



## Salads and Bowls

## (Full and Half Price)

### Kale Salad \$10/\$6

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

### Garden Fresh Salad \$9/\$5

Lettuce Mix, Carrots, Cucumbers, Tomato, Red Onion, with Red Wine Vinegar and Olive Oil

### Arugula and Sweet Potato \$10/\$6

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

### Spicy Coconut Fresh Bowl \$10/\$6

Roasted Beans, Spinach, Carrots, Red Pepper, Red Onion, Avocado, Spicy Coconut Lime Sauce

**\*Add chicken \$3.0**

### House Made Dressings

Apple Cider Vinaigrette  
Strawberry Balsamic Vinaigrette  
Maple Cinnamon Vinaigrette  
Red Wine Vinegar and Olive Oil

*\*All Salads are Served with Toasted Bread*

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

## Sandwiches

## (Full and Half Price)

### Roasted Veggie \$12/\$8

Ground Chick Peas, Spinach, 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

### Greek Veggie Burger \$13

Black Bean and Chickpea Burger, Lettuce, Red Onion, Tomato, Cucumber Sauce

### Chipotle Turkey \$13/\$10

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

### Blackened Chicken Burrito \$14

Blackened Chicken, Spiced Beans, Brown Rice, Corn and Tomato Salsa, Smoked Gouda, Roasted Peppers, Avocado and Lime Crema

*\* Can be made into Burrito Bowl with Lettuce*

**\*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

## 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, Matcha, Chlorophyll

## Sides \$3

French Fries

Fruit Cup

Kale Slaw

Veggie Chips



# Breakfast (Served 7am – 11am)

(All Breakfast Sandwiches are served with Hash Browns)



Try Our Cold Pressed Juices

## Egg Sandwich \$6

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

## Mediterranean Egg Sandwich \$7

Two Eggs, Pesto, Tomato Pepper Sauce, Spinach on Wheat English Muffin or Wrap

## Huevos Rancheros Egg Wrap \$8.50

Two Eggs, Smoked Gouda, Spiced Bean Spread, Avocado, Bacon, Cilantro, with Chipotle Yogurt Sauce

## Pro Sandwich \$8.50

Two Eggs, Sausage, Goat Cheese, Spinach, 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, Spinach, and Served with Two Eggs

## Avocado Sweet Toast \$10

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

## Classic Platter \$9

Two Eggs Cooked to Order, Bacon or Sausage, Toast, Hash Browns, and a Side of Fruit

## 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

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The black board has our current specials and our baked goods

