

Specialty

Add GF Wrap or Bread +\$1.50

Turkey BLT

Turkey, pork-bacon, tomato, chipotle mayo, avocado & greens in a spinach wrap. \$8.95

Hummus Wrap (VG)

House made hummus, sprouts, spinach, roasted red peppers & cucumbers in a whole wheat wrap. \$7.95

Chicken Pesto

Grilled chicken, Swiss, avocado, tomato, greens & pesto on a spinach wrap. \$8.95

Maui BLT (VG)

Coconut fakin, pineapple, avocado, tomato, vegan chili lime aioli & greens in a whole wheat wrap. \$8.95

Chicken Salad

House made salad with cheddar cheese & greens in a whole wheat wrap. \$8.95

Hot Pressed

Add GF Wrap or Bread +\$1.50

Turkey Gobbler

Turkey, pork-bacon, cheddar cheese, cranberry mayo, tomato & spinach whole wheat wrap. \$8.95

Black Bean Burger (VG)

GF patty served on whole wheat bread, with vegan roasted garlic aioli, sprouts & tomato. \$8.95

Buffalo Chicken

Chicken tossed in hot sauce, blue cheese dressing, tomato, cheddar cheese & spinach in a whole wheat wrap. \$8.95

Chickpea Burger (VG)

Smoked chickpeas & sweet potatoes (GF) on multigrain bread with a vegan chili-lime aioli, sprouts & tomatoes. \$8.95

Chicken Bacon Ranch

Chicken, ranch dressing, bacon, cheddar, tomato & spinach in a garlic wrap. \$8.95

BBQ Chicken

Chicken, BBQ Sauce, *new* provolone cheese, pickled onions, jalapeños, spinach & tomato on tomato basil wrap. \$8.95

Impossible Burger (VG)

Served with vegan garlic aioli, tomato & greens on a ciabatta roll. \$11.99
Add cheese \$.50

Coconut Fakin (V)

Coconut bacon, hummus, cheddar cheese, cucumbers & spinach in a garlic wrap. \$8.95

Lentil Walnut Burger

Made with Mushrooms, lentils, garlic, onion, walnuts, oats & Nutritional yeast patties and served with mustard, tomato & pickled onions. *new*

Rice Bowls

Served over a mix of warm brown rice and quinoa with cilantro.

Add cauliflower rice \$.75

Meat Lovers (GF)

Bacon, chicken, tomato, cheddar, cucumbers & spinach, drizzled with ranch dressing \$9.99

Veggie Burger Bowl (VG) (GF)

Black bean or chickpea burger with tomatoes, spinach, cucumbers & pickled onions, drizzled with vegan aioli. \$9.99
Impossible Burger \$3

Mediterranean (V)

Feta, cucumbers, roasted red peppers, olives, tomato, hummus, & spinach, drizzled with balsamic dressing \$9.99
Add chicken \$1

Breakfast

Breakfast Sandwich

\$5.00

Add meat \$6.00

NYC Style Bagel

\$2.00

W/ Butter \$2.50

W/ Cream cheese \$3.00

W/ Veggie cream cheese
\$3.50

W/ Vegan cream cheese
\$4.00

W/ Hummus \$4.00

W/ Avocado \$3.00



Green Salads

Add Croutons \$.50

Made Fresh Daily in Grab and Go If you do not see your selection please let us know

Chicken Cobb (GF)

Chicken, bacon, tomato, hard boiled egg & feta cheese. \$9.99

Cranberry Salad (GF)

Grilled chicken, dried cranberries, cucumbers & feta cheese. \$8.95

Smoothies

+ Choc or Vanilla Vegan Protein \$1.50

+ Spirulina \$1.50 +Elderberry \$1.50

Made without Gluten & Vegan

Pick Me Up

Strawberry, banana, peanut butter & chocolate almond milk \$7.00

Energizer

Iced coffee, banana, dates, almonds, vanilla protein & almond milk \$8.50

Lean Mean Green

Matcha, pineapple, banana, spinach, chocolate protein & coconut water \$8.50

Blueberry Pie

Blueberries, vanilla protein, walnuts, dates, spinach & almond milk \$8.50

Matcha Berry

Strawberries, matcha, almond milk, banana, vanilla protein & spinach \$8.50

Pomegranate Passion

Bubbly Natural Energy Drink with B Vitamins & Green Tea Served Over Ice. \$5.00

Immunity

Elderberry Syrup, blueberries, chocolate almond milk, banana, spinach & almonds \$7.50

Wellness

Spirulina, coconut water, strawberries, pineapples, spinach, banana & vanilla protein \$9.99



VG: Vegan //VEG: Vegetarian // GF: Made without Gluten