peppers	Dried Cranberries	Pecans
Black Beans	Edamame	Avocado (+\$2)
Broccoli	Hearts of palm	Pine Nuts (+\$2)
Carrots	Red onion	Asparagus (+\$2)
Cashews	Olives (green/black)	Sweet Potatoes (+\$2)
Celery	Pita Chips	Wakame (+\$2)
Corn	Quinoa	Mushrooms (+\$2)
Cucumber	Brown Rice	

4 PROTEIN

Your choice of 1 | Add more protein \$3

Chicken	Tofu	Turkey Bacon	JUST Egg (+\$2)
Turkey	Tempeh	Tuna (+\$1.5)	Lentil Patty (+\$2)
Salami	Turkey Bacon	Shrimp (+\$5)	Prosciutto (+\$2)
Egg	Steak (+\$3)	Salmon (+\$7)	

5 CHEESE Your choice of 1 | Add more cheese \$1

Provolone	Parmesan	Feta	Vegan Cheese (+\$2)
Cheddar	Mozzarella	Blue Cheese	

6 DRESSING Your choice of 1 | Add more dressing \$1.5

Cilantro lime (yogurt)	Sundried tomato (oil)
Asian (mayo)	Balsamic mustard (oil)
Blue cheese (mayo)	Balsamic Vinegar (oil)
Pesto basil (mayo)	Vegan Thousand Island
Sriracha (mayo)	
Cesar (mayo)	

7 TO FINISH

Chopped Tossed Grilled