

Appetizers

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

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

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

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

Salads

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

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

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

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

Sides 2.99

Cole slaw (LF, VG, VN, GF)

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

Cucumber salad (LF, VG, VN, GF)

Chickpeas pesto salad

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

Energy ball (peanut butter, oats, raisans, coconut flakes, maple syrup, cocoa powder & dark chocolate)

Yogurt with granola

Apple sauce

Asparagus + \$1

Lunch menu

Wraps, Burgers & Sandwiches (1 side)

Turkey burger

spinach, tomato, cole slaw on thin sliced multigrain bun / 9.99

Yellow fin tuna sandwich*

grilled tuna, spinach & tomato on thin sliced multigrain bun / 10.99

Chicken bacon wrap

grilled chicken, turkey bacon, kale & tomato with whole wheat wrap / 9.99

Chickpeas wrap

roasted chickpeas, onions, peppers, avocado & spinach with whole wheat wrap - (LF) (VG) (VN) / 9.99

Bacon shrimp wrap

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

Portobello mushroom burger

sautéed portobello, onions, peppers, spinach, tomato & avocado with whole wheat wrap (LF), (VG), (VN) / 10.99

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

kids 6.99

Pancake- your choose of pancake & topping

Cheese omelette- two eggs & cheddar cheese

Peanutbutter banana sandwich- multigrain

Quesadilla – cheddar & parmasen cheese

(add grilled chicken 2.99)

Bowl 13.99

(a protein, greens and dressing with 4 other)

Proteins

Grilled chicken

Grilled tuna*

Grilled shrimp

Pan seared tofu

Ground turkey

Roasted chickpeas

Eggs-boiled or fried *

Greens

Mixed green

Kale

Spinach

Dressing

Balsamic

lemon tahini

Avocado ranch

Veggies and sides

-Cucumber

-Tomatoes

-Avocado

-Apple

-Corn

-Asparagus+50c

-Mushrooms

-Sweet potato

-Onions

-Strawberry

-Blackbeans

-Carrots

-Peppers

-Olives

-pineapple

-Sunflower seeds

Grains

white Rice

Brown rice

Buckwheat +\$1

Barley +\$1

Quinoa +\$1

Homemade salad

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

Chickpea and pesto salad (GF)

Beets salad (LF, VG, VN, GF)

Cucumber salad (LF, VG, VN, GF)

Cole slaw (LF, VG, VN, GF)

Broccoli salad (LF, VG, VN, GF)

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 foodborne illness