



Breakfast (Served 7am - 11am)

Egg Sandwich \$6

Two Eggs, Cheddar Cheese, Bacon or Sausage, on Wheat English Muffin or Wrap

Pro Sandwich \$8.50

Two Eggs, Sausage, Goat Cheese, Sprouts, Avocado, Tomato, on Wheat Bread

House Made Granola \$5

Gluten Free Granola with Raisins, Cranberries, Coconut Flakes, Choice of Fruit, and Milk

Three Stack \$8

Three Fluffy Pancakes Topped with choice of Fruit and Served with Bacon or Sausage

Sweet Potato Hash \$10

Sweet Potatoes, Spinach, Avocado, Goat Cheese, Two Eggs Over Easy, with Wheat Toast

Avocado Bruschetta Toast \$10

Wheat Toast Piled with Avocado, Tomato, Red Onion, Balsamic Syrup, Sprouts, and Served with Two Eggs

Avocado Sweet Toast \$10

Wheat Toast Piled with Avocado, Arugula, Strawberry, Balsamic Syrup, and Served with Two Eggs

Check out the counter for our daily selection of muffins, pastries, and cookies, and other goodies.

Salads and Bowls

Kale Salad \$10/\$5

Kale, Apples, Celery, Dried Cranberries, Red Onion, with Apple Cider Vinaigrette

Spinach and Strawberry \$12/\$6

Spinach, Strawberry, Red Onion, Goat Cheese, Sunflower Seeds, with Strawberry Balsamic Vinaigrette

*Add chicken \$3.0

(Full and Half Price)

Arugula and Sweet Potato \$10/\$5

Arugula, Roasted Sweet Potato, Toasted Pumpkin Seeds, Raisins, Pear, and Pickled Red Onion with a Cinnamon Maple Dressing

Apple Cranberry Salad \$12/\$8

Chicken Salad with Apples, Cranberries, Basil, on a Bed of Arugula and a Mini Baguette

Sandwiches

Roasted Veggie \$12/\$8

Ground Chick Peas, Sprouts, Cucumber, Tomato, Roasted Red Pepper, Red Onion, Sautéed Squash, Smoked Gouda, on Sprouted Wheat Bread

Turkey Club \$13/\$8

Turkey, Bacon, Lettuce, Tomato, With Sunflower Pesto, on a Ciabatta Roll

(Full and Half Price)

Chipotle Turkey \$13/\$10

Turkey, Roasted Red Pepper, Avocado, Lettuce, Red Onion, Sprouts, with Chipotle Yogurt Sauce in a Wheat Wrap

Blackened Chicken Tacos \$14/\$9

3 Tacos, Lettuce, Tomato, Red Onion, Cilantro, Corn, Black Beans, Lime Crema on Corn Tortillas

*Add avocado \$2.0

*All Sandwiches can be made on any of our bread selections:

Gluten Free Bread, Sprouted Oat Wheat, Ciabatta Roll, Wheat Wrap

Kids Menu \$6 (Meals come with Drink & Side)

Turkey and Cheese

Sun Butter and Jelly

Cheese Quesadilla

Drinks :

Chocolate Milk, Milk, Juice

Sides:

Fruit, Yogurt, Fries, Veggie Chips



Also Try Our Cold Pressed Juices

Coffee 12oz 16oz 20oz

Coffee \$1.5 \$2.0 \$2.5

(Light and Dark Roast)

Cappuccino \$3.0

Latte \$3.5

Flavored Syrup is 25 Cents

*Add Espresso for \$2 per Shot

Smoothies \$8

Strawberry Banana

Banana, Strawberry, Honey, Choice of Milk

The Frogman

Spinach, Banana, Kale, Avocado, Kiwi, Chlorophyll, Choice of Milk

Tropical Blue

Orange Concentrate, Pineapple, Banana, Chia Seeds, Hemp Seeds, Blue Majik, Choice of Milk

Orange Crush

Orange Concentrate, Pineapple, Goji Berries, Turmeric, Choice of Milk

Deep Purple

Blueberry, Raspberry, Charcoal, Spinach, Banana, Choice of Milk

*Smoothie Add On \$3

Protein Powder Immune Booster

Acai Bowls \$10

Mixed Berry Bowl

Berries, Milk, Banana, Acai, Granola, Coconut Chips, Chia Seeds

Banana Oat Bowl

Oats, Milk, Banana, Acai, Berries, Honey, fruit, Cacao Nibs

Green Goodness Bowl

Avocado, Banana, Blueberries, Milk, Spinach, Kale, Granola, Goji Berries

Cranberry Crunch Bowl

Yogurt, Avocado, Milk, Banana, Kale, Acai, Pumpkin Seeds, Dried Cranberries, Hemp Seeds

Sides \$3

French Fries Fruit Cup

Kale Slaw Veggie Chips