

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

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

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

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

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