

## SALADS

<b>KALE AND CAESAR</b> .....	<b>\$17</b>
Romaine lettuce, kale, grilled chicken, croutons, parmesan cheese, homemade caesar dressing	
<b>SALMON AND CAESAR</b> .....	<b>\$24</b>
Romaine lettuce, kale, grilled salmon steak, croutons, parmesan cheese, lemon, homemade caesar dressing	
<b>THAI CHICKEN</b> .....	<b>\$17</b>
Baby greens, grilled chicken, mango, avocado, cherry tomatoes, carrot, sesame seeds, toasted sesame dressing	
<b>STEAK</b> .....	<b>\$24</b>
Grilled steak, baby greens, carrot, radish, cherry tomatoes, apple, balsamic & toasted sesame dressing	
<b>TERIYAKI SALMON</b> .....	<b>\$26</b>
Grilled salmon steak, baked potatoes, cherry tomatoes, lemon, carrot, baby greens, balsamic & toasted sesame dressing	
<b>SMOKED SALMON</b> .....	<b>\$20</b>
Kale, baby greens, smoked salmon, avocado, roasted pumpkin, cherry tomatoes, radish, lemon, balsamic dressing, olive oil	
<b>THAI SHRIMP</b> .....	<b>\$19</b>
Baby greens, grilled shrimp, avocado, carrot, radish, cherry tomatoes, sesame seeds, toasted sesame dressing	
<b>TURKEY COBB</b> .....	<b>\$18</b>
Grilled turkey, mix greens, corn, egg, cherry tomatoes, blue cheese dressing	
<b>VEGGIE</b> .....	<b>\$16</b>
Baby greens, roasted zucchini, carrot, cherry tomatoes, chick peas, grilled tofu, lemon, olive oil, balsamic dressing	
<b>GREEK</b> .....	<b>\$16</b>
Baby greens, feta cheese, olives, cucumber, cherry tomatoes, pickled onion, bell peppers, greek dressing	
<b>ITALIAN</b> .....	<b>\$19</b>
Baby greens, fresh mozzarella ball, sundried tomatoes, olives, olive oil, lemon, pickled onion, garlic, oregano, crispy bread	
<b>BUFFALO SPICE</b> .....	<b>\$18</b>
Buffalo chicken, baby greens, feta cheese, carrot, cherry tomatoes, croutons	

**Add on:** \$1 - avocado, cherry tomatoes, egg, feta cheese, shredded mozzarella  
 \$3 - tofu, rice, baked potatoes  
 \$4 - chicken, turkey, fresh mozzarella ball

## BOWLS & BURRITOS

<b>HEALTHY CHICKEN</b> .....	<b>\$18</b>
Rice, shredded chicken, mozzarella, pumpkin, mushrooms, zucchini, avocado, black beans, balsamic dressing, tomatoes	
<b>VEGGIE</b> .....	<b>\$17</b>
Rice, grilled tofu, egg, mozzarella, pumpkin, mushrooms, zucchini, black beans, avocado, balsamic dressing	
<b>HAWAIIAN TERIYAKI CHICKEN</b> .....	<b>\$19</b>
Rice, chicken with teriyaki, cherry tomatoes, mozzarella, black beans, lettuce, avocado, grilled pineapple, balsamic dressing, sesame seeds	
<b>STEAK</b> .....	<b>\$25</b>
Rice, grilled steak, mozzarella, black beans, lettuce, avocado, pumpkin, mushrooms, zucchini, balsamic dressing, sesame seeds	
<b>SHRIMP</b> .....	<b>\$20</b>
Rice, shrimp, mozzarella, black beans, lettuce, cherry tomatoes, avocado, pumpkin, mushrooms, zucchini, sesame seeds, sesame dressing	
<b>VEGAN BOWL</b> .....	<b>\$17</b>
Rice, tofu, black beans, lettuce, cherry tomatoes, avocado, pumpkin, mushrooms, zucchini, Italian dressing, sesame seeds	

## WRAPS

<b>KALE AND CAESAR</b> .....	<b>\$17</b>
Grilled chicken, romaine, kale, parmesan cheese, homemade caesar dressing	
<b>MEDI</b> .....	<b>\$17</b>
Grilled chicken, lettuce, feta cheese, pickled onion, olives, greek dressing	
<b>CURRY CHICKEN</b> .....	<b>\$17</b>
Curry chicken, lettuce, cherry tomatoes, carrot, onion, mozzarella	
<b>STEAK</b> .....	<b>\$24</b>
Grilled steak, lettuce, pumpkin, mushrooms, zucchini, cherry tomatoes, blue cheese dressing	
<b>SMOKED SALMON</b> .....	<b>\$20</b>
Smoked salmon, avocado, baby greens, cherry tomatoes, balsamic dressing	
<b>SHRIMP</b> .....	<b>\$19</b>
Grilled shrimp, lettuce, cherry tomatoes, roasted zucchini, mango, homemade caesar dressing	
<b>TURKEY COBB</b> .....	<b>\$17</b>
Grilled turkey, egg, corn, cherry tomatoes, lettuce, blue cheese dressing	
<b>TURKEY AVOCADO</b> .....	<b>\$19</b>
Roasted turkey, bacon, mozzarella, avocado, cherry tomatoes, lettuce, homemade honey mustard mayo	
<b>VEGGIE</b> .....	<b>\$17</b>
Hummus, zucchini, mushrooms, pumpkin, lettuce, cherry tomatoes, black beans, pickled onion, balsamic dressing	
<b>BUFFALO SPICE</b> .....	<b>\$18</b>
Buffalo chicken, baby greens, feta cheese, carrot, cherry tomatoes	

## DESSERTS

<b>CHOCOLATE LAVA CAKE</b> .....	<b>\$10</b>
Gluten free hot chocolate cake served with berries	

## SMOOTHIES

<b>SMOOTHIES (20 OZ)</b> .....	<b>\$12</b>
With unsweetened almond milk, acai, coconut water	
• <b>FRESH GARDEN ACAI</b>	Acai, banana, strawberry, blueberry, almond milk
• <b>BLUE MAJIK</b>	Pineapple, mango, banana, blue majik powder, almond milk
• <b>CACAO ACAI</b>	Acai, banana, peanut butter, cacao powder, almond milk
• <b>PB&amp;A</b>	Acai, banana, peanut butter, almond milk
• <b>GREEN DRAGON</b>	Banana, kale, spinach, honey, ginger powder, almond milk
• <b>COCONUT TWISTER</b>	Spirulina, banana, peanut butter, coconut meat, coconut water, almond milk
• <b>FRESH FEELING</b>	Passion fruit, banana, mango, coconut water
• <b>PINK LADY</b>	Banana, mango, pineapple, strawberry, blueberry, coconut water
• <b>RAW PROTEIN</b>	Banana, cinnamon, protein powder, peanut butter, almond milk
<b>TURN YOUR SMOOTHIE INTO A BOWL (18 OZ)</b> .....	<b>\$16</b>
Topped with banana, berries, coconut flakes, chia seeds, and gluten free granola	

# BREAKFAST

## ENGLISH BREAKFAST ..... \$15

Grilled sausages, sunny-side up eggs, turkey bacon, beans, grilled mushrooms, tomatoes, toasted bread

## OMELETTE ..... \$14

Crispy turkey bacon, mozzarella, green peas, tomatoes, small side salad, crispy bread

## GREEK SCRAMBLED EGGS ..... \$14

Eggs, feta cheese, pickled onion, baby spinach, tomatoes, bell peppers, small side salad, crispy bread

## BREAKFAST WRAP ..... \$14

Green onion, scrambled eggs, mozzarella, turkey bacon, avocado, tomatoes, spring mix, honey mustard mayo. Served in toasted tortilla.

## AVOCADO TOAST ..... \$12

Homemade guacamole, sunny-side up eggs, radish

