

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) 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, Alfafa 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

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 3.5

Brown Rice 3.5

Beans 3.5



Gluten Free GF

Vegan V

Vegetarian

Create your own

START

WRAP: Whole Wheat (+2) Spinach (+2) Plain (+2) Gluten Free (+3)
 Toasted? Yes No

PANINI: White (+2) Whole Wheat (+2)
 Toasted? Yes No

SALAD
Choose your greens

02. CHOOSE YOUR GREENS:

Iceberg (+2) Romaine (+2) Spring Mix (+2) Spinach (+3)
 Chopped? Yes No

03. ADD TOPPING:

<input type="checkbox"/> Alfalfa Sprouts (+1)	<input type="checkbox"/> Dried Cranberries (+1)
<input type="checkbox"/> Bell Peppers (+1)	<input type="checkbox"/> Edamame (+1)
<input type="checkbox"/> Black Beans (+1)	<input type="checkbox"/> Heart of Palm (+1)
<input type="checkbox"/> Broccoli (+1)	<input type="checkbox"/> Red onion (+1)
<input type="checkbox"/> Carrots (+1)	<input type="checkbox"/> Green Olives (+1)
<input type="checkbox"/> Cashews (+1)	<input type="checkbox"/> Black Olives (+1)
<input type="checkbox"/> Celery (+1)	<input type="checkbox"/> Pita Chips (+1)
<input type="checkbox"/> Corn (+1)	<input type="checkbox"/> Quinoa (+1)
<input type="checkbox"/> Cucumber (+1)	<input type="checkbox"/> Brown Rice (+1)
<input type="checkbox"/> Chickpeas (+1)	<input type="checkbox"/> Tomatoes (+1)
<input type="checkbox"/> Croutons (+1)	<input type="checkbox"/> Walnuts (+1)

Pecans (+1)
 Avocado (+2)
 Pine Nuts (+2)
 Asparagus (+2)
 Sweet Potatoes (+2)
 Wakame (+2)
 Mushrooms (+2)

04. ADD PROTEIN:

LAND	SEA
<input type="checkbox"/> Grilled Chicken (+4)	<input type="checkbox"/> Tuna (+4)
<input type="checkbox"/> Turkey (+4)	<input type="checkbox"/> Sautéed Shrimp (+8)
<input type="checkbox"/> Boiled Egg (+4)	<input type="checkbox"/> Sautéed Salmon (+6)
<input type="checkbox"/> Salami Dolce (+4)	
<input type="checkbox"/> Prosciutto (+4)	
<input type="checkbox"/> Tenderloin (+12)	

PLANT-BASED

Tofu (+4)
 Tempeh (+4)
 JUST Egg (+4)
 Lentil Patty (+4)

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

<input type="checkbox"/> Provolone	<input type="checkbox"/> Feta
<input type="checkbox"/> Cheddar	<input type="checkbox"/> Blue Cheese
<input type="checkbox"/> Parmesan	<input type="checkbox"/> Vegan Cheese (+2)
<input type="checkbox"/> Mozzarella	

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

<input type="checkbox"/> Cilantro Lime (Mayo)	<input type="checkbox"/> Blue Cheese (Mayo)	<input type="checkbox"/> Sriracha (Mayo)	<input type="checkbox"/> Sun-dried Tomato (Oil)	<input type="checkbox"/> Balsamic Vinegar (Oil)
<input type="checkbox"/> Asian (Mayo)	<input type="checkbox"/> Pesto Basil (Mayo)	<input type="checkbox"/> Caesar (Mayo)	<input type="checkbox"/> Balsamic Mustard (Oil)	<input type="checkbox"/> Vegan Thousand Island