

## ARTISAN FLATBREAD PIZZA

14" long flatbread, or 12" cauliflower crust (oval, gluten free, vegan, cost extra \$2.25) topped with extra virgin olive oil, a dash of oregano, and made to perfection with your choice of white or red sauce

### PEPPERONI PIZZA ... \$9.95

Gourmet pizza topped with pepperonis, mozzarella cheese, and vine ripened tomato sauce

### MARGHERITA PIZZA ... \$10.95

Gourmet Pizza topped with fresh mozzarella, roma tomatoes, and basil on tomato sauce

### MEDITERRANEAN PIZZA ... \$12.95

Gourmet Pizza with alfredo sauce, roasted red peppers, marinated artichokes, roma tomatoes, kalamata olives, feta cheese and fresh oregano

### HAWAIIAN BBQ GRILLED CHICKEN PIZZA ... \$13.95

Gourmet pizza with grilled chicken, smokey BBQ sauce, fresh mozzarella, pineapple, bacon, and fresh cilantro

### TANDOORI CHICKEN PIZZA ... \$13.25

Gourmet Pizza topped with 'Tandoori chicken' (chicken marinated in yogurt and spices, and roasted), vine ripened tomato sauce, with red pepper, red onion, and feta cheese

## PANINI SANDWICHES

All our Panini sandwiches are served with a side of chips and pickle spear!

### GRILLED CHICKEN AND BRIE ... \$7.95

Grilled chicken, creamy brie, tomato and lettuce on ciabatta bread

### SMOKEY TURKEY CLUB ... \$8.25

Smoked turkey piled high with crisp bacon, cheddar cheese, lettuce & tomato on a ciabatta bread

### VEGGIE ... \$7.25

Cucumber, red bell peppers, red onions, mushrooms, kalamata olives, baby spinach and cheese (white american or cheddar) on ciabatta bread with basil pesto

### ITALIAN GRILLED CHEESE ... \$6.25

Mozzarella, sliced tomato, basil, olives on multi grain bread

### HAM & SWISS ... \$6.95

Honey smoked ham, swiss cheese, deli mayonnaise & mustard on rye bread

### PHILLY STEAK & CHEESE ... \$8.55

Deluxe roast beef sautéed with bell peppers and onions, white american cheese on ciabatta panini bread, with mustard and mayonnaise

## SUPER GRAIN POWER BOWL

Delicious, wholesome super grain power bowl with your choice of protein, served over quinoa/green rice/ or brown rice, along with cucumber pineapple salad, baby corn, chickpeas, avocado, spinach & asparagus

### CHICKEN ... \$9.95

### STEAK ... \$10.95

### TOFU ... \$9.55

### PORK ... \$9.95

## WRAPS

Choose from our gourmet selection of Tortillas: Spinach & herb, Tomato & basil, Gluten Free, Jalapeno Cheddar, Rosemary-Olive or Whole wheat. Served with a side of fresh salsa and chips!

### CHICKEN, BACON, AND RANCH WRAP ... \$8.25

Fajita chicken, bacon, cheddar cheese, lettuce and tomato with ranch dressing

### CHICKEN CAESAR WRAP ... \$6.95

Shredded parmesan, romaine lettuce and sliced grilled chicken breast tossed with caesar dressing

### MEDITERRANEAN WRAP ... \$7.25

Roasted mushrooms, feta cheese, roasted red peppers, lettuce, and black olives with balsamic vinaigrette dressing.

### TURKEY APPLE BRIE WRAP ... \$8.25

Roasted turkey, apple, lettuce, and brie cheese with poppy seed dressing.

### BAJA WRAP ... \$8.45

Roasted turkey, cheddar cheese, lettuce, and tomato with guacamole.

## SMOOTHIES & FRESH JUICES

★ Choose your size: 12 Oz 'OR' 16 Oz

### SMOOTHIES

#### **SUPERFOOD ... 12OZ \$6.45, 16OZ \$7.95**

WILD BLUEBERRY CHIA SOY: wild blueberries, fresh ginger, pomegranate juice, chia seeds, soy milk

#### **DETOX ... 12OZ \$6.45, 16OZ \$7.95**

Green Detox: spinach, kale, celery, green apple, banana, almond milk, grated fresh ginger, chia seeds, honey

#### **ENERGY ... 12OZ \$5.45, 16OZ \$6.95**

ROAD RUNNER: blueberries, raspberries, strawberries, orange juice, full of energy blast

#### **IMMUNE ... 12OZ: \$5.45, 16OZ: \$6.95**

Immune Boosting Paleo: blueberries, walnuts, almond milk, and chia seeds

#### **PROTEIN ... 12OZ \$5.45, 16OZ: \$6.95**

PEANUT BUTTER POWER UP: peanut butter, bananas, whole grain oats, chia seeds, frozen yogurt [26g total protein\*]

### FRESH & BLENDED JUICES

#### **FRESH APPLE/ORANGE/OR SWEET CARROT JUICE ... 12OZ \$5.45, 16OZ \$6.95**

#### **GOLDEN CARROT ... 12OZ \$5.45, 16OZ \$6.95**

Freshly juiced valencia orange, golden pineapple and sweet carrots

#### **GREEN APPLE ... 12OZ \$5.45, 16OZ \$6.95**

Freshly juiced apples, green grapes, baby spinach and parsley

## ♥🌿🍷 SALADS

All our farm fresh salads are served with croutons or tortilla strips!

#### **MEDITERRANEAN ... \$10.25**

Mixed greens, kale, grilled chicken, cucumbers, onions, feta cheese, black olives, & tomatoes with balsamic dressing

#### **AVOCADO CHOPPED ... \$9.45**

Romaine lettuce, iceberg lettuce, grilled chicken, bacon, avocado, tomatoes & crumbled blue cheese served with zesty italian vinaigrette

#### **SPINACH & PEAR ... \$9.25**

Spinach, grilled chicken, goat cheese, pears, & walnuts with balsamic vinaigrette

#### **BBQ CHICKEN ... \$10.95**

Mixed greens, kale, spinach, iceberg lettuce, grilled chicken, red onion, tomato, corn, cheddar cheese and tortilla strips with ranch dressing

#### **BUFFALO CHICKEN ... \$9.45**

Mixed greens, chicken, buffalo sauce, onions, & tomatoes with blue cheese dressing

#### **WELLNESS SALAD ... \$12.55**

A delicious blend of salad greens, spinach, kale, avocado, broccoli, grapes, pear, blueberries, onion, sunflower seeds and almonds with zesty italian vinaigrette & slice of lime

## BREAKFAST

Served All Day!

#### **OLD TIMER'S ... \$7.95**

"Starts with two farm fresh eggs\* cooked to order, and grits, plus fresh apples served with sausage or bacon strips. Comes with gravy, buttermilk biscuit, butter and preserves n' jam."

#### **COUNTRY MORNING BREAKFAST ... \$7.25**

Starts with two farm fresh eggs\* cooked to order and grits. Comes with gravy, buttermilk biscuit, butter and preserves n' jam.

#### **SEASON'S OMELETTE ... \$8.95**

Omelette with spinach, tomatoes, onions and goat cheese, served with a petite green salad with seasonal vegetables and wheat/white toast with butter

#### **FRESH FRUIT N' YOGURT PARFAIT ... \$6.75**

Low-fat vanilla yogurt with nuts & granola and served with fresh seasonal fruits

### Breakfast Sides

#### **ANCIENT GRAIN PANCAKES (2) ... \$5.25**

Our Gluten-Free Ancient Grain Waffle & Pancake Mix is a custom blend of ancient grain flours, including golden quinoa, amaranth, sorghum and brown rice. (served with butter and syrup)

#### **FRENCH TOAST (2) ... \$5.25**

Served with butter and syrup

#### **GRITS/ OAT MEAL/ CEREAL ... \$4.25**

#### **FRUIT BOWL ... \$3.95**

(delicious variety of 3 different seasonal fresh fruits)

#### **BAGEL/ BREAD WITH BUTTER ... \$2.95**

## ACAI BOWL

Acai berries are called Superfood, they are loaded with antioxidants, and are nutrient-dense. USDA Organic, Non-GMO

#### **ACAI BOWL ... \$7.95**

Acai (antioxidant rich) topped with chia seeds, toasted coconut, blueberries, strawberries, and all natural dried fruits and nut granola.

## KIDS' MENU

### GRILLED CHEESE SANDWICH ... \$5.95

Served with Fresh Fruit.

### ALMOND BUTTER, BANANA & APPLE SANDWICH ... \$6.95

Seeded multigrain bread, carrots & ranch dressing

### CHICKEN TERIYAKI BOWL ... \$7.25

Green Peas, broccoli, carrots, brown rice Or quinoa

### CHEESE QUESADILLA ... \$4.95

Grilled tortilla filled with melted cheese. (Available with Chicken for \$1.20 more)

### FRUIT BOWL ... \$3.75

Fresh mixed fruits

## BEVERAGES

### COFFEE/TEA/SWEET TEA - 12 OZ ... \$1.99

### TURMERIC GLOE SPARKLING WATER BEVERAGE- 12 OZ CAN ... \$3.95

### SPECIALTY DRINKS - 12 OZ CAN ... \$3.45

(Aloe Vera - fuji apple and pear plant infused water beverage, Sparkling coconut water infused with lemon & ginger, Sparkling coconut water with pineapple passion fruit, Sparkling coconut water with grapefruit, Sparkling coconut water with Raspberry Lime etc)

### HEALTH-ADE KOMBUCHA - 16 OZ ... \$6.25

Kombucha, a fermented tea beverage, is rich in probiotics and antioxidants, which benefit your brain, heart and gut. Ask for our different available flavors!

### COCA COLA BEVERAGES

\*Ask for the price per size

## DESSERTS

### CHIA SEED PUDDING ... \$5.95

chia seeds, banana, toasted coconut

### TIRAMISU SLICE ... \$4.95

Coffee-flavored Italian dessert

### GELATO/FROZEN YOGURT/ICECREAM ... \$3.95

(2 Scoops)

## SIDES

### MAG & CHEESE ... \$5.95

Macaroni pasta cooked with cheese sauce

### VEGETABLE BLEND ... \$4.25

Chef-cut Mediterranean vegetables including whole green beans, cut carrots, cauliflower, onion strips and red & yellow pepper strips

### PASTA SALAD ... \$4.95

Pasta tossed with sauce and vegetable medley


### CHICKPEA PASTA ... \$5.95

Chickpea pasta cooked with olive oil & basil pesto (Gluten Free, Non-GMO, with 2X the protein, 4X the fiber, and 40% lower net carbs than the traditional Pasta)

### TANDOORI CHICKEN WITH CILANTRO SAUCE ... \$7.95

Chicken marinated with yogurt and spices, served with cilantro sauce

## HEALTHY ENHANCERS

 Boost your health by adding any or multiple of these amazing enhancers for only .99 cents each! They can be added to any of your selected menu item!

### HEMP HEARTS

Hemp seed contains Omega-3 essential fatty acids necessary for muscle and joint repair

### CHIA SEEDS

Rich in fiber to keep you full and helps control blood sugar

### TURMERIC

Antioxidant to improve brain function and reduces inflammation

### BEE POLLEN

Stress relief, boosts health, enhances liver functions, and reduces inflammation

### GINGER

Reduces muscle pain and soreness & supports healthy digestion

Note: Consuming raw or under cooked meats, poultry, sea food, shellfish, or eggs may increase your risk of foodborne illness. Before placing your order, please inform your server of your food allergies, or special dietary needs.