



Breakfast toast (2)- 7.99

1. Sautéed Shrimp, pesto, goat cheese & balsamic drizzle
2. Tomato, pesto, basil, mozz & balsamic drizzle (VG)
3. Sautéed garlic, spinach & over easy egg* (VG), (LF)
4. Turkey bacon, tomato, parsley & avocado (LF)
5. Hummus, cucumber & carrot (VN), (VG), (LF)

Omelettes (1 sides) 8.99

1. Three eggs, sautéed spinach, onions, tomatoes & goat cheese
2. Three egg whites, ground turkey, mushrooms, onions & cheddar cheese
3. Three eggs, peppers, tomatoes, onions & parmesan cheese
4. Create your own- 3 eggs and 4 toppings (extra topping 50c)
turkey bacon, ground turkey, turkey sausage, onion, tomato, pepper, garlic, mushrooms, spinach , goat cheese, feta cheese, provolone, parmesan cheese, cheddar cheese & peppers jack

Pancakes (1 sides) 8.99

Pancakes are multigrain and oats mix

Banana pancake
Dark chocolate

Blueberry pancake
Peanut butter cup

Vegan-Gluten free- Lactose free- banana, almond milk, rice flour, potato starch, tapioca starch, pea fiber, gluten free oats & quinoa flour (LF), (VG), (VN), (GF)

Breakfast tray(1 sides) 12.99

1. Turkey bacon or turkey sausage, 2 eggs* & pancake
2. Breakfast toast (2), omelette or pancake
3. Omelette & pancake

kids 6.99

Pancake- your choice of pancake with apple sauce

Cheese omelette- with apple sauce

Peanut butter banana- sandwich with apple sauce

Gluten free pasta- with marinari sauce and apple sauce

Sides 2.99

Cucumber salad (LF, VG, VN, GF)

Beets potato salad (LF, VG, VN, GF)

Chickpeas pesto salad (GF)

Black bean rice salad (LF, VG, VN, GF)

Apple sauce

Energy ball (peanut butter, oats & dark chocolate)

Cole slaw (LF, VG, VN, GF)

Hashbrown (LF, VG, VN, GF)

Yogurt with granola

Grits

Toast

GF-gluten free

VG-vegetarian

VN-vegan

LF- lactos free

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



Fresh squeezed juices 6.50

- Anti-inflammatory juice**-carrot, pineapple, orange & turmeric
- Green booster**- kale, spinach, lime, apple & cucumber
- Medicinal**-apple, beets, carrot, celery, ginger & lemon
- Hydration**-orange, pineapple, spinach & watermelon
- Natural energy**-apple, carrots, orange & pineapple
- Flu shot**-carrot, ginger, lemon, orange & pineapple
- Ph balance**-apple, cucumber, lemon & pineapple
- Bloody mary**-fresh tomato juice with celery
- Cold fighter**-orange, lemon, spinach & apple
- Detox**-apple, celery, lemon & ginger
- Orange juice** / 5.25
- Apple juice** / 5.25

Smoothies 5.99

- Sunshine**-Mango, banana, pineapple & orange juice
- sunset**-Strawberries, banana, pineapple, orange juice & lime
- Sunrise**-Strawberries, pineapple, mango & orange juice
- Green magic**-Spinach, kale, mango, pineapple, lime & green apple
- Sweet oats**-Banana, chia seeds, almond milk, whole grain oats, cinnamon & peanut butter
- Sweet blue**-Blueberries, mango, banana & orange
- Refreshing**-Mango, fresh ginger, green apple, pineapple, carrot & orange juice

All smoothies are no sweetener added. Vegan & lactose free
 Ask to add yogurt or honey

Coffee

- Coffee by cup**-fresh brew 2.15 / 2.35 / 2.50
- Iced Coffee**- brewed chilled iced coffee 2.15 / 2.35 / 2.50
- Americano**- two of espresso with hot water 3.25 / 3.50 / 3.75
- Cappuccino**-espresso, milk with more foam 4.25 / 4.50 / 4.75
- Café latte**-espresso with steamed milk 3.85 / 4.25 / 4.75
- Mocha**- espresso, milk and whipped cream 4.35 / 4.75 / 5.05
- Café au lait**-half coffee & half steamed milk 2.55 / 2.70 / 2.85
- Espresso**- 2.25 extra shot 50c
- Breve**-espresso with steamed half and half 3.85 / 4.25 / 4.75
- Chai latte**-half steamed milk with half of chai and vanilla syrup 4.35 / 4.65 / 5.05
- Dirty chai latte**- espresso, milk and chai 4.65 / 5.05 / 5.35
- Red eye**-coffee with a shot of espresso 3.25 / 3.50 / 3.75
- Caramel macchiato**- espresso with steamed milk, vanilla & caramel drizzle 4.35 / 4.65 / 5.05
- Bullet proof**- half coffee, half steamed heavy cream with coconut oil 4.35 / 4.65 / 5.05
- Milk** - Whole milk, 2% milk, half and half, (almond, coconut, soy milk, heavy cream- 50c extra)
- Flavours**- Caramel, hazelnut, English toffee, marshmallow, coconut & French vanilla

Unsweet tea / 2.50 Perrier / 2.50 Bottle water / 1.00



Appetizers

Hummus-classic, black bean, red pepper hummus with cucumber, carrots, celery, broccoli & pita chips), (VG),(LF), (VN) / 8.99

Avocado dip-fresh avocado, lime juice, onions, tomatoes, cilantro and jalapeno & pita chips (LF), (VG), (VN) / 9.99

Nachos- corn chips, cheese, tomato, bean ground 93% lean turkey, jalapenos, sour cream, lettuce, black, bean corn & homemade salsa / 9.99

Steamed Shrimp - ½ lb / 14.99 , -1lb / 23.99

Bruschetta (2) 7.99

1. Sautéed garlic spinach & over easy egg* (VG), (LF)
2. Sautéed Shrimp, pesto, goat cheese & balsamic
3. Turkey bacon, tomato, parsley & avocado (LF)
4. Tomato, pesto, basil, mozz & balsamic (VG)
5. Hummus, cucumber & carrot (VN), (VG), (LF)

Salads

Homemade dressing- avocado ranch, lemon tahini, Italian & balsamic

Holy Kale- fresh kale, tomatoes, olives, carrots, avocado, pineapple, goat cheese & roasted chickpeas- / 8.99

Vegan-fresh mixed greens, shredded carrots, tomatoes, cucumbers, beets, strawberry & walnuts / 8.99

Muscle up-mixed greens, cucumber, tomatoes, boiled eggs, feta cheese, onions, apple, olives & avocado / 8.99

House salad-mixed greens, cucumbers, carrots, onions & tomatoes / 5.99

Add- tuna*, chicken, tofu or shrimp 4oz / 3.99

Wraps, Burgers & Sandwiches (1 side)

Bacon shrimp wrap-sautéed shrimp, turkey bacon, shredded cheddar cheese lettuce & tomato / 10.99

Chickpeas wrap-roasted chickpeas, grilled onions, peppers, avocado & spinach (VG),(LF), (VN), (GF) / 8.99

Portobello mushroom burger grilled onions, peppers, lettuce, tomato & avocado- (VG),(LF), (VN), (GF) / 10.99

Turkey burger lettuce, tomato & cole slaw / 9.99

Chicken bacon sandwich or wrap-grilled chicken, turkey bacon, lettuce, tomato & pesto / 9.99

Yellow fin tuna*-grilled marinated tuna, lettuce & tomato / 10.99

Gluten free wraps and burger bun available \$1.50 extra
Add cheese \$1 extrap

Buddha bowl 13.99

Choose **a protein, a green and a dressing** with 4 other sides from Grains, homemade salad and veggies & sides

Proteins	Greens	Homemade Dressing	Grains
Grilled chicken	Mixed green	Balsamic	white Rice
Grilled tuna	Kale	Italian	Brown rice
Grilled shrimp	Spinach	lemon tahini	Buckwheat +\$1
Pan seared tofu		Avocado ranch	Quinoa +\$1
Ground turkey			
Eggs- boiled or fried			

Veggies & sides

- Onions
- Olives
- Corn
- Apple
- Strawberry
- Pineapple
- Garlic
- Peppers
- Carrots

Homemade salad

- Black bean and rice salad (VG),(LF), (VN), (GF)
- Chickpea and pesto salad (GF)
- Beets and potato salad (VG),(LF), (VN), (GF)
- Cucumber salad (VG),(LF), (VN), (GF)
- Cole slaw (VG),(LF), (VN), (GF)

- Mushrooms
- Cucumber
- Tomatoes
- Sweet potato
- Asparagus
- Blackbean
- Sunflower seeds
- Sautéed chickpeas
- Avocado +50c

Kids 7.99 (1 side)

Turkey burger- lettuce & tomato (add cheese 1.00)

Peanut butter banana sandwich

Quesadilla – cheddar & parmasen (add grilled chicken 2.00)

Pasta-gluten free pasta with marinari sauce (add grilled chicken 2.00)

Sides 2.99

- Cole slaw (VG),(LF), (VN), (GF)
- Cucumber salad (VG),(LF), (VN), (GF)
- Beets potato salad (VG),(LF), (VN), (GF)
- Black bean rice salad (VG),(LF), (VN), (GF)
- Steamed broccoli and cauliflower
- Energy ball (peanut butter, oats & dark chocolate)
- Asparagus
- Chickpeas pesto salad
- Yogurt with granola
- Apple sauce

GF-gluten free VG-vegetarian VN-vegan LF- lactos free

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