



GREENS

croutons are not GF

Classic Caesar 11.50
Romaine, House Made Croutons, Shaved
Parmesan, Caesar Dressing

Loaded Caesar 16.50
Romaine, Chicken, Bacon, Hard Boiled Eggs
Avocado, House Made Croutons, Shaved
Parmesan, Caesar

Mediterranean Chop 16.50
Romaine, Chicken, Tomatoes, Chickpeas
Kalamata Olives, Onion, Cucumber, Feta
Cheese, Tzatziki, Mediterranean Vinaigrette

BBQ Chicken Salad 15.00
Romaine, BBQ Chicken, Bacon, Hard Boiled
Egg, Green Onion
Chipotle Ranch, BBQ Drizzle

Tuna Salad 15.00
Organic Spring Greens, Tuna Salad, Tomato
Sprouts, Cucumber, Balsamic

Catalina Cobb 16.50
Organic Spring Greens, Chicken, Avocado
Bacon, Hard Boiled Egg, Tomatoes, House
Made Croutons, Ranch

SAMMIES

all sammies come with a bag of chips
add chips 1.50 // add potato salad 3.00
whole wheat or sourdough or a wrap
sub GF bread 3.00

Turkey + Avocado 15.00
Roasted Turkey, Avocado, Lettuce, Tomato
Muenster Cheese, Sprouts, Mayo On Wheat

Tuna Add Avo +3 14.00
House Made Tuna Salad (Red Onion, Celery
Green Grapes) Lettuce, Tomato, Sprouts On
Wheat

Veggie Stack Make It Vegan 13.00
Avocado, Lettuce, Tomato, Cucumber
Muenster Cheese, Sprouts, Mayo, Pickles
On Wheat

Cold Ham + Swiss 14.00
All Natural Ham, Swiss Cheese, Pickles
Lettuce, Tomato, Dijon Aioli On Sourdough

Egg Salad 12.50
Egg Salad (Mayo, Green Onion) Lettuce
Tomato On Wheat

Chickpea Salad Vegan 12.50
Chickpea Salad (Vegan Mayo, Dijon, Red onion
Pickles) Lettuce, Tomato, Sprouts On Wheat

BLT Add Avo +3 13.50
Bacon, Lettuce, Tomato, Mayo

SMOOTHIES + BOWLS

add a boost: protein powder, collagen or matcha \$1

	Smoothie	Bowl
Tropical Mango 11.00 15.00 Pitaya, Strawberries, Mango Apple Juice		
Strawberry Banana 11.00 15.00 Strawberry, Banana, Apple Juice		
Açaí Berry 11.00 15.00 Açaí, Mixed Berries, Apple Juice		
PB+A 11.00 15.00 Açaí, Berries, Peanut Butter, Almond Milk		
Green Machine 11.00 15.00 Spinach Pineapple, Mango, Coconut Milk		

SNACKS + SHARES

Grazing Box 15.00
A mix of cured meats, crackers, fresh fruit,
hummus, veggies + nuts

Stuffed Avocado 13.00
Avocado cut in half served with your choice of
vegan chickpea or tuna salad topped with
sprouts

Pita + Hummus Box 6.50
snack box with house made hummus
and pita bread

Fruit 7.00
Fresh seasonal fruit

KIDDIE LUNCH BOX

served with fruit

PB+B 6.00
Peanut butter and banana on whole wheat
bread

turkey sammie 6.00
Turkey, cheese, lettuce, mayo

ham + cheese 6.00
ham, cheese, lettuce, mayo