

## Lunch menu ( 11 am )

### Appetizer

**Hummus**-Classic, black bean, hummus with cucumber, carrots, celery, & pita bread (VN) (GF- ask for corn chips) / 9.99

**Avocado dip**- avocado, onions, tomatoes, cilantro and jalapeno & pita bread (VN) / 10.99

**Nachos**- Corn chips, ground turkey, cheddar, pepper jack cheese, corn, black beans, tomatoes, kale, sour cream & salsa 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- \$4.99

### Homemade dressings

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

### Kids ( 1 side ) 6.99

Elvis sandwich- peanutbutter, banana & multigrain bread

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

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

### Burgers, Sandwiches & Wraps

#### Turkey burger

Turkey patty, spinach, tomato, coleslaw on multigrain bun / 10.99

#### Yellow fin tuna sandwich\*

Grilled tuna\* (temp), spinach & tomato multigrain bun / 13.99

#### Chicken bacon wrap

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

#### Bacon shrimp wrap

Sautéed shrimp, turkey bacon, cheddar cheese, mixed green, tomatoes, avocado ranch & whole wheat wrap / 11.99

#### Chickpeas wrap

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

#### Portobello mushroom wrap

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

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

### Side

Beets salad (VN, GF)

Cucumber salad (VN, GF)

Carrot salad (VN, GF)

Cole slaw (VN, GF)

Chickpeas pesto (VN, GF)

Yogurt granola

Apple sauce

Sweet potato+\$1

Energy balls

Black beans rice salad (VN, GF)

### Bowls 13.99

**( 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** - Quinoa (+1\$), White rice, Brown rice, corn, blackbeans

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

**Cheese** - Blue cheese, Vegan cheese, Cheddar cheese, Goat cheese  
Feta cheese, Pepper jack cheese, Parmesan cheese

#### Veggies

-Asparagus (+50c) -Brussels sprout (+50c) -Cucumber -Mushrooms  
-Carrots -Tomatoes -Sweet potato -Peppers -Avocado -Olives -Apple  
-Strawberry -Pineapple -Sunflower seeds -Onions

#### Homemade Salads

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

Chickpea pesto (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