

SIGNATURE

wraps

12.49 | meal 16.98

Falafel Spinach — falafel, lettuce, spinach, cheese, cucumber, tomato, olive, carrot, onion, tzatziki, grilled pita.

Istanbul — chicken breast, spinach, lettuce, feta, onion, tomato, cucumber, corn, olive, citrus vinaigrette.

Chicken Classic — chicken breast, lettuce, cheese, tomato, cucumber, carrot, onion, Caesar dressing.

Tuna — marinated tuna, thousand island, lettuce, onion, tomato, cucumber, carrot.

Chipotle Steak **14.99** — beef steak, lettuce, onion, cucumber, tomato, green pepper, chipotle sauce.

Grand Vege — spinach, lettuce, beet, cheese, cucumber, tomato, corn, carrot, balsamic vinaigrette.

Wrap Burrito — chicken breast, spinach, quinoa, corn, beans, cucumber, jalapeno, salsa.

BBQ Chicken — BBQ chicken, lettuce, cheese, onion, tomato, black beans, BBQ sauce.

Avocado Chicken — chicken, lettuce, carrot, avocado, tomato, cucumber, Caesar sauce.

Adobo Chicken — chicken marinated adobo sauce, lettuce, spinach, cucumber, carrot, corn.

Meal: add 12oz vegetable soup & 12oz iced tea

GRILLED

paninis

12.49 | meal 16.98

Chicken Salsa — chicken breast, cheese, onion, peppers, jalapeno, salsa, ciabatta.

Avocado Chicken — chicken breast, onion, cheese, avocado, tomato, Caesar dressing, ciabatta.

BBQ Chicken — chicken breast, cheese, onion, tomato, spinach, BBQ sauce, ciabatta.

Pesto — chicken breast, cheese, onion, tomato, green pepper, pesto, balsamic vinaigrette, ciabatta.

Portobello — portobello, cheese, onion, green pepper, spinach, balsamic glaze, ciabatta.

Chipotle Steak **14.99** — beef steak, onion, peppers, chipotle sauce, ciabatta.

Tuna — marinated tuna, cheese, onion, tomato, cucumber, spinach, thousand island, ciabatta.

SOUP

of the day

Vege Soup **12oz 6.49** | **16oz 7.49** — celery, quinoa, corn, chickpea, tomato, lemon, spinach.

Moroccan Soup **8oz 4.99** | **12oz 6.99** — tomato, potato, chickpeas, zucchini, carrots, lentils, squash, cabbage.

PROTEIN

bowls

13.99 | meal 18.48

Teriyaki — chicken breast, quinoa/rice/lettuce, corn, chickpea, tomato, cucumber, pepper, teriyaki.

Istanbul — chicken breast, lettuce, spinach, tomato, cucumber, onion, olive, cheese, citrus vinaigrette.

Falafel — quinoa, spinach, falafel, carrot, cucumber, olive, corn, tzatziki.

Festival — quinoa/spinach-lettuce, chicken breast, cheese, corn, chickpea, pepper, salsa.

Ocean — quinoa/spinach-lettuce, chicken breast, cheese, corn, chickpea, tomato, cucumber, balsamic vinaigrette.

Rice-Chicken Salad — adobo chicken, rice, corn, cucumber, carrot, pepper, adobo sauce.

Sub any protein for Beyond® steak or plant-based chick'n · sub any cheese for vegan · make any entree gluten-free

FRESH

squeezes

12oz 7.49 | 16oz 9.49 | 24oz 10.99

Beet & 5 — beet, apple, celery, carrot, ginger, lemon.

Create Your Own — apple, orange, plus one vegetable of choice.

Cold Hunter — apple, orange, ginger, lemon, celery, salt, black pepper.

Green Citrus — apple, cucumber, celery, lemon, spinach.

Sunrise Boost — apple, orange, lemon, ginger, celery.

Apple Juice — fresh squeezed apple, salt, cayenne pepper.

Kale Aid — kale, apple, celery, lemon, ginger.

Carrot Juice — fresh carrot, salt, cayenne pepper.

Celery Juice — fresh celery, salt, cayenne pepper.

Beet Juice — fresh beet, salt, cayenne pepper.

Resistance Shot 5.49 — ginger, lemon, salt, cayenne pepper, half orange.

HANDCRAFTED

smoothies

12oz 6.99 | 16oz 7.99 | 24oz 8.99

Three Berries Blushing — blueberry, raspberry, strawberry, apple juice, yogurt.

Mango Haven — mango, banana, pineapple, coconut milk, milk.

Kale Strength — mango, pineapple, banana, kale, apple juice.

Summer Strawberry — strawberry, banana, cranberry juice, coconut milk, milk.

Spinach Mango — mango, pineapple, peach, spinach, cranberry juice.

Peanut Butter Chocolate — banana, peanut butter, milk, yogurt, chocolate.

Tropical Magic — strawberry, peach, mango, apple juice, yogurt, peanut butter.

Big Blue — blueberry, banana, apple juice, yogurt.

Pink Power — strawberry, banana, peanut butter, milk.

Mighty Avocado — mango, banana, avocado, coconut milk.

Coffee Touch — banana, coffee, oats, yogurt, milk.

HAND CRAFTED

power bowls

10.99

Strawberry Banana — strawberry, banana, milk, peanut butter, granola, coconut flakes.

Peanut Butter Yogurt — strawberry, mango, banana, peanut butter, yogurt, granola.

Matcha Cinnamon — banana, mango, blueberry, yogurt, matcha, cinnamon, granola.

Blueberry Spinach — blueberry, banana, spinach, cinnamon, coconut milk, granola.

Granola Parfait 6.99 — vanilla yogurt, granola, coconut flakes, blueberry.

SIDE

salad bowls

Lettuce Spinach Salad 6.49 — lettuce, spinach, tomato, cucumber, onion, olive, citrus vinaigrette.

Spinach Quinoa Salad 6.99 — quinoa, corn, spinach, edamame, tomato, cucumber, bean, citrus vinaigrette.

MORNING

breakfast

Breakfast Panini 7.49 — ciabatta, cheese, scrambled egg, spinach, salsa.

Breakfast Wrap 7.49 — tortilla, scrambled egg, cheese, spinach, salsa.

Breakfast Combo 9.49 — panini or wrap with 12oz coffee or iced tea.

Pesto Turkey Grilled Cheese 7.99 — turkey, pesto, cheese, grilled whole wheat. Combo +2.00.

Pesto Beef Grilled Cheese 7.99 — beef, pesto, cheese, grilled whole wheat. Combo +2.00.

Grilled Cheese Sandwich 6.49 — cheese, grilled whole wheat. Combo +2.00.

BREAKFAST

bowl

9.99 • 16oz

Cali-Tex Bowl — lettuce, spinach, scrambled egg, bean, adobo sauce.

Tex-Mex Bowl — quinoa, spinach, scrambled egg, bean, corn, adobo sauce.

HEARTY

mains

Lasagne 24oz 12.99 — meat sauce, melted cheese.

Spaghetti 24oz 12.99 — meat sauce, melted cheese.

Chicken & Beef Samosa 2.99 each — chicken or beef, onion, mixed vegetables.

Potato Wedges 8oz 3.99 | 12oz 5.49

Chicken Wings 5pc 8.99

Chicken Nuggets 5pc 4.99

Beef Burger 10.49 — beef patty, tomato, cucumber, lettuce, onion, thousand island, toasted bun. Combo 15.48, double patty +3.

Chicken Burger 10.49 — chicken patty, tomato, cucumber, lettuce, onion, ranch/thousand island, toasted bun. Combo 15.48.

Submarine 11.99 — turkey or beef, melted cheese, lettuce, tomato, cucumber, onion. Meal 16.98.

Smoked Beef Sandwich 11.99 — whole wheat bread, mustard, smoked beef. Meal 16.98.

GRILLED

quesadillas

Cheese 5.99 — grilled tortilla, cheese.

Corn-Cajun Chicken 6.99 — cajun chicken, cheese, corn, green pepper, salsa.

Pesto Chicken 6.99 — chicken, cheese, pesto, spinach.

Black Bean 6.99 — cheese, black beans, onion.

Black Olive 6.99 — cheese, olive, onion.

Baby Wrap 7.99 — whole wheat tortilla, chicken, cheese, lettuce, tomato, cucumber.

HOT & COLD

beverages

Coffee 2.99 | 3.49

Americano 4.50 | 5.50

Latte 4.75 | 5.50

Black Tea 2.49 | 2.99

Espresso 4.75 | 5.50

Cappuccino 4.75 | 5.50

Mocha 4.75 | 5.50

Green Tea 2.49 | 2.99

Frozen Yogurt — ask about today's flavors.