

LUNCH MENU

Appetizers

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

Nachos- corn chips, cheese, tomato, ground turkey, jalapeno, sourcream, kale, blackbean, corn & salsa 9.99

Hummus-Classic, black bean, pesto hummus with cucumber, carrots, celery, & pita chips (LF) (VG) (VN) (GF- ask for corn chips) / 8.99

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

Salads

Vegan-Mixed greens, carrots, tomatoes, cucumbers, beets, strawberry & roasted chickpeas / 9.99

Muscle up-Mixed greens, cucumber, tomatoes, boiled eggs, feta cheese, onions, apples & sunflower seeds / 9.99

Holy Kale- kale, tomatoes, olives, carrots, pineapple, goat cheese & roasted chickpeas / 9.99

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

Add protein- Tuna*, Shrimp, Chicken, Turkey & Tofu- \$3.99

Homemade dressings- lemon tahini (LF, VG, VN, GF)
Balsamic (LF, VG, VN, GF)
Avocado ranch

Kids 6.99 (1 side)

Pancake- your choose of pancake & topping

Cheese omelette- two eggs & cheddar cheese

Elvis sandwich- peanutbutter, banana & multigrain bread

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

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

(Gluten free wraps, burger buns, bread - \$1.50 extra)

Wraps, Burgers & Sandwiches (1 side)

Turkey burger

Grilled turkey patty, spinach, tomato, vinegar coleslaw on thin sliced multigrain bun / 9.99

Yellow fin tuna sandwich*

Grilled tuna* (temp), spinach & tomato on thin sliced multigrain bun / 10.99

Chicken bacon wrap

Grilled chicken, turkey bacon, kale, tomato, avocado ranch & whole wheat wrap / 9.99

Bacon shrimp wrap

Sautéed shrimp, turkey bacon, cheddar cheese, kale, tomatoes, avocado ranch & whole wheat wrap / 10.99

Chickpeas wrap

Roasted chickpeas, onions, peppers, avocado, spinach, Lemon tahini & whole wheat wrap - (LF) (VG) (VN) / 9.99

Portobello mushroom wrap

Sauteed portobello mushroom, onions, peppers, spinach, tomato, avocado, lemon tahini dressing & whole wheat wrap (LF), (VG), (VN) / 10.99

(Gluten free wraps, burger buns, bread - \$1.50 extra)

Sides 2.99

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

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

Cucumber salad (LF, VG, VN, GF)

Carrot salad (LF, VG, VN, GF)

Cole slaw (LF, VG, VN, GF)

Chickpeas pesto salad (LF, VG, VN, GF)

Yogurt with granola

Apple sauce

Asparagus + \$1

Sweet potato+\$1

Energy ball (peanut butter, oats, raisans, cocoa powder & dark chocolate)

Bowl 13.99

(a protein, greens and dressing with 4 others)

Proteins

Grilled chicken

Ground turkey

Pan seared tofu

Roasted chickpeas

Grilled tuna*

Grilled shrimp

Eggs-boiled or fried*

Greens

Mixed green

Spinach

kale

Dressing

Balsamic

Lemon tahini

Avocado ranch

Grains

White rice

Brown rice

Quinoa+1\$

Buckwheat +1\$

Homemade salad

Cucumber salad (LF, VG, VN, GF)

Carrot salad(LF, VG, VN, GF)

Beets salad (LF, VG, VN, GF)

Cole slaw (LF, VG, VN, GF)

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

Chickpea and pesto salad (LF, VG, VN, GF)

Cheese

Cheddar cheese

Goat cheese

Feta cheese

Pepper jack cheese

Parmasen cheese

Blue cheese

Vegan cheese

Veggies

-Cucumber

-Tomatoes

-Avocado

-Apple

-Corn

-Onions

-Mushrooms

-Sweet potato

-Brussels sprout

-Strawberry

-Blackbeans

-Asparagus+50c

-Carrots

-Peppers

-Olives

-Pineapple

-Sunflower seeds

Fresh herbs

-Cilantro (50c)

-Parsley (50c)

-Basil (50c)

-Mint (50c)