

Lunch menu (11 am)

Appetizer

Hummus-Classic, black bean, hummus with cucumber, carrots, celery, & corn chips / 10.99

Avocado dip- avocado, onions, tomatoes, cilantro and jalapeno & corn chips (VN) / 10.99

Salads

Vegan-Mixed greens, carrots, tomatoes, cucumbers, beets, strawberry & roasted chickpeas / 10.99

Muscle up-Mixed greens, cucumber, tomatoes, boiled eggs, feta cheese, onions, apples & sunflower seeds / 10.99

Holy Kale- kale, tomatoes, olives, carrots, pineapple, goat cheese & roasted chickpeas / 10.99

House salad- mixed greens, cucumbers, carrots, onions & tomatoes / 6.99

Add protein- Tuna*,Shrimp, Chicken, Turkey & Tofu- \$5.99

Homemade dressings

Avocado ranch, Lemon tahini (VN, GF) Balsamic (VN, GF)

Kids (1 side) 7.99

Elvis sandwich- peanutbutter, banana & multigrain bread

Quesadilla – cheddar & parmasen cheese (add ground turkey 2.99)

Grilled cheese-multigrain bread cheddar cheese (Vegan cheese +\$1)

Burgers, Sandwiches & Wraps (1 side)

Turkey burger

Turkey patty, spinach, tomato & coleslaw / 12.99

Black bean burger

Vegan black bean patty, spinach, tomato & carrot salad / 12.99

Yellow fin tuna sandwich*

Grilled tuna* (temp), spinach & tomato multigrain bun / 14.99

Grilled Chicken bacon wrap

Chicken, turkey bacon, mixed green, tomato & avocado ranch/ 12.99

Bacon shrimp wrap

Sautéed shrimp, turkey bacon, cheddar cheese, mixed green, tomatoes & avocado ranch / 13.99

Roasted Chickpeas wrap (VN)

chickpeas, onions, peppers, avocado, spinach & Lemon tahini / 12.99

Portobello mushroom wrap (VN)

Sauteed portobello mushroom, onions, peppers, spinach, tomato, avocado & lemon tahini dressing / 12.99

(burger buns, bread - \$2 extra)

Side (3.50)

Beets salad (VN, GF)

Cucumber salad (VN, GF)

Carrot salad (VN, GF)

Black beans rice salad (VN, GF)

Yogurt granola

Apple sauce

Energy balls

Cole slaw (VN, GF)

Bowls 14.99

(a protein, greens and dressing with 4 others)

Protein - (Tuna*+1), Chicken, Ground turkey, Shrimp, Tofu, Chickpeas, Eggs*

Greens - Mixed green, Kale, Spinach

Dressing - Lemon tahini (VN, GF) Balsamic (VN, GF) Avocado ranch

Grains & legumes - rice, corn, blackbeans, roasted chickpeas

Fresh Herbs - Cilantro (50c)-Parsley (50c)-Basil (50c)

Cheese - Blue, Vegan, Cheddar, Goat, Feta, Pepper jack & Parmesan

Veggies, fruits & seeds

-Brussels sprout (+\$1) -Cucumber -Mushrooms -Carrots -Tomatoes

-Onions -Peppers -Avocado -Sweet potato (\$1)-Olives -Apple

-Strawberry -Pineapple -Sunflower seeds

Homemade Salads

Cucumber salad (VN, GF) Carrot salad (VN, GF) Beets salad (VN, GF),

Black bean & rice (VN, GF) Cole slaw (VN, GF)

*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness