



Rise + Shines

Monday - Friday: 7am - 11am
Saturday - Sunday: 7am - 2pm

BREAKFAST WRAPS

SMALL 75

[serves 8-10]

assortment of 16 half wraps,
pick up to 2
different options

LARGE 145

[serves 15-20]

assortment of 32 half wraps,
pick up to 4
different options

THE BREKKIE WRAP

scrambled egg, provolone, avocado pesto**, choice of turkey, ham,
prosciutto or bacon, arugula

CHEAT DAY WRAP

scrambled egg, bacon, white cheddar, avocado, tomato, choice of
turkey or ham, brown rice

VEG SUNRISE WRAP

egg whites, tomato, onion, sweet potato,
white cheddar, avocado pesto**

GF all can be made gluten-free with a gluten-free wrap {+10 | +20}

BREAKFAST BOWLS

[SERVES 8-10]

GF BALANCED BOWL 90

grilled chicken or steak, scrambled egg, avocado
pesto**, roasted vegetables, tomato, brown rice

GF VEG ZEN BOWL 70

scrambled egg, spinach, mushroom,
onion, white cheddar, arugula, brown rice

Hot Coffee

96 OZ. [SERVES 10] 15

REGULAR or DECAF

(served with half & half)

non-fat, soy or almond milk +2

Desserts

SEASONAL COOKIES

Small cookie bowl 30

(20 mini cookies)

Large cookie bowl 50

(40 mini cookies)

WE HAVE OPTIONS FOR EVERY/BODY

Please allow 24 hours' notice when ordering so we can guarantee your
order. // In a pinch + need something last minute? Give us a ring
and we'll see how we can help.

Prices do not include tax or applicable delivery fees. Cancellations
must be made 4 hours prior to pick up or delivery time. Cancellation
charges may apply.

Iced Tea

1 GALLON [SERVES 8-10] 9

TRADITIONAL // JUICY PEACH ACAI

WATERMELON // BERRY HIBISCUS

Fresh Juices

GALLON JUICE OF CHOICE [SERVES 8-10] 40

all juices are: GF VEG V

COLD BUSTER // KALE CLEANSE // DAILY DETOX //

FACE LIFT // POWER GREEN //

COOL DOWN // SLIM SQUEEZE // GREEN GLORY //

GREEN NO.4 // HYDRATOR

NO SUBSTITUTIONS

Lemonade

1 GALLON [SERVES 8-10] 16

TRADITIONAL

STEVIA

SEASONAL

Bottled Water

3.5

Parfaits

GF all can be made gluten-free with gluten-free granola {+2}

VEG PB + J GREEK YOGURT 4

non-fat Greek yogurt, stevia, all-natural
peanut butter, strawberry preserves, blueberry,
banana, granola

VEG NANNER CRUNCH CHIA PUDDING 4

chia seed, coconut milk, banana, chocolate
sauce, almond, granola

VEG COCONUT CHIA PUDDING 4

chia seed, coconut milk, strawberry, blueberry,
shredded coconut, agave nectar, granola

Dietary Key

GF = GLUTEN-FREE

VEG = VEGETARIAN

V = VEGAN

ALLERGY WARNING: Although efforts are made to avoid cross-contact
of allergens, we cannot guarantee that food items will not inadvertently
come in contact with one another during preparation.
*NOTICE: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase
your risk of foodborne illness, especially if you have certain medical conditions.
**Avocado Pesto Contains Cashew
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Grilled Protein Bowls

[SERVES 8-10]

1. Pick a Protein

GF THAI COCONUT CHICKEN 100

peanut, cilantro

TERIYAKI CHICKEN 100

avocado, brussels sprout, sesame seed

SWEET SOY SESAME STEAK 110

green onion, sugar snap pea, sesame seed

GF SPICY KOREAN STEAK 110

green onion, sesame seed

GF RED CHILI LIME SHRIMP 110

cilantro, green onion

GF VEG GREEN CURRY TOFU 100

green onion, sesame seed,
cilantro, sugar snap pea

2. Pick a Base

CHOOSE FROM:

brown rice or sweet potato hash, or
upgrade to forbidden rice or quinoa (+10)

ALL BOWLS ARE SERVED WITH:
roasted broccoli, cauliflower,
onion, carrot, mushroom

EXTRA SAUCE (+7)

Our
Pick



Teriyaki Chicken Bowl

The Chops

add chicken or tofu +18 | +36 / steak or shrimp +24 | +48

SIDE CHOP 45
{serves 8-10}

FULL CHOP 80
{serves 8-10}

KALE CAESAR*

kale, romaine, tomato, crouton, corn, golden raisin, parmesan,
lemon-dijon dressing

GF VEG DANISH

house greens, arugula, smoked almond, Danish bleu, pear, apple,
black currant, date, red wine vinaigrette

GF AMERICAN

house greens, tomato, green onion, cucumber, corn chips, bacon,
white cheddar, egg, thousand island

GF VEG RAW VEGETABLE

house greens, carrot, tomato, avocado, broccoli, cauliflower,
cucumber, corn, smoked almond, parmesan, red wine vinaigrette

GF VEG BEET

house greens, arugula, golden beet, apple, goat cheese, cashew,
golden raisin, red wine vinaigrette

GF VEG BBQ RANCH

house greens, cheddar, corn, green onion, tomato, corn nut,
cilantro, BBQ ranch

EXTRA DRESSING (+7)

pro
TIP

MAKE IT A WRAP

whole wheat wrap (+4/8) / gluten-free wrap (+5/10)

GF BBQ Ranch + Chicken



Original Box Lunches

OPTION 1 11

½ wrap or sandwich

OPTION 2 14

whole wrap or sandwich

whole wheat wrap / gluten-free wrap (+1.25 per wrap)

ALL BOX LUNCHES ARE SERVED WITH:
kettle chips or fruit,
mini cookie + pickle

must purchase a minimum of 10 box lunches

Between Bread

SUBSTITUTES: whole wheat wrap

GF all can be made gluten-free with a gluten-free wrap (+10 | +20)

SMALL 90

{serves 8-10}

assortment of 16 half wraps
or sandwiches, pick up to 2
different options

LARGE 170

{serves 15-20}

assortment of 32 half wraps
or sandwiches, pick up to 4
different options

THE CLUB

turkey, bacon, provolone, tomato, onion, house greens, avocado
pesto**, red wine vinaigrette, multi-grain

MOROCCAN TURKEY

turkey, avocado, roasted red pepper, red grape, cucumber, house
greens, yogurt sauce, red wine vinaigrette, multi-grain

GRINDER

ham, turkey, soppressata, provolone, mayo, tomato, house greens,
onion, banana pepper, red wine vinaigrette, multi-grain

TUNA SALAD

tuna salad, onion, celery, olive tapenade, roasted red pepper,
house greens, cucumber, red wine vinaigrette, multi-grain

VEG VEGGIE + HUMMUS

hummus, raw veggie, house greens, tomato, feta, cucumber, olive
tapenade, red wine vinaigrette, multi-grain

CHICKEN + PROSCIUTTO

grilled chicken, prosciutto, fontina, arugula, fig mostarda,
dijon, house bun

CHICKEN + KALE*

grilled chicken, kale, romaine, tomato, parmesan, fontina,
lemon-dijon dressing, house bun

GRILLED STEAK

grilled sirloin, caramelized onion, fontina, arugula, apple,
mushroom, horseradish crème, soy sesame sauce, house bun

On The Side

SMALL: [serves 8-10] 30

LARGE: [serves 15-20] 50

all sides are: **GF VEG**

QUINOA + VEGGIE

sugar snap pea,
lemon vinaigrette

SWEET POTATO HASH

kale, onion

SEASONAL FRESH FRUIT

ROASTED BRUSSELS SPROUT 5 | 10

AVOCADO 9 | 18

Chips

GF VEG KETTLE CHIPS 2 [per bag]

Sea Salt, Sea Salt + Vinegar, Honey Dijon, BBQ + Jalapeño