

Signature Breakfast

WAFFLE 9

Almond flour, sugar, milk, butter waffle topped with seasonal berries, banana

MATCHA WAFFLE 9

Almond flour matcha waffle, topped with seasonal berries

CROISSANT 2.5

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

OATMEAL BOWL 6

Water-based oatmeal topped with strawberry, blueberry, banana slices, almonds, cinnamon. *Substitute with your choice of milk +\$2*

ACAI BOWL 12

Topped with apples, bananas, berries, coconut, granola

VERY BERRY PARFAIT 9

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 slices, feta cheese, avocado cream, pumpkin seeds, sweet balsamic vinegar

AVOCADO MUSHROOM TOAST 8.5

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

GRILLED CHEESE 5

Cheddar cheese

PANINI, WRAP OR CROISSANT

EGG 8.5

Egg omelette, turkey bacon, cheddar cheese

SPINACH EGG WHITES 9.5

Egg white omelette, spinach, red onions, peppers

JUST EGG 12.5

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

SALADS

Thai Crunch Salad 10

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

Harvest Cobb Salad 11

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



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 12

Chicken, quinoa, asparagus, lettuce, bell peppers, carrots, alfalfa sprouts, pesto basil dressing

Sassy Italian 12

Prosciutto, salami, mozzarella cheese, bell peppers, tomatoes, lettuce, green olives, balsamic glaze



BOWLS

Tenderloin Bowl 16.5

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

Chicken Bowl 11

Grilled chicken, cilantro, spinach, lime rice, avocado, black beans topped with cilantro lime dressing

Buddha Bowl 13 V

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

Poke Bowl 17.5

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



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 12 V

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

Fried Chicken Taco 11

Crispy fried chicken bites, flour tortilla, onion, cilantro, cherry tomato, fresh lettuce topped with cilantro lime dressing



SIDES

French Fries 3.5 | Brown Rice 3.5 | Black Beans 3.5 | Quinoa 4.5 | Cilantro Lime Brown Rice 3.5 | Sweet Potato Fries 4.5 | Marinated Sweet Potato 4.5

Sweets & TREATS

Gluten Free Nutella Cake 7

Rich and fudgy flourless chocolate cake filled with Nutella

Vegan Carrot Cake 7 V

This to-die-for cake receives rave reviews for its unbelievable moistness and flavor

Cheesecake 7

Traditional, airy, mousse-like cheesecake

Pistachio Cheesecake 7

House-made cheesecake, pistachios and a crumb bottom crust

Energy Bites 3

Peanut Butter, Dark Chocolate Date

Gluten Free

Vegan V

Vegetarian

Signature SMOOTHIES

Hearty Fruit & Oats 8.5

Strawberry, raspberry, oats, banana, peanut butter, almond milk, honey

Green Energizer 8.5

Apple, kiwi, kale, spinach, cucumber, fresh pressed lime juice

Protein Shake 12

Cocoa powder, banana, almond milk, peanut butter, protein powder

Morning Sunshine 8.5

Banana, mango, pineapple, fresh-pressed orange juice

Red Kick 8.5

Strawberry, raspberry, cherry, watermelon, pomegranate juice, cranberry juice

Tropical Berry 8.5

Strawberry, raspberry, mango, pineapple, fresh-pressed orange juice

Coco Mango 8.5

Coconut yogurt, coconut milk, mango, banana, flax seeds, grated coconut

AM Boost 8.5

Strawberry, blueberry, orange juice, lime juice, agave syrup, mint

Signature JUICES

Fresh Juice of The Day 8.5

The Oxygenator 9.5

Apples, beets, carrots, ginger, lemon, cayenne peppers

The Antioxidant 8.5

Beets, kale, apples, ginger, lemon

The Cleanse 8.5

Pineapple, green apple, lime, coconut water, Aloe Vera

The Wake Up 8.5

Carrot, orange, ginger



IMMUNE BOOSTER

Our immune shot in 350 ml bottle, to-go. To be served in 1.5oz shot glass

\$11

Coffee & TEAS

Choose your MILK: Regular, Almond (\$1), Soy (\$1), Coconut (\$1), OATLY (\$1), Cream (\$1)

BLACK COFFEE 4

ICED COFFEE 5

CAFFE LATTE 5

ESPRESSO 4

DOUBLE ESPRESSO 5

CAPPUCCINO 5

ORGANIC TEA 6

HOMEMADE ORGANIC ICED TEA 5

With fresh fruits

HOT CHOCOLATE 6

Gelatissimo

Gelato Sandwich 4

Popsicles 4

Gelato Cups 4

Bon Bon 8



ADD-ON BOOSTERS

IMMUNE SYSTEM

Spirulina	2
Matcha	2
Maca	2

DIGESTION

Flax seeds or Chia seeds	2
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ANTIOXIDANT

Cocoa Powder	2
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WEIGHT LOSS

Acai Powder	2
Coconut Oil	1.5

PROTEIN POWDER

Plant or Rice	4
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PEANUT BUTTER

2

Wines & BEERS



ITALIAN WINES

Villa Sandi Prosecco Brut 11

Villa Sandi Prosecco Rosé Brut 13

Cavit Pinot Grigio 11

Cavit Pinot Noir 11



HEALTHY Organic WINES

Giesen Pure Light Pinot Gris 9

Giesen Pure Light Sauvignon Blanc 9

Kendall Jackson Chardonnay 11.5

A to Z Pinot Noir 14.75



BEERS

Chill/Balashi 5

Peroni 7.5

COCKTAILS

Fountain of Youth 12.5

Deep Eddy vodka, Elderflower Liquor, Real Mango syrup, fresh lime juice

Garden Fresh Mojito 11

Bacardi rum, mint leaves, fresh pressed lime juice, simple syrup. *Make it Premium Organic +\$3*

London Mule 13.5

Bombay Sapphire gin, honey syrup, fresh lime juice, Fever-Tree ginger beer

SangrAzia 11

RED or WHITE

Lara's celebrated family recipe

Grab & GO

Black Cold brew 4.5

Cold brew black coffee

White Cold brew 4.5

Cold brew black coffee with oat milk

Vanilla Cold brew 4.5

Cold brew black coffee, milk, sugar-free vanilla syrup

Kombucha 6

Cocos 3

San Pellegrino Flavored Water 3.5

Assorted flavors

01. START

WRAP

Toasted? ☐ Yes ☐ No

- ☐ Whole Wheat (+2)
- ☐ Spinach (+2)
- ☐ Plain (+2)
- ☐ Gluten Free (+3)

PANINI

Toasted? ☐ Yes ☐ No

- ☐ White (+2)
- ☐ Whole Wheat (+2)

BOWL

Choose your base for bowl

- ☐ Cilantro Lime Brown Rice (+3)
- ☐ Quinoa (+3)
- ☐ Brown Rice (+3)
- ☐ Black Beans (+3)
- ☐ Marinated Sweet Potatoes (+3)

SALAD

Chopped? ☐ Yes ☐ No

Choose your greens

02. CHOOSE YOUR GREENS:

- ☐ Iceberg (+2)
- ☐ Romaine (+2)
- ☐ Spring Mix (+2)
- ☐ Spinach (+3)

03. ADD PROTEINS:

LAND

- ☐ Grilled Chicken Breast (65g) (+4)
- ☐ Turkey (80g) (+4)
- ☐ Boiled Egg (49g) (+4)
- ☐ Salami Dolce (15g) (+4)
- ☐ Prosciutto (35g) (+4)
- ☐ Steak (80g) (+12)
- ☐ Turkey Bacon (25g) (+1)

SEA

- ☐ Tuna (50g) (+4)
- ☐ Sautéed Shrimp (72g) (+8)
- ☐ Sautéed Salmon (118g) (+7)

PLANT-BASED

- ☐ Tofu (70g) (+4)
- ☐ Tempeh (80g) (+4)
- ☐ JUST Egg (90g) (+5)
- ☐ Lentil Patty (180g) (+4)

04. ADD TOPPINGS:

VEGETABLES

- ☐ Alfalfa Sprout (+1)
- ☐ Asparagus (+2)
- ☐ Avocado (+2)
- ☐ Bell Peppers (+1)
- ☐ Broccoli (+1)
- ☐ Carrots (+1)
- ☐ Cherry Tomatoes (+1)
- ☐ Celery (+1)
- ☐ Corn (+1)
- ☐ Cucumber (+1)
- ☐ Heart of Palm (+2)
- ☐ Mushroom (+2)
- ☐ Olives green/black (+1)

☐ Red Onion (+1)

- ☐ Marinated Sweet Potatoes (+2)
- ☐ Wakame (+2)

LEGUMES

- ☐ Black Beans (+1)
- ☐ Chickpeas (+5)
- ☐ Edamame (+1)

CRUNCH

- ☐ Croutons (+1)
- ☐ Pita Chips (+1)

STARCHES

- ☐ Brown Rice (+1.25)
- ☐ Quinoa (+1)

NUTS & FRUITS

- ☐ Almonds (+1.25)
- ☐ Cashews (+2.50)
- ☐ Dried Cranberries (+1)
- ☐ Pecans (+1)
- ☐ Pine Nuts (+2.5)
- ☐ Walnuts (+1.25)

05. ADD CHEESE: Your choice of one (included) | Add more cheese \$1

- ☐ Provolone
- ☐ Cheddar

- ☐ Parmesan
- ☐ Mozzarella

- ☐ Feta
- ☐ Blue Cheese

☐ Vegan Cheese (+2)

06. ADD DRESSING: Your choice of one (included) | Add more dressing \$1.5

- ☐ Cilantro Lime (Mayo)
- ☐ Asian (Mayo)
- ☐ Blue Cheese (Mayo)
- ☐ Pesto Basil (Mayo)

- ☐ Buddha (Vegan Mayo)
- ☐ Caesar (Mayo)
- ☐ Sun-dried Tomato (Oil)
- ☐ Balsamic Mustard (Oil)

- ☐ Balsamic Vinegar (Oil)
- ☐ Vegan Thousand Island
- ☐ Ranch (Mayo)
- ☐ Balsamic Glaze