

BUILD YOUR OWN SALAD

9.50

base+1 grain+toppings+1 cheese

base green mix/ spinach/ romaine/ kale

grain brown rice/ white rice/ quinoa

toppings cherry tomatoes/ pico de gallo/ egg edamame/ celery/ radish/ carrots/ corn/ olives/ cucumber/ beets/ mushrooms/ pickled onions/ cabbage/ red bell peppers/ strawberries/ jicama blueberries/ garbanzo/ kidney beans/bacon/ pepperoncinis/ almonds/ pepitas/ tortilla strips/ peanuts/cranberries/ croutons/ + avocado 1.50

cheese blue cheese / goat cheese / feta/ parm

proteins tuna 3/ chicken 3/ salmon 5

dressings balsamic/ lemon/ ginger/ caesar/ ranch/ cilantro/ honey mint/ chipotle

SALADS & BOWLS

SUMMER SALMON

Spinach, summer berries, grilled salmon, goat cheese, croutons & honey mint vinaigrette 13

MEX

romaine, kale, pico de gallo, jicama, radish, corn, kidney beans, tortilla strips & cilantro dressing 9.5

THAI SALAD

romaine, cabbage, carrots, cucumber, red bell peppers, peanuts & ginger dressing 9.5

COBB

romaine, grilled chicken, egg, bacon, cherry tomato, blue cheese & ranch 11

CAESAR CHICKEN SALAD

romaine, grilled chicken, croutons, parmesan and creamy caesar dressing 10

TERIYAKI BOWLS

white rice, broccoli, carrots, teriyaki sauce
veggie 8 chicken 10 salmon 13

SOUPS

tortilla soup 5 clam chowder
lentil minestrone

SPECIALTIES

FISH TACOS

2 grilled fish tacos, pico de gallo, cabbage & crema 9

BARBACOA TACOS

2 shredded barbacoa beef tacos with cilantro pickled onions and green salsa 7

CHICKEN QUESADILLA

grilled chicken and melted cheese on a flour tortilla 8

BARBACOA FRIES

french fries, barbacoa, chipotle ranch and cilantro 9

FRIED CHICKEN SANDWICH

fried chicken, cole slaw, sriracha and mayo on brioche bun 7.50

ALFREDO PASTA

Alfredo sauce with penne pasta 8
add chicken 3

BURGER

grilled beef patty, mayo, lettuce tomato and pickles 7

ARGENTINEAN EMPANADAS

beef / chicken / spinach

EMPANADA PLATE

2 empanadas with green salad 8

SINGLE EMPANADA 3

EMPANADA DOZEN 30

POKE

12

base+sides+2 proteins+toppings

base white rice. brown rice. green mix. kale

sides cucumber. crab meat. avocado

protein salmon. spicy tuna. tofu. shrimp
albacore. tuna. extra protein 2

toppings wasabi masago ginger mango
edamame jalapeño blueberries
seaweed. furikake green onions
extra topping 1



SANDWICHES



CARNE ASADA

grilled carne asada, lettuce, tomato, avocado, mayo and our house red salsa 11

CAPRESE CHICKEN

grilled chicken breast, mozzarella, tomato, basil, olive oil & balsamic glaze 10

TORTA CUBANO

beef barbacoa, ham, pickles, swiss cheese, mayo & mustard 10

GREEN CHICKEN

grilled chicken breast, potato chips, bacon, lettuce green sauce, tomato and mayo 10

PESTO TURKEY

turkey, pesto, swiss, lettuce, tomato, mayo 8

HAM CLUB

ham, bacon, cheddar, lettuce, tomato and chipotle mayo 8

TUNA

tuna salad, lettuce, tomato 8

TUNA MELT

albacore tuna salad, swiss cheese, tomatoes & pickles 8

GRILLED CHEESE

a classic with three slices of melted cheese 6

WRAPS

VEGGIE WRAP

cucumber, red cabbage lettuce, tomato, carrots, bell peppers, feta and chimichurri 8

CHICKEN CHIPOTLE

chicken, lettuce tomato, avocado and chipotle aioli 9

SIDES

french fries 2.90

sweet potatoes 3.90

onion rings 3.90

guacamole w chips 5

side salad 4



BREAKFAST



AVOCADO TOAST

avocado mash, cherry tomatoes, radish and cilantro 7

BREAKFAST SANDWICH

eggs, ham, bacon and american cheese on a bagel 7

TURKEY BAGEL

spinach, turkey, tomato, red onions, with herbed cream cheese 7

HAM & CHEESE CROISSANT 4

add egg \$2

MORNING PLATE

eggs, potatoes, toast and berries on the side 10

MEXIRRITO

eggs, chorizo, potatoes and pico de gallo 9

BURRITO BREAKFAST

egg, sauteed mushrooms, spinach, potatoes, bacon & mozzarella cheese 9

OATMEAL

oatmeal, milk, brown sugar, banana and strawberries and cinnamon 6

MORNING EMPANADAS

3.00

chorizo con papa
ham & cheese

SMOOTHIES

6.75 20 oz

COCONUT DREAMS

strawberries, banana, shredded coconut, agave & coconut milk

SUNSHINE

mango, orange juice, turmeric, ginger & agave

GREEN MONSTER

spirulina, mint, kale,, agave & orange juice

TROPICAL

banana, strawberry, mango, coconut milk & agave

THE VERY BERRY

strawberry, blueberry, raspberry, milk & agave

MATCHA

matcha, pineapple, spinach, agave & coconut milk

BANANA CHOCO

almond milk, raw cacao, banana, almond butter, & agave

MILKSHAKE

milk & ice cream blended to perfection

JUCES

5.75 20oz



GLOW

carrot, apple, cucumber, lemon, orange & ginger

GREEN IT

kale, cucumber, apple, celery, orange, ginger

COFFEE

Organic Coffee 2/3

Organic Tea 3.50

Cappuccino 3.50/4.25

Latte 3.50/4.25

Espresso 2.25/3.25

Iced Coffee 2.75

Matcha Latte 4/5

Matcha Tea 3.75/4.75

Cortado 3.50

Mocha 4/5

Hot Chocolate 3.5/4.5

Mexican Mocha 4/5

Dirty Chai Latte 4/5

Chai Latte 3.75/4.25

Turmeric Latte 4/5



Summer Menu

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