

ALL DAY BREAKFAST

AVOCADO TOAST*  665 cal
two eggs over easy, smashed avocado, tomato, red pepper flakes, multi-grain

CHEAT DAY WRAP 1000 cal
scrambled egg, bacon, white cheddar, avocado, tomato, brown rice, choice of turkey or ham

BREKKIE WRAP 893 cal
scrambled egg, provolone, arugula, avocado pesto**, choice of turkey, ham, prosciutto or bacon

SUBSTITUTES:

whole wheat or gluten free wrap

BUILD YOUR ORIGINAL BREAKFAST BOWL

BASES CHOOSE 2

brown rice, jasmine rice, sweet potatoes, arugula, black beans, cauliflower rice

EGGS

scrambled or egg whites

EGG MIX-INS CHOOSE UP TO 4

broccoli, onion, mushroom, marinated tomato, corn pico, roasted red pepper

SAUCE/SPREAD

salsa roja, avocado pesto**, jalapeño goat cheese spread, smashed avocado


EXTRAS



white cheddar, goat cheese, feta, ham, bacon, turkey, prosciutto, chicken, steak

GET IT IN A WRAP! whole wheat or gluten free


PROTEIN SHAKES

24oz

MUSCLE MALT  460 cal
banana, all-natural peanut butter, chocolate whey protein powder, sugar free chocolate sauce, malt, non-fat milk
+ add cold brew

JACKED UP PB + J   430 cal
strawberry, banana, all-natural peanut butter, strawberry whey protein powder, agave nectar, sugar free strawberry syrup, non-fat milk

PIÑA-KALE-ADA   270 cal
kale, banana, pineapple, apple juice, vanilla whey protein powder, soy milk

 **SUBSTITUTE:** plant-based protein powder

FRESH JUICES

16oz/32oz

POWER GREEN 140/280 cal
kale, cucumber, celery, apple, ginger, parsley, lemon

KALE CLEANSE 180/360 cal
kale, orange, apple, lime, ginger

COLD BUSTER 250/500 cal
carrot, orange, ginger, turmeric, lemon

DAILY DETOX 180/360 cal
golden beet, apple, ginger, lemon, orange, parsley, aloe vera


COOL DOWN 170/340 cal
watermelon, pineapple, apple, lime, ginger


SLIM SQUEEZE 190/380 cal
pear, strawberry, orange, apple, kiwi, lemon


All juices are:





SUPERFRUIT BOWLS + PARFAITS

ACAI BOWL  560 cal
acai blended with apple juice, blueberry, banana, topped with granola, strawberry, banana, shredded coconut, agave nectar




PITAYA BOWL  550 cal
pitaya blended with apple juice, pineapple, banana, topped with granola, kiwi, banana, shredded coconut, agave nectar

COCONUT CHIA PUDDING  720 cal
chia seed, coconut milk, strawberry, blueberry, shredded coconut, agave nectar, granola

PB + J GREEK YOGURT  560 cal
non-fat Greek yogurt, stevia, all-natural peanut butter, sugar free strawberry syrup, strawberry, blueberry, banana, granola

 **SUBSTITUTE:** gluten free granola

Dietary Key

 = gluten free  = vegetarian  = vegan



Feel Good Food
For Every/Body

From Sunrise To Sundown

BREAKFAST | LUNCH | SNACK | DINNER



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SALADS

add chicken or tofu / steak or shrimp*

GREEK-ISH 295 cal

house greens, chickpea, roasted red pepper, kalamata olive, feta, banana pepper, cucumber, onion, lemon vinaigrette

KALE CAESAR 315 cal

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

CITRUS THAI 250 cal

house greens, orange segments, roasted red pepper, pickled carrot, jicama, cucumber, green onion, peanut, cilantro, sesame seed, Thai peanut dressing

DANISH 320 cal

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

AMERICAN 590 cal

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

RAW VEGETABLE 310 cal

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

BEET 260 cal

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

BBQ RANCH 390 cal




house greens, white cheddar, corn, green onion, marinated tomato, corn nuts, cilantro, BBQ ranch

PRO TIP: Make ANY salad a wrap!
whole wheat or gluten free

SNACKS + COOKIES

ORIGINAL DIPS + CHIPS 100-580 cal

choice of **JALAPEÑO GOAT CHEESE SPREAD**  ,

RED PEPPER HUMMUS or **SALSA ROJA**   

+ choice of **HOUSE-BAKED TORTILLA CHIPS**
sprinkled with parmesan  or **RAW VEGGIES** 

KETTLE CHIPS 130-150 cal

SHOP-BAKED COOKIES 370-400 cal

BOWLS

MADE FOR YOU

HOT HONEY CHICKEN + HUMMUS 790 cal

brown rice, house greens tossed in red wine vinaigrette, cucumber, marinated tomato, banana pepper, red pepper hummus, hot honey sauce, Greek yogurt sauce, house-baked tortilla chips sprinkled with parmesan

CHOP-RITO CHICKEN WITH

SALSA ROJA 1120 cal

jasmine rice, black beans, corn pico, salsa roja, jalapeño goat cheese spread, white cheddar, cilantro

MAKE IT ORIGINAL

TERIYAKI CHICKEN 530-790 cal

avocado, brussels sprout, sesame seed

THAI COCONUT CHICKEN 500-760 cal

peanut, cilantro

GREEN CURRY CHICKEN 560-820 cal

green onion, cilantro, sesame seed

RED CHILI LIME SHRIMP* 570-830 cal

cilantro, green onion

SPICY KOREAN STEAK 520-780 cal

green onion, bok choy, sesame seed

BASE YOUR BOWL CHOOSE 2

roasted veggies {broccoli, carrot, onion},
house greens, brown rice, jasmine rice,
sweet potatoes, black beans,
cauliflower rice

FEEL FREE TO SWAP YOUR PROTEIN!

steak, shrimp*, tofu or chicken

SANDWICHES

THE CLUB 780 cal

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

MOROCCAN TURKEY 630 cal

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

GRINDER 980 cal

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

CHICKEN + PROSCIUTTO 750 cal

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

GRILLED STEAK 770 cal

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

SUBSTITUTES: whole wheat or gluten free wrap

KIDS

served with seasonal fresh fruit

TERIYAKI CHICKEN BOWL 250-290 cal

brown rice or jasmine rice

add carrot, broccoli or half/half

substitute steak, shrimp* or tofu

WHITE CHEDDAR CHEESE CRISP 510-760 cal

add chicken, steak, shrimp* or tofu


add chicken, steak, shrimp* or tofu

PB + J 490 cal

all-natural peanut butter, jelly, multi-grain

SAMMIE 450-470 cal

choice of ham or turkey, provolone, multi-grain

 SUBSTITUTE: gluten free wrap

*These items are served cooked-to-order or undercooked. Consuming undercooked meats, seafood or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. **Avocado pesto contains cashew. 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.