

# Signature Breakfast

**MATCHA WAFFLE 9**

Almond Flour Matcha Waffle, Topped with Seasonal Berries and Banana

**CROISSANT 5**

Choice of Plain, Nutella or Strawberry Jam

**OATMEAL BOWL 6**

Topped with Mango, Pineapple, Banana Slices

**AÇAÍ BOWL 11 or CUP 7**

Topped with Apples, Bananas, Berries, Coconut, Granola

**VERY BERRY PARFAIT 7**

Greek Yogurt, Berries, Almond Granola, Honey

**FRUIT BOWL 11**

Seasonal Fruit salad

**PANINI, WRAP OR CROISSANT**

**EGG 7**

Egg Omelette, Turkey Bacon, Cheddar Cheese

**SPINACH EGG WHITES 9**

Egg White Omelette, Spinach, Red Onions, Peppers

**AVOCADO 8**

Egg Omelette, Avocado

**JUST Egg 10**

Plant-based egg omelette

# SALADS

**Thai Crunch Salad 10**

Iceberg Lettuce, Chicken, Cucumbers, Carrots, Red Onions, Edamame , Pita Chips, Asian Dressing

**Harvest Cobb Salad 11**

Mixed Spring Greens, Grilled Chicken, Turkey Bacon, Red Onions, Cherry Tomatoes, Avocado, Boiled Egg, Blue Cheese Dressing

**Caesar Salad 10**

Romaine Lettuce, Shaved Parmesan Cheese, Croûtons, Caesar Dressing

**Green Veggie 10**

Feta cheese, Spinach, Green Olives, Bell Peppers, Chickpeas, Sundried Tomato Dressing

**Greek Goddess 11**

Chicken, Quinoa, Asparagus, Mixed Greens, Cucumbers, Bell Peppers, Carrots, Alfalfa Sprouts, Pesto Basil Dressing

**Tuna Provolone 12**

Tuna, Provolone Cheese, Mixed Greens, Red Onions, Black Olives and Ranch Dressing

**Sassy Italian 11**

Prosciutto, Salami, Mozzarella cheese, Bell Peppers, Tomatoes, Green Olives, Extra Virgin Olive Oil

**Vegan Burger 11**

Lentil and Quinoa Bean Burger, Whole Wheat Bun, Vegan Cheese, Tomatoes, Red Onions, Romaine Lettuce

**Tenderloin Bowl 13**

Grilled Beef Tenderloin, Cilantro Lime Rice, Sweet Corn, Red Peppers, Avocado, Black Beans

**Chicken Bowl 11**

Grilled Chicken, Cilantro Lime Rice, Spinach, Avocado, Black Beans

**Vegan Zucchini Pasta 11**

Carrot and Zucchini Pasta with Mushrooms, Signature Pistachio and Basil Pesto

**Chicken Burrito 11**

Brown Rice, Black Beans, Corn, Cheddar Cheese, Iceberg Lettuce, Tomatoes, Sour Cream, Avocado

**Beef Tenderloin Burrito 13**

Grilled Beef Tenderloin, Brown Rice, Black Beans, Corn, Cheddar Cheese, Iceberg Lettuce, Tomatoes, Sour Cream, Avocado

**Homemade burger a-la-chef 13.5**

Certified Angus beef burger made by our Executive chef, served with French Fries

**Buddha Bowl 15**

Mixed brown rice and quinoa, Asian marinated tofu, avocados Sautéed edamame beans Chickpeas, Asian dressing

# SOUP of the Day

**\$6**

# Create Your Own

**\$10**

**1 TO START** (YOUR CHOICE OF)

Salad

Wrap **Whole Wheat, Spinach, Plain or Gluten Free**

Panini **Whole Wheat or White**

**2 LETTUCE** (YOUR CHOICE OF)

IcebergRomaineSpring Mix**Spinach (+\$2)**

**3 TOPPINGS** (Add more toppings +\$1)

Salad: YOUR CHOICE OF 4

Wrap or Panini: YOUR CHOICE OF 2

Alfalfa Sprouts

Celery

Hearts of Palm

Walnuts

Almonds

Corn

Red Onion

Pecans

Bell Peppers

Cucumber

Olives (Green/Black)

**Avocado (+\$1)**

Black Beans

Chickpeas

Pita Chips

**Pine Nuts (+\$2)**

Broccoli

Croûtons

Quinoa

**Asparagus (+\$1)**

Carrots

Dried Cranberries

Brown Rice

Cashews

Edamame

Tomatoes

**4 PROTEIN** (YOUR CHOICE OF 1) (Add more protein +\$1)

Chicken

Egg

Shrimp (+\$3)

Prosciutto (+\$2)

Turkey

Tofu

Steak (+\$3)

**JUST Egg 1/2 portion (+\$5)**

Salami

Turkey Bacon

Tuna (+\$2)

**5 CHEESE** (YOUR CHOICE OF 1) (Add more cheese +\$1)

Provolone

Mozzarella

**Vegan Cheese (+\$2)**

Cheddar

Feta

Parmesan

Blue cheese

**6 DRESSING** (YOUR CHOICE OF 1) (Add more dressing +\$1.5)

Creamy Avocado (yogurt)

Sundried Tomato (oil)

Cilantro Lime (yogurt)

Lemon Thyme (oil)

Asian (mayo)

Balsamic Mustard (oil)

Spicy Peanut (sauce)

Pesto Basil (mayo)

Blue Cheese (mayo)

Sriracha (mayo)

**7 TO FINISH** (YOUR CHOICE OF)

Chopped

Tossed

Grilled (Panini or Wrap)

ALL PRICES ARE IN USD AND ARE SUBJECT TO CHANGE WITHOUT NOTICE. TAX INCLUDED. PRICES MAY DIFFER FOR ADDITIONAL ITEMS

Vegetarian

Vegan

Gluten Free

070920



## Signature JUICES

FRESH JUICE OF THE DAY 16 oz 8.5

### THE OXYGENATOR 16 oz 8.5

Apples, Beets, Carrots, Ginger, Lemons and Cayenne Peppers

### THE ANTIOXIDANT 16 oz 8.5

Beets, Kale, Apples, Ginger and Lemons

### THE CURE 16 oz 8.5

Green Apples, Cucumbers, Lemons, Kale, Ginger, Aloe Vera and Mineral Salt

## 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

## WINE

LUNETTA PROSECCO/ CAVIT/ ITALY 9

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PINOT GRIGIO/ CAVIT/ ITALY 9

PINOT NOIR/ CAVIT/ ITALY 9

## BEER

CRAFT BEERS IPA 10

CHILL/ BALASHI 5

## SIGNATURE SMOOTHIES

### HEARTY FRUIT & OATS 16 oz. 8.5

Strawberry, Raspberry, Oats, Banana, Peanut Butter, Almond Milk, Honey

### GREEN ENERGIZER 16 oz. 8.5

Apple, Kiwi, Kale, Spinach, Cucumber, Fresh Pressed Lime Juice

### PROTEIN SHAKE 16 oz. 11

Cocoa Powder, Banana, Almond Milk, Peanut Butter, Protein Powder

### MORNING SUNSHINE 16 oz. 8.5

Banana, Mango, Pineapple and Fresh Pressed Orange Juice

### RED KICK 16 oz. 8.5

Strawberry, Raspberry, Cherry, Watermelon and Pomegranate Juice

### TROPICAL BERRY 16 oz. 8.5

Strawberry, Raspberry, Mango, Pineapple and Fresh Pressed Orange Juice

### ADD-ON BOOSTERS

#### Energy

Maca Powder 2

Wheatgrass 4

Immune System 2

Spirulina | Goji Berries

#### Digestion

2

Flax Seeds | Chia Seeds

#### Weight Loss

Açaí Powder 2

Coconut Oil 1.5

#### Antioxidant

2

Cacao Nibs

#### Protein

4

Plant | Rice | Whey

## Sweets & TREATS

### GLUTEN FREE NUTELLA CAKE 6

Rich and fudgy flourless chocolate cake filled with Nutella GF

### CARROT CAKE 6

This To Die For cake receives rave reviews for it's unbelievable moistness and flavor

### CHOCOLATE VEGAN CAKE 8

Rich raw almond chocolate cake, sweetened with all natural maple syrup and dates GF V

### PISTACHIO CHEESECAKE 6

Rich, creamy and decadent! If you love pistachio, then you'll love this cheesecake GF

### VEGAN BLUEBERRY CHEESECAKE 8

Sweet blueberries and delicate lime zest compliments this creamy cheesecake that is secretly good for you GF V

### CHEESECAKE 6

Traditional, airy, mousse-like cheesecake GF

## VEGAN GELATO 6

TWO SCOOPS your choice of

Stracciatella, Dark Chocolate

## COFFEE & ORGANIC TEAS

COFFEE 4

ESPRESSO 4

ORGANIC TEA 6

ICED COFFEE 5

DOUBLE ESPRESSO 5

HOMEMADE ORGANIC ICED TEA 5  
With Fresh Fruits

CAFFÈ LATTE 5

CAPPUCCINO 5

Vegetarian Vegan Gluten Free