

# SMOOTHIES

**MEAN GREEN MACHINE.. \$10.75**

KALE | MANGO | PINEAPPLE | BANANA  
AVOCADO

**CHUNKY MONKEY ..... \$10.75**

PEANUT BUTTER | BANANA | ALMOND MILK | AGAVE  
VEGAN CHOCOLATE PROTEIN POWDER

**VERY BERRY ..... \$10.50**

STRAWBERRY | BLUEBERRY | BANANA

**SUNKISS SUNRISE..... \$10.50**

PINEAPPLE | MANGO | PEACH | STRAWBERRY

\* SELECT 1 BASE - APPLE JUICE • CRANBERRY JUICE  
ORANGE JUICE • COCONUT WATER

**OPTIONAL BOOSTER ADD ONS ... \$1.50**

IRISH SEA MOSS • ASHWAGANDHA • BLUE SPIRULINA  
CHLOROPHYLL • MACA ROOT

# BREAKFAST

**AÇAÍ FRUIT BOWL ..... \$13.50**

GRANOLA | GOJI BERRY | BANANA | STRAWBERRY  
BLUEBERRY | PEANUT BUTTER | AGAVE

**GRANOLA FRUIT BOWL .. \$12.75**

GOJI BERRY | BANANA | STRAWBERRY | AGAVE  
PEANUT BUTTER | BLUEBERRIES | VEGAN YOGURT

**PBG TOAST ..... \$10.50**

PEANUT BUTTER | BANANA | GRANOLA | AGAVE

**AVOCADO TOAST ..... \$10.50**

TOMATO | AVOCADO | EVERYTHING BAGEL SEASONING  
BALSAMIC GLAZE | LEMON OLIVE OIL

**HUMMUS TOAST ..... \$10.50**

TOMATO | HUMMUS | EVERYTHING BAGEL SEASONING  
BALSAMIC GLAZE | LEMON OLIVE OIL



TUES - FRI  
9 AM - 5 PM  
SAT 8 AM - 2 PM  
SATURDAY SEASONAL HOURS VARY

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## SALADS

AVAILABLE IN FULL & HALF SIZES

### FARMERS MARKET ..... \$16.50/\$8.25

CHOPPED GREENS | RED ONION | TOMATO | CUCUMBER  
PEAS | AVOCADO | CARROTS | BANANA PEPPERS | VEGAN  
FETA OR REGULAR CHEESE

### MEDITERRANEAN ..... \$15.50/\$7.75

CHOPPED GREENS | RED ONION | TOMATO | CUCUMBER  
BANANA PEPPERS | CHICKPEA | KALAMATA OLIVES  
PICKLED TURNIPS

### FIESTA ..... \$15.50/\$7.75

CHOPPED GREENS | ROASTED CORN | RED ONION  
TOMATO | AVOCADO | BLACK BEANS | TORTILLA STRIPS

### BERRY ME ..... \$14.50/\$7.25

CHOPPED GREENS | STRAWBERRIES | BLUEBERRIES  
RED ONION | VEGAN FETA OR REGULAR CHEESE  
GLAZED PECANS | BALSAMIC GLAZE

### APPLE HARVEST ..... \$13.50/\$6.75

CHOPPED GREENS | APPLES | ALMOND CHIPS  
CRANBERRIES | SUNFLOWER SEEDS | VEGAN FETA OR  
REGULAR CHEESE | BALSAMIC GLAZE

### TRADITIONAL ..... \$12.50/\$6.25

CHOPPED GREENS | RED ONION | TOMATO | CUCUMBER  
CARROTS | VEGAN FETA OR REGULAR CHEESE

ADDITIONAL TOPPINGS .50 EACH

#### TOPPINGS OPTIONS:

- RED ONION
- TOMATO
- CARROTS
- CUCUMBER
- PEAS
- KALAMATA OLIVES
- BANANA PEPPERS
- PICKLED TURNIPS
- ROASTED CORN
- BLACK BEANS
- SWEET PEPPERS
- BEETS
- STRAWBERRIES
- BLUEBERRIES
- TORTILLA STRIPS
- GLAZED PECANS
- SLICED ALMOND
- VEGAN FETA CHEESE - .55
- REGULAR WHITE AMERICAN CHEESE -.55
- TURKEY BACON BITS -1.00
- AVOCADO - 1.00

#### PROTEIN ADD ON OPTIONS:

GRILLED MAHI-MAHI .....	\$10.00
GRILLED SALMON .....	\$8.00
GRILLED TUNA STEAK .....	\$7.00
BBQ JACKFRUIT.....	\$6.00
TUNA FISH .....	\$6.00
GRILLED SHRIMP (6).....	\$6.00
FALAFELS (2).....	\$5.00
HUMMUS .....	\$4.00

#### DRESSINGS

- ITALIAN
- FRENCH
- RANCH
- VEGAN RANCH
- TAHINI
- POPPY SEED
- RASPBERRY VINAIGRETTE
- BALSAMIC VINAIGRETTE

## WRAPS/SANDWICHES

### GRILLED MAHI-MAHI ..... \$17.50

MAHI-MAHI | RED ONION | TOMATO | PICKLED TURNIPS  
CHOPPED GREENS | TAHINI DRESSING

### GRILLED SALMON ..... \$16.50

SALMON | RED ONIONS | TOMATO | CHEESE  
CHOPPED GREENS | RANCH DRESSING

### GRILLED TUNA STEAK ..... \$15.50

TUNA STEAK | RED ONION | TOMATO | PICKLED TURNIPS  
CHOPPED GREENS | TAHINI DRESSING

### BBQ JACKFRUIT ..... \$13.00

JACKFRUIT | RED ONION | TORTILLA STRIPS | CORN  
CHOPPED GREENS | SWEET BBQ SAUCE

### BIG TUNA FISH ..... \$11.50

TUNA FISH | CHOPPED GREENS | TOMATO | RED ONION |  
SWEET PEPPERS

### FALAFEL ..... \$10.50

FALAFEL | RED ONION | TOMATO | TURNIPS  
CHOPPED GREENS | TAHINI DRESSING

### VEGGIE HUMMUS ..... \$10.50

TOMATO | RED ONION | SWEET PEPPERS  
CUCUMBER | CARROTS | CHOPPED GREENS

### TURKEY BACON BLT ..... \$10.50

TURKEY BACON | CHOPPED GREENS | TOMATOES  
VEGAN MAYO



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## RICE BOWL

### GRILLED MAHI-MAHI ..... \$20.00

MAHI-MAHI | VEGGIES | RICE

### GRILLED SALMON ..... \$18.00

SALMON | VEGGIES | RICE

### GRILLED TUNA STEAK ..... \$17.00

TUNA STEAK | VEGGIES | RICE

### GRILLED SHRIMP ..... \$16.00

SHRIMP | VEGGIES | RICE

### FALAFEL ..... \$15.00

RICE, CUCUMBER, RED ONIONS, PICKLED TURNIPS,  
KALAMATA OLIVES

### VEGGIE ..... \$14.00

VEGGIES | RICE

## SIDES

### VEGAN MAC & CHEESE ..... \$8.00

### FALAFELS & VEGGIES ..... \$6.75

FALAFEL (3) | CUCUMBER | KALAMATA OLIVES | PICKLED  
TURNIPS

### HUMMUS & VEGGIES ..... \$6.00

HUMMUS | CUCUMBER | PICKLED TURNIPS