
REVITALIZING SMOOTHIES

ADD INS

low fat yogurt, soy milk, milk, banana, protein powder (1.50)

SKINNY FRESH FRUIT SMOOTHIES CAN BE MADE WITH ARTESIAN WATER IN PLACE OF JUICE.

mixed berry • 7

seasonal mixed berries, pomegranate juice and agave nectar

melons and pineapples • 7

seasonal mixed melons, pineapple and pineapple juice

pomegranate and lemonade • 7

pomegranate juice and sweet lemonade

peanut butter and chocolate • 7

creamy peanut butter and chocolate with milk

strawberry and pineapple • 7

strawberries, pineapple and pineapple juice

pineapple and coconut • 7

pineapple juice, coconut milk, pineapple and agave nectar

DESSERTS

oatmeal cookie • 3

peanut butter cookie • 3

chocolate chip cookie • 3

lemon almond bar • 4

carmel cheesecake brownie • 4



MENU

MORNING STARTERS

scones • 5

fruit danish • 4

croissant • 4

traditional or chocolate

muffin • 4

blueberry, chocolate, cranberry

organic nutty granola • 4

organic yogurt • 4

organic cottage cheese & wild honey • 5

market fresh fruit cup • 6

SANDWICHES, WRAPS & SALADS

ADD HOUSEMADE ORGANIC CHIPS • 1.50

ADD SOUP • 6

tuscan tuna salad • 9

*tuna white, capers, celery, tomatoes, chives, lettuce,
whole wheat baguette*

grilled chicken wrap • 9

*grilled chicken, lettuce, tomatoes, avocado, red pepper,
chipotle mayo in tomato basil wrap*

mediterranean vegetable sandwich • 9

*roasted portabella, black olive paste tapenade, goat cheese
spread, eggplant, zucchini, roasted peppers, tomatoes, lettuce
on a sourdough roll*

roast turkey spinach wrap • 9

turkey, avocado, tomatoes, lettuce, and boursin cream

hearts of romaine chicken caesar salad • 9

*grilled chicken, parmesan cheese, croutons on romaine lettuce,
side of caesar dressing*

greek salad • 9

*kalamata olives, red peppers, cucumbers, shaved fennel,
feta cheese and artichoke heart on mixed greens,
side of yogurt dressing*

ALL DAY BENTOS

asian bentos with an american touch

INDIVIDUAL CHOICE • 6

FOUR CHOICES • 16

SIX CHOICES • 22

ADD SOUP • 6

cucumber gazpacho, shrimp & melon

• • •

lemon grass chicken & mushroom

• • •

country style tomato & cilantro

coriander crusted tuna,
seaweed & soba
noodle salad

• • •

lemon poached
chicken breast, asian
pears, grapes pistachio,
light basil mayo,
radicchio

• • •

fresh mozzarella,
small tomatoes,
basil & fennel pesto,
grilled pita

• • •

local goat cheese,
avocado, arugula, red
onions, grilled pita

• • •

roasted organic beets
tartar, capers, lemon,
olive oil, little greens,
grilled pita

• • •

spiced almonds,
pistachio & dried fruit

roasted tuna salad
artichoke, tomatoes,
local olives, basil, white
balsamic, olive oil

• • •

roasted peppery
salmon, arugula,
citrus fruit

• • •

la quercia prosciutto,
arugula,
grilled artichoke.
creamy mango
dressing, grilled pita

• • •

thai style shrimp salad
sweet potato,
cucumber, peppers,
basil, radicchio, light
sesame dressing

• • •

sushi, with gari, wasabi
& light soy sauce

• • •

3 pc. california roll

• • •

3 pc. spicy tuna roll

• • •

3 pc. vegetable roll
