

Signature Breakfast

WAFFLE 7

Flour, sugar, milk, butter waffle topped with seasonal berries, banana

MATCHA WAFFLE 8

Almond flour matcha waffle, topped with seasonal berries

CROISSANT 2.5

Choice of plain, Nutella (+\$2.5), Almond (\$4.5) or strawberry jam (+\$1.5)

OATMEAL BOWL 6

Topped with strawberry, blueberry, banana slices

ACAI BOWL 11

Topped with apples, bananas, berries, coconut, granola

VERY BERRY PARFAIT 7

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, Alfafa sprouts

AVOCADO FETA TOAST 7

2 Bruschetta Bread, feta cheese, avocado cream, pumpkin seeds, sweet balsamic vinegar

AVOCADO MUSHROOM TOAST 7

2 Bruschetta Bread, mushrooms, avocado cream, olive oil, lime juice, soy sauce

PANINI, WRAP OR CROISSANT EGG 7

Egg omelette, turkey bacon, cheddar cheese

SPINACH EGG WHITES 9

Egg white omelette, spinach, red onions, peppers

JUST EGG 11

Plant-based egg omelette, mushrooms, onions, bell peppers, avocado, spinach

SALADS

Thai Crunch Salad 10

Iceberg lettuce, chicken, cucumbers, carrots, red onions, edamame, pita chip, Asian dressing

Harvest Cobb Salad 11

Mixed springs greens, red onions, grilled chicken, turkey bacon, cherry tomatoes, avocado, boiled egg, blue cheese dressing

BOWLS

Tenderloin Bowl 16.5

Grilled beef tenderloin, sweet corn, cilantro lime rice, red peppers, black beans, avocado

Chicken Bowl 11

Grilled chicken, cilantro, spinach, lime rice, avocado, black beans

Buddha Bowl 13 V

Mixed quinoa, broccoli, chickpeas, Asian-marinated tempeh, sweet potato, avocado, roasted pumpkin seeds, Asian dressing

Poke Bowl 17.5

Seared salmon, avocado, rice, black sesame, edamame, carrots, cucumber, Asian dressing, wakame, sesame seeds

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 11

Chicken, quinoa, asparagus, mixed greens, cucumbers, bell peppers, carrots, alfalfa sprouts, pesto basil dressing

Sassy Italian 12

Prosciutto, salami, mozzarella cheese, bell peppers, tomatoes, green olives, extra virgin oil

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 11 V

Lentil and quinoa bean burger, whole wheat bun, vegan cheese, tomatoes, red onions, romaine lettuce

SIDES

French Fries | Beans | Brown Rice 3.5



Gluten Free GF Vegan V Vegetarian

Create your own \$10

1 TO START

Salad
Wrap: Whole Wheat, Spinach, Plain or Gluten Free (+\$2)
Panini: Whole Wheat or White

2 LETTUCE

Iceberg
Romaine
Spring Mix
Spinach (+\$2)

3 TOPPINGS

Salad: your choice of 4 | Wrap or Panini: your choice of 2

Alfalfa Sprouts	Chickpeas	Tomatoes
Almonds	Croutons	Walnuts
Bell Peppers	Dried Cranberries	Pecans
Black Beans	Edamame	Avocado (+\$2)
Broccoli	Hearts of palm	Pine Nuts (+\$2)
Carrots	Red onion	Asparagus (+\$2)
Cashews	Olives (green/black)	Sweet Potatoes (+\$2)
Celery	Pita Chips	Wakame (+\$2)
Corn	Quinoa	Mushrooms (+\$2)
Cucumber	Brown Rice	

4 PROTEIN

Your choice of 1 | Add more protein \$3

Chicken	Tofu	Turkey Bacon	JUST Egg (+\$2)
Turkey	Tempeh	Tuna (+\$1.5)	Lentil Patty (+\$2)
Salami	Turkey Bacon	Shrimp (+\$5)	Prosciutto (+\$2)
Egg	Steak (+\$3)	Salmon (+\$7)	

5 CHEESE Your choice of 1 | Add more cheese \$1

Provolone	Parmesan	Feta	Vegan Cheese (+\$2)
Cheddar	Mozzarella	Blue Cheese	

6 DRESSING Your choice of 1 | Add more dressing \$1.5

Cilantro lime (yogurt)	Sundried tomato (oil)
Asian (mayo)	Balsamic mustard (oil)
Blue cheese (mayo)	Balsamic Vinegar (oil)
Pesto basil (mayo)	Vegan Thousand Island
Sriracha (mayo)	
Cesar (mayo)	

7 TO FINISH

Chopped Tossed Grilled

Sweets & TREATS

Gluten Free Nutella Cake 7

Rich and fudgy flourless chocolate cake filled with Nutella

Chocolate Vegan Cake NEW 9

Rich raw almond chocolate cake, maple syrup, dates

Vegan Carrot Cake 7

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 2

Dark chocolate, Protein ball

Cookies Gluten Free

Walnut 2.5

A rich almond base cookie topped with walnuts

Chocolate Chip 2.5

A rich almond base cookie sprinkled with milk chocolate chips

Gelatissimo

Gelato Sandwich, Popsicles,
Gelato Cups \$4

Bon Bon \$8

Coffee & TEAS

Choose your MILK: Regular, Almond (\$1), Soy (\$1), Coconut (\$1), OATLY (\$1)

BLACK COFFEE 4

ICED COFFEE 5

CAFFE LATTE 5

ESPRESSO 4

DOUBLE ESPRESSO 5

CAPPUCINO 5

ORGANIC TEA 6

HOMEMADE ORGANIC ICED TEA 5

With fresh fruits

HOT CHOCOLATE 6

Grab & GO

Black Cold brew 4.5

Cold brew black coffee

White Cold brew 4.5

Cold brew black coffee with oat milk

Vanilla Cold brew 4.5

Cold brew black coffee, milk, sugar-free vanilla syrup

Kombucha 6

Cocos 3

Signature SMOOTHIES

Hearty Fruit & Oats 8.5

Strawberry, raspberry, oats, banana, peanut butter, almond milk, honey

Green Energizer 8.5

Apple, kiwi, kale, spinach, cucumber, fresh pressed lime juice

Protein Shake 11

Cocoa powder, banana, almond milk, peanut butter, protein powder

Morning Sunshine 8.5

Banana, mango, pineapple, fresh-pressed orange juice

Red kick 8.5

Strawberry, raspberry, cherry, watermelon, pomegranate juice

Tropical Berry 8.5

Strawberry, raspberry, mango, pineapple, fresh-pressed orange juice

Coco Mango NEW 8.5

Coconut yogurt, coconut milk, mango, banana, flax seeds, grated coconut

Signature JUICES

Fresh Juice of The Day 8.5

The Oxygenator 8.5

Apples, beets, carrots, ginger, lemon, cayenne peppers

The Antioxidant 8.5

Beets, kale, apples, ginger, lemon

The Cleanse 8.5

Pineapple, green apple, lime, coconut water, Aloe Vera

The Wake Up 8.5

Carrot, orange, ginger



IMMUNE BOOSTER

Our immune shot in 350 ml bottle, to-go. To be served in 1.5oz shot glass **\$11**

ADD-ON BOOSTERS

IMMUNE SYSTEM

Spirulina 2
Matcha 2
Maca 2

DIGESTION

Flax seeds or Chia seeds 2

ANTIOXIDANT

Cocoa Powder 2

WEIGHT LOSS

Acai Powder 2
Coconut Oil 1.5

PROTEIN POWDER

Plant, Rice or Whey 4

PEANUT BUTTER

2

Alcoholic BEVERAGES

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

WINES

Lunetta Prosecco Cavit, Italy 9

Lunetta Prosecco Rose Cavit, Italy 9

Pinot Grigio Cavit, Italy 9

Pinot Noir Cavit, Italy 9

BEERS

Chill/Balashi 5

Peroni 6