



SMOOTHIES

FRESH ORANGE JUICE BASED

		12 oz		16 oz	
Strawberry Banana		130	\$3.29	170	\$4.29
Strawberries and banana					
Strawberry Mango		120	\$4.29	160	\$5.59
Strawberries and mango					
Mango Banana		150	\$3.99	200	\$5.29
Mango and banana					
Mango Mint		150	\$5.99	210	\$7.89
Mango and fresh mint					
Strawberry Banana Açaí		190	\$5.29	250	\$6.99
Strawberries, bananas, and açaí berry sorbet					
Pineapple Ginger Açaí		220	\$5.29	290	\$6.99
Pineapple, banana, açaí berry sorbet and fresh ginger					

FRESH APPLE JUICE BASED



		12 oz		16 oz	
Cherry Berry		160	\$5.29	210	\$6.99
Sweet cherries, strawberries, and blueberries					
Cherry Pomegranate		170	\$5.99	230	\$7.89
Sweet cherries, strawberries, and pomegranate juice					



COCONUT WATER BASED




		12 oz		16 oz	
Pineapple Coconut		190	\$7.69	350	\$10.29
Pineapple, banana, and toasted coconut					
Pink Lemonade		100	\$7.49	140	\$9.89
Peach, strawberries, and fresh lemon juice					
Tropical Fruit		130	\$7.99	180	\$10.59
Pineapple and mango					

SOY MILK BASED

		12 oz		16 oz	
Simply Green*		170	\$6.39	240	\$8.49
Pineapple, mango, baby spinach, kale, wheat grass, and mint					
Mango Carrot*		140	\$6.69	220	\$8.89
Mango and fresh carrot juice					

*Can substitute almond or cashew milk

OAT MILK BASED

		12 oz		16 oz	
Simply Green*		230	\$6.39	320	\$8.49
Pineapple, mango, baby spinach, kale, wheat grass, and mint					
Mango Carrot*		150	\$6.69	240	\$8.89
Mango and fresh carrot					
Wild Blueberry Chia*		220	\$6.29	340	\$8.29
Wild blueberries, banana, fresh ginger, pomegranate juice, and chia seeds					

*Can substitute almond or cashew milk

2,000 calories a day is used for general nutrition advice, but calorie needs may vary. Additional nutrition information available upon request.

 Gluten-Free  Vegan  Vegetarian



PURE FRUIT JUICES

		12 oz	
Apple Juice	VG GF	200	\$4.99
Freshly juiced apples			
Orange Juice	VG GF	160	\$6.99
Freshly squeezed oranges			
Ruby Red Grapefruit Juice	VG GF	120	\$9.99
Freshly squeezed ruby red grapefruit			

JUICE BLENDS

		12 oz	
Green Apple Juice	VG GF	190	\$6.69
Freshly juiced granny smith apple, green grapes, baby spinach, wheat grass and parsley			

ADD-IN'S

Toasted Unsweetened Coconut	VG GF	90	\$0.29
Chia Seeds	VG GF	35	\$0.29
Flax Seeds	VG GF		\$0.29
Non-Fat Plain NY Greek Yogurt	V GF	15	\$0.69
Cocoa Powder	VG GF	5	\$0.29
Grated Ginger	VG GF	0	\$0.29
Matcha Powder	VG GF	0	\$0.29
Steel Cut Oatmeal	VG GF	35	\$0.49
Fresh Avocado	VG GF	30	\$0.29
Brown Sugar	V GF	45	\$0.29
Dried Cranberry	V GF	55	\$0.79
Apple Raisins		35	
		40	
Cinnamon	VG GF	0	\$0.29

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GF Gluten-Free **VG** Vegan **V** Vegetarian

BUILD-YOUR-OWN SALAD

Make your selection and we'll build-it \$11.99 | 298-938

GREENS (pick 1)	MIX INS (pick 3)	DRESSINGS
<ul style="list-style-type: none"> ▷ Romaine Lettuce VG GF ▷ Spinach VG GF ▷ Spring Mix VG GF 	<ul style="list-style-type: none"> ▷ Blanched Broccoli VG GF ▷ Matchstick Carrots VG GF ▷ Cherry Tomatoes VG GF ▷ Cucumbers VG GF ▷ Hard Boiled Eggs V GF ▷ Quinoa VG GF ▷ Red Onions V GF ▷ Sliced Olives VG GF ▷ Blue Cheese Crumbles V GF ▷ Feta Cheese V GF ▷ Shredded Parmesan V GF ▷ Crainsins V GF ▷ Croutons V ▷ Tortilla Strips VG GF 	<ul style="list-style-type: none"> ▷ Balsamic Vinaigrette V GF ▷ Caesar Dressing V ▷ Chunk Blue Cheese Dressing V GF ▷ Gochujang Caesar Dressing V GF ▷ Ranch Dressing V GF ▷ Vegan Greek Vinaigrette VG GF ▷ Olive Oil VG GF ▷ Balsamic Vinegar VG ▷ Red Wine Vinegar VG
PROTEIN (pick 1)		
<ul style="list-style-type: none"> ▷ Crispy Chicken ▷ Plant-Based Chick'n VG ▷ Roasted Chicken ▷ Tofu VG GF 		
Additional Protein +\$3.49		
	Additional Toppings +\$0.69	
	Additional Grains +\$1.99	

GRAB & GO		
Chicken Caesar Wrap Grilled chicken, lettuce, parmesan cheese & Caesar dressing wrapped in a whole wheat tortilla	400	\$7.59
Southwest Veggie Wrap V Spring mix, pickled jalapenos, pepper jack cheese, black bean & corn salsa, refried beans & quinoa, chipotle ranch dressing in a southwest tortilla	309	\$7.59
AVOCADO TOMATO TOAST		
Avocado Tomato Toast VG Toasted country white bread with sliced tomato and avocado mash	220	\$5.99



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BOWLS

Orange Blueberry Yogurt Bowl V	260	\$9.29
NY Greek yogurt, blueberries, granola, orange zest		
Strawberry Mint Yogurt Bowl V	250	\$9.29
NY Greek yogurt, strawberries, granola, lemon zest, fresh mint		
Coconut & Mango Açaí Bowl V	260	\$7.49
Açaí smoothie sorbet topped cocoa powder, coconut, flax seed, fresh blueberries, granola		
Banana & Berries Açaí Bowl V	210	\$7.49
Açaí sorbet with granola, fresh blueberries, bananas, strawberries		
Steel Cut Oatmeal* VG GF	250	\$3.99
Harvest Maple Steel Cut Oatmeal Bowl* V GF	460	\$5.29
Granny smith apples, dried cherries, maple syrup, brown sugar		

*Oatmeal served for breakfast till 11 am

BUILD-YOUR-OWN BOWL

Make your selection and we'll build-it \$9.99 | 170-590 cal

BASE	FRESH FRUIT	ADD-ONS
<ul style="list-style-type: none"> ▷ Açaí V GF ▷ Low-Fat Vanilla Yogurt V GF ▷ Strawberry Yogurt V GF 	<ul style="list-style-type: none"> ▷ Banana VG GF ▷ Blueberries VG GF ▷ Cantaloupe VG GF ▷ Lemon VG GF ▷ Oranges VG GF ▷ Pineapple VG GF ▷ Seasonal Fruit VG GF <p>Additional Fruit +\$0.99</p>	<ul style="list-style-type: none"> ▷ Brown Sugar V GF ▷ Cinnamon VG GF ▷ Cocoa Powder VG GF ▷ Dried Cranberry, Apple, Raisins V GF ▷ Flax Seeds VG GF ▷ Fresh Avocado VG GF ▷ Grated Ginger VG GF ▷ Matcha Powder VG GF ▷ Toasted Unsweetened Coconut VG GF



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