

GREENS TURN ANY SALAD INTO A WRAP FOR 1

all prices include one simple protein: chicken, quinoa, tofu, egg.

CESAR CHAVEZ 10

pepitas, parmesan, cilantro
*SOUTHWEST CAESAR

RASTA PASTA 10

squash, asparagus, cherry tomatoes
*CILANTRO CHUTNEY

GRILLED VEGGIES 12

marinated grilled vegetables, balsamic reduction
*SUPER-FOOD VINAIGRETTE

GREEN GODDESS 12

kale, arugula, chard, artichoke, pearl cous-cous
*GREEN GODDESS

STUFFED SWEET POTATO 12

sweet potato, choice of protein, cilantro, greek yogurt, hass avocado, squash
*BALSAMIC GLAZE

BRAIN FOOD 12

spinach, mushrooms, black rice, walnuts and feta
*BERRY BALSAMIC

HIPPIE BOWL 10

quinoa, mushrooms, asparagus, squash
*SUPER-FOOD VINAIGRETTE

CURRIED CAULIFLOWER 10

Spinach, cauliflower, cilantro
*CILANTRO CHUTNEY

SWEET PINEAPPLE AND QUINOA 11

corn, peppers, pico de gallo
*CILANTRO CHUTNEY

SPRING ROLL BOWL 12

purple cabbage, green onion, carrots, hass avocado, cilantro, sesame seeds
*PEANUT SAUCE

BEETS AND CARROTS 12

beets, apples, carrots, walnuts, bleu cheeses
*BALSAMIC GLAZE

BUILD YOUR OWN 5

add ons - 1

Add a Protein

half portions for half portion price

| | |
|----------------|----------------|
| egg 5 | poke 5oz. 8 |
| shrimp 5pcs. 5 | chicken 6oz. 5 |
| tofu 6oz. 4 | quinoa 6oz. 4 |

*RECOMMENDED DRESSING

Dressings

TZAZIKI
GREEK YOGURT
CILANTRO CHUTNEY
SUPER-FOOD VINAIGRETTE
BERRY BAL VINAIGRETTE
SOUTHWEST CEASERT
BALSAMIC GLAZE
SRIRACHA VINAIGRETTE
AGAVE LIME
GREEN GODDESS

SHAKE IT UP

all shakes are made with coconut and almond milk blend and fresh fruits

PEANUT BUTTER LOVER 7

peanut butter, banana, greek yogurt, milk blend

POWER UP 7

kale, spinach, peanut butter, ginger, milk blend

ANTIOXIDANT BLEND 7

blueberries, house almond butter, milk blend

CHOCOLATE AFFAIR 7

peanut butter, banana, chocolate protein

BERRY MINTY 7

berries, mint, greek yogurt, milk blend

COCONUT ALMOND BUTTER 7

house almond butter, coconut, banana, milk blend

BANANAS FOSTER 7

banana, rum extract, milk blend

MORNING FUEL 7

oatmeal, banana, stevia, milk blend

BUILD YOUR OWN 3

add ons - .50

ADD ONS .50

matcha
pea protein
maca powder
cacao powder
cacao nibs
spirulina
bee pollen
flax seeds
flax oil
wheat germ
vitamin c
hemp fiber
hemp seeds
chia seeds
coconut oil
omega 3 oil
aloe vera
ginger
almond butter
dates
cardio rx
seasonal fruits
sunflower butter
peanut butter
house made almond butter

FREE ADD ONS

cayenne
cinnamon

TOASTED

made on local, vegan, gluten free bread

NBJ 6

nut butter, house-made jam

ALMOND BUTTER + FRUIT 6

house-made almond butter, 2 seasonal fruits

SPROUTS + TOMATOES 6

greek yogurt, sprouts, tomatoes

LOX + YOGURT 8

lox, greek yogurt, dill

EGGS AND BACON 8

turkey bacon, hard boiled egg

AVOCADO TOAST 6

avocado, sprouts, sesame seeds

Beverages

agua fresca 5
shaken ice tea 6
local cold brew 5
bottled water 2
s. pellegrino water 2.50

Daily Specials

daily salad 7
daily combo 8
(half salad, half wrap or sandwich)
feature of the day 8
smoothie of the week 6

A New Way To Eat

THE NUTRITIONAL/INGREDIENT INFORMATION LISTED ON OUR MENU IS BASED ON CURRENT RECIPES, THE INFORMATION MAY VARY BASED ON THE SUPPLIERS, SUBSTITUTIONS, RECIPE ADAPTATIONS, OR GROWING SEASON OF PRODUCTS.