

Salads & Bowls

Chef Salad	\$8.25
<i>Fresh greens with ham, turkey, cheese, tomatoes, carrots and croûtons</i>	
Chicken Caesar Salad	\$8.25
<i>Fresh greens with tomatoes, parmesan cheese, croûtons and grilled chicken</i>	
Large Garden Salad	\$5.25
<i>Fresh array of greens with shredded carrot, tomatoes and cucumber</i>	
 Chicken Fajita Bowl	\$12.25
<i>Romaine lettuce, cherry tomatoes, avocado, cilantro, tex-mex chicken, onion, green bell pepper, Mexican cheese and sour cream.</i>	
Mandarin Quinoa Bowl	\$11.50
<i>Mandarin oranges, quinoa, shoestring carrots, diced green onion, sesame seeds and chicken. Served with Asian dressing.</i>	

Dressings

Italian, Blue Cheese, Ranch and Balsamic

Paninis & Wraps

 Buffalo Chicken	\$7.25
<i>Grilled chicken, mozzarella, ranch and buffalo sauce</i>	
Mushroom, Spinach, Feta, Tomato	\$6.95
<i>Pizza sauce topped with mozzarella, spinach, mushrooms, tomatoes, olives, onions and feta</i>	
 Malibu Chicken	\$7.95
<i>Smoky BBQ sauce topped with mozzarella, grilled chicken, pineapple, tomatoes and red onion</i>	
Ham-n-Eggs	\$6.75
<i>Ham, egg and cheese</i>	
Veggie Wrap	\$6.50
<i>Whole Grain Tortilla, Spinach, Cucumbers, Tomatoes, Black Olives, Roasted Red Peppers, Mushrooms, Red Onions, Feta Cheese and Tzatziki Sauce</i>	

Fruits-n-Snacks (grab-n-go)

Fresh Fruit Cup	\$4.75
 Yogurt Berry, Granola Cup	\$4.95
Hard Boiled Eggs (2)	\$2.25
 Whole Grain Loaf	\$1.75
 Whole Fruit (Banana/Apple)	\$1.00
Protein Bar	\$2.75
KIND Bars	\$2.75
Baked Chips	\$1.75
Regular Chips	\$1.50
Tuna w/ Snack Crackers	\$2.25

Smoothies

16oz \$6.75 24oz \$8.50

Cinnamon Coffee Smoothie

Banana, almond butter, concentrated cold brew coffee, ice, almond milk, vanilla yogurt, cinnamon, protein powder and sweetener of choice

Peanut Butter & Banana Smoothie

Banana, vanilla yogurt, ground flax seeds, almond milk, ice and peanut butter

Chai Spiced Strawberry Mango Smoothie

Mango smoothie mix, strawberry smoothie mix, fresh strawberries, vanilla yogurt, almond milk, chai spice blend and ice

Strawberry & Banana Smoothie

Strawberry & banana smoothie mix, fresh strawberries, vanilla yogurt, almond milk, honey, ice and mint

Wild Berry Smoothie

Wild berry smoothie mix, vanilla yogurt, almond milk, lemon and honey or maple syrup



Green Pineapple Smoothie

Coconut water, lime juice, kale, mint, pineapple, green apple, minced ginger and honey

Best Green Smoothie

Banana, spinach, mint, almond butter, ice, vanilla yogurt and almond milk

Optional Supplements (2oz.) | \$1.00 ea

Matcha Powder | Multi-Vitamin | Whey Protein Powder
Vitamin B-12 | Pro-biotic Powder

Add-Ins (2oz.) | \$1.00 ea

Ground Flax Seed | Peanut Butter | Ground Chai
Whole Grain Oats | Fresh Ginger | Almonds

Fruit Add-Ins (1oz.) | \$1.00 ea

Strawberries | Berries | Acai | Bananas | Pineapples

Baked Fresh Daily

Fresh Baked Spinach & Feta Pastry	\$4.25
Breakfast Sandwich	\$5.75
<i>Choice of Turkey Bacon, Turkey Sausage, or Canadian Bacon, Egg Patti, Swiss Cheese, on an English Muffin or Croissant</i>	
Cinnamon Roll	\$3.50

Hydration

Gatorade	\$2.75
Muscle Milk (Chocolate)	\$3.25
Orange Juice	\$2.50
Bottled Water (20oz)	\$1.75
Essentia Water (20oz.)	\$3.00
Coconut Water	\$3.25
Cold Brew Coffee (16oz)	\$4.50
Fresh Hot Coffee (16oz)	\$3.00