



WRAPS

Choice of whole wheat or white flour tortilla
All wraps can be made as gluten-free sandwiches +\$1
All dressings are gluten-free
Add organic chicken or turkey to a wrap +2

Turkey Bacon Ranch Club: turkey, nitrate-free bacon, cheddar cheese, tomatoes, mixed greens, homemade avocado ranch dressing \$9.50

Strawberry Fields: strawberries, avocado, goat cheese, balsamic red onions, pumpkin seeds, mixed greens, homemade strawberry poppy seed dressing \$8.00

Caesar: romaine, parmesan cheese, homemade green chili Caesar dressing \$7.00

Curry Chicken Salad: homemade curry chicken salad (Greek yogurt base) celery, cucumber, mixed greens \$8.50

Vegan Asian (V): Asian tofu, shredded carrots, cucumber, jasmine rice, mixed greens, homemade carrot ginger vinaigrette \$7.50

Baja Burrito: turkey, guacamole, pico de gallo (tomatoes, cilantro, red onions, lime, salt), jasmine rice, mixed greens, spicy Goddess dressing \$8.50

Vegan Beach Burrito (V): guacamole, black bean pineapple salsa, jasmine rice, mixed greens, homemade lime cumin vinaigrette \$8.50

SALADS

Add organic chicken or turkey to any salad +2-
All dressings are gluten-free

Strawberry Fields Salad (GF): strawberries, avocado, organic goat cheese, balsamic red onions, mixed greens, pumpkin seeds, homemade strawberry poppy seed dressing \$9.00

Caesar Salad: romaine, organic parmesan cheese, pita croutons, homemade green chili Caesar dressing \$7.00

Beet Salad (GF): quartered beets, organic goat cheese, mixed greens, slivered almonds, citrus vinaigrette \$9.00

Cobb Salad (GF): turkey and chicken, nitrate-free bacon, hard-boiled egg, avocado, tomatoes, cucumber, organic blue cheese, mixed greens, homemade avocado ranch dressing \$10.00

SMALL BITES

Chicken Black Bean Rice Bowl: chicken, black beans, jasmine rice, cheddar cheese \$4.75

Chicken Cheese Wrap: chicken, cheddar cheese, tomatoes, mixed greens, homemade avocado ranch dressing \$5.50

Banana Almond Butter Wrap: banana, almond butter, homemade granola, local honey \$4.50

Vegan Fresh Spring Rolls (V) (GF): red & green cabbage, shredded carrots, cilantro, wrapped in rice paper with side of homemade carrot ginger dressing \$4.00

SUPERFOOD BOWLS

100% vegan

Add homemade granola (V) (GF) \$1.00

Acai Bowl (V) (GF): frozen acai, mango, banana, raisins topped with fresh berries, grapes, hemp seeds, coconut \$9.50

Chocolate Acai Bowl (V) (GF): frozen acai, cocoa powder, banana, agave, espresso, topped with banana, strawberries, cocoa nibs, coconut \$10.00

Pitaya(V) (GF): frozen pitaya, coconut water, strawberries, banana, spinach, topped with coconut, chia seeds, blueberries, grapes \$11.50

Lucky Charm: spirulina, banana, blueberry, coconut water, grape Halved, hemp seeds, honey, frozen pineapple, raisins and spinach \$11.00

SMOOTHIES

100% vegan and gluten free

Add protein powder or almond butter \$1.00

Mango Madness (V) (GF): mango, peaches, banana, oranges \$7.00

Chocolate Strawberry Avocado(V) (GF): banana, cocoa powder, avocado, strawberry, agave, alkaline water \$7.00

Strawberry Banana (V) (GF): strawberries, banana, coconut water \$7.00

Green Goodness (V) (GF): spinach, peaches, banana, coconut water \$8.00

HOMEMADE SOUPS

Soup of the Day \$4.50

BREAKFAST

Served ALL DAY long

All wraps can be made as gluten-free sandwich +\$1
Add a regular coffee 1.00

Bacon Egg & Cheese Wrap: egg, nitrate-free bacon, cheddar cheese \$5.00

Smoked Sausage, Egg, Cheese Wrap: smoked turkey sausage, egg, cheddar cheese, tomatoes \$5.00

Egg & Spinach Bowl (GF): egg (or black beans), topped with goat or cheddar cheese on bed of spinach sautéed in coconut oil \$5.50
Add chicken, nitrate-free bacon, or smoked turkey sausage +2.00

Apple Cinnamon Oatmeal (V) (GF) 8oz \$4.00 16oz \$6.00

HOMEMADE BAKED GOODS

Vegan Muffins (V) (GF) \$3.00 (6g protein)

Chocolate Chip Cookies (GF): made with almond butter, 8 grams protein \$2.50

SIDES

Made in house with local and organic ingredients (when available)

Lemon Hummus and Pita (V) \$2.50 add veggies (GF) \$3.00

Chocolate Avocado Pudding (V) (GF) \$3.00

Pasta Salad (V) 4oz \$1.25 8oz \$2.25 16oz \$4.00

Fruit Salad (V) (GF) 4oz \$2.50

Yogurt and Granola (GF) 4oz \$2.50 8oz \$4.75 16oz \$8.75

**Gluten free items may have had contact with other items containing gluten*