

# 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 V

# 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"/> Pecans (+1)         |
| <input type="checkbox"/> Bell Peppers (+1)    | <input type="checkbox"/> Edamame (+1)           | <input type="checkbox"/> Avocado (+2)        |
| <input type="checkbox"/> Black Beans (+1)     | <input type="checkbox"/> Heart of Palm (+1)     | <input type="checkbox"/> Pine Nuts (+2)      |
| <input type="checkbox"/> Broccoli (+1)        | <input type="checkbox"/> Red onion (+1)         | <input type="checkbox"/> Asparagus (+2)      |
| <input type="checkbox"/> Carrots (+1)         | <input type="checkbox"/> Green Olives (+1)      | <input type="checkbox"/> Sweet Potatoes (+2) |
| <input type="checkbox"/> Cashews (+1)         | <input type="checkbox"/> Black Olives (+1)      | <input type="checkbox"/> Wakame (+2)         |
| <input type="checkbox"/> Celery (+1)          | <input type="checkbox"/> Pita Chips (+1)        | <input type="checkbox"/> Mushrooms (+2)      |
| <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)           |  |

## 04. ADD PROTEIN:

- |   |  |
|---|--|
| <b>LAND</b>                                   | <b>SEA</b>                                   |
| <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  |

## Sweets & TREATS

### Gluten Free Nutella Cake 7

Rich and fudgy flourless chocolate cake filled with Nutella

### Chocolate Vegan Cake NEW 9 V

Rich raw almond chocolate cake, maple syrup, dates

### 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 2

Dark chocolate, Protein ball

## Gelatissimo

Gelato Sandwich 4  
Popsicles 4

Gelato Cups 4  
Bon Bon 8

## Cookies Gluten Free

### Walnut 2.5 V

A rich almond base cookie topped with walnuts

### Chocolate Chip 2.5

A rich almond base cookie sprinkled with milk chocolate chips

## Coffee & TEAS

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

### BLACK COFFEE 4

### ICED COFFEE 5

### CAFFE LATTE 5

### ESPRESSO 4

### DOUBLE ESPRESSO 5

### CAPPUCINO 5

### ORGANIC TEA 6

### HOMEMADE ORGANIC ICED TEA 5

With fresh fruits

### HOT CHOCOLATE 6

## 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

Assorted flavors

## 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 11

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

### Tropical Berry 8.5

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

### Coco Mango NEW 8.5

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

## Signature JUICES

### Fresh Juice of The Day 8.5

#### The Oxygenator 8.5

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**

## ADD-ON BOOSTERS

### IMMUNE SYSTEM

Spirulina 2  
Matcha 2  
Maca 2

### DIGESTION

Flax seeds or Chia seeds 2

### ANTIOXIDANT

Cocoa Powder 2

### WEIGHT LOSS

Acai Powder 2  
Coconut Oil 1.5

### PROTEIN POWDER

Plant, Rice or Whey 4

### PEANUT BUTTER

2

## Alcoholic BEVERAGES

### ORGANIC COCKTAILS

#### Fountain of Youth 11

Tru Vodka, Fruitlab organic hibiscus liqueur, cranberry juice, Bar Keep lavender bitters

#### Garden Fresh Mojito 11

Crusoe organic rum, mint leaves, fresh pressed lime juice, demerara syrup

#### Ginger Collins 11

Tru Gin, Fruitlab organic ginger liqueur, fresh-pressed lime juice, simple syrup, club soda

#### SangrAzia RED/WHITE 11

Lara's celebrated family recipe

### WINES

Lunetta Prosecco Cavit, Italy 9

Lunetta Prosecco Rose Cavit, Italy 9

Pinot Grigio Cavit, Italy 9

Pinot Noir Cavit, Italy 9

### BEERS

Chill/Balashi 5

Peroni 6