



GRILL GREENS GRAINS

BOWL | WRAP | SALAD

MEAL EXCHANGE: CHIPS + BOTTLED WATER OR 16OZ FOUNTAIN DRINK

\$12.50

OR MEAL EXCHANGE

PROTEINS 1

	CAL		CAL
CHIMICHURRI FLANK STEAK	170	HERB ORANGE CHICKEN	120
GINGER + LIME TOFU	310	CAJUN SALMON	130
FALAFEL	190		

BASES 1

	CAL		CAL
QUINOA LENTIL BLEND	110	SALAD SPRING MIX	30
FLOUR TORTILLA	310	ROMAINE LETTUCE	15
COUSCOUS	140	BABY SPINACH	30
FARRO	350		

TOPPINGS

	CAL		CAL
ROASTED MUSHROOMS	90	MULTIGRAIN CROUTONS	120
ROASTED CHICKPEAS	100	DRIED CRANBERRIES	190
GRILLED RED ONIONS	40	SUNFLOWER SEEDS	330
SHREDDED CARROTS	25	PUMPKIN SEEDS	330
BRUSSELS SPROUTS	45	TORTILLA CHIPS	150
GRILLED PINEAPPLE	80	BLUEBERRIES	60
GRAPE TOMATOES	10	FETA CHEESE	315
SWEET POTATOES	140	CUCUMBERS	10
ROASTED BEETS	60	RAISINS	180
STEAMED PEAS	60		

DRESSINGS

	CAL		CAL
ROASTED GARLIC + HERB	80	BALSAMIC VINEGAR	30
TROPICAL GINGER	560	RED WINE VINEGAR	10
GREEK GODDESS	60	OLIVE OIL	490
LEMON CURRY	40	CAESAR	280

SIDES

	PRICE	CAL
POTATO CHIPS	\$1.69	160

2,000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY.
ADDITIONAL NUTRITION INFORMATION AVAILABLE UPON REQUEST.

VEGAN VEGETARIAN MADE WITHOUT GLUTEN PORK



COFFEE + PASTRIES

COFFEE + MORE

*AVAILABLE HOT OR ICED

	SM	MED	LRG
COFFEE	\$2.25	\$2.39	\$2.59
CAFÉ LATTE*	\$2.80	\$3.89	\$4.19
MATCHA LATTE	\$2.80	\$3.89	\$4.19
CHAI TEA LATTE	\$2.80	\$3.89	\$4.19
ICED COFFEE	\$3.39	\$3.59	\$3.79
CAPPUCCINO	\$2.29	\$3.89	\$4.19
CARAMEL MACCHIATO	\$3.49	\$4.09	\$4.49
MOCHA*	\$3.49	\$4.09	\$4.49
HOT CHOCOLATE	\$3.25	\$3.50	\$3.75
HOT TEA	\$2.09	\$2.29	\$2.59
SWEET ICED TEA	\$2.09	\$2.29	\$2.59
AMERICANO	\$2.29	\$3.39	\$4.29
NITRO COLD BREW	-	\$4.69	\$5.09
ESPRESSO	SINGLE \$2.29	DOUBLE \$4.39	

PASTRIES + BAGELS

PASTRY AVAILABILITY ROTATES DAILY

	PRICE	CAL
CHOCOLATE CHIP COOKIE	\$2.99	480
CHEESE DANISH	\$3.29	270
SPINACH DANISH	\$3.39	330
CLASSIC CROISSANT	\$3.19	300
CHOCOLATE CROISSANT	\$3.19	310
GREEK YOGURT + CHERRY DANISH	\$3.19	360
ICED LEMON CAKE	\$3.39	440
PLAIN BAGEL	\$2.49	290
ASIAGO BAGEL	\$2.49	310
EGG & CHEESE BISCUIT	\$2.99	240
SAUSAGE, EGG & CHEESE BISCUIT	\$3.99	540



SALADS + SMOOTHIES

HOUSE SALADS

\$12.50

SUMMER SALAD		CAL 530
LEMON & HERB GRILLED CHICKEN + HEARTS OF ROMAINE + ROASTED BEETS + CUCUMBER + PEAR TOMATOES + FRESH BERRIES + LEMON BASIL VINAIGRETTE		
DESERT SUNSET		710
BLACKENED SALMON + FRESH SPRING MIX + RED ONION + SUNRISE FARRO BLEND + SWEET POTATO + GARBANZO BEANS + SWEET PEAS + MOROCCAN CITRUS VINAIGRETTE		
FIELD OF GREEN		530
CHIMICHURRI FLANK STEAK + BABY SPINACH + GOLDEN JEWEL BLEND + CARROTS + RED & YELLOW PEPPERS + PEAR TOMATOES + RED ONION + ROASTED GARLIC & HERB DRESSING		

SMOOTHIES

\$6.29 \$7.39 \$8.59

HOUSE SMOOTHIES	S CAL	M CAL	L CAL
BERRY BERRY	XXX	XXX	390
BANANAS + STRAWBERRIES + BLUEBERRIES + ORANGE JUICE + VANILLA NON-FAT GREEK YOGURT + VANILLA SYRUP			
TROPICAL PARADISE	XXX	XXX	310
BANANAS + PINEAPPLE + MANGO + APPLE JUICE + VANILLA NON-FAT GREEK YOGURT + VANILLA SYRUP			
GREEN OASIS	XXX	XXX	620
KALE + SPINACH + BANANAS + MANGO + LIME JUICE + VANILLA NON-FAT GREEK YOGURT + VANILLA SYRUP			

CUSTOM SMOOTHIES	S CAL	M CAL	L CAL
VANILLA NON-FAT GREEK YOGURT	XX	XX	20
PLAIN NON-FAT GREEK YOGURT	XX	XX	15
FRESH PINEAPPLE	XX	XX	45
STRAWBERRIES	XX	XX	25
CHOPPED KALE	XX	XX	20
ORANGE JUICE	XX	XX	15
DICED MANGO	XX	XX	50
BLUEBERRIES	XX	XX	50
APPLE JUICE	XX	XX	55
BANANAS	XX	XX	80
SPINACH	XX	XX	15
PEACH	XX	XX	20

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