

Signature Breakfast

WAFFLE 7

Flour, sugar, milk, butter waffle topped with seasonal berries, banana

MATCHA WAFFLE 8

Almond flour matcha waffle, topped with seasonal berries

CROISSANT 2.5

Choice of plain, Nutella (+\$2.5) or strawberry jam (+\$1.5)

OATMEAL BOWL 6

Topped with strawberry, blueberry, banana slices

ACAI BOWL 11 OR CUP 7

Topped with apples, bananas, berries, coconut, granola

VERY BERRY PARFAIT 7

Greek yogurt, berries, almond granola, honey
Make it Vegan +\$1

FRUIT BOWL 11

Seasonal fruit salad

SPROUTED AVO & EGG TOAST 7

Poached eggs, avocado, red onion, olive oil, cilantro, Alfafa sprouts

AVO & FETA BRUSCHETTA 7

2 Bruschetta Bread, feta cheese, avocado cream, pumpkin seeds, sweet balsamic vinegar

AVO & MUSHROOMS BRUSCHETTA 7

2 Bruschetta Bread, mushrooms, avocado cream, onions, olive oil, lime juice, soy sauce

PANINI, WRAP OR CROISSANT

EGG 7

Egg omelette, turkey bacon, cheddar cheese

SPINACH EGG WHITES 9

Egg white omelette, spinach, red onions, peppers

AVOCADO 8

Poached egg, avocado

JUST EGG 10

Plant-based egg omelette, mushrooms, onions

SALADS

Thai Crunch Salad 10

Iceberg lettuce, chicken, cucumbers, carrots, red onions, edamame, pita chip, Asian dressing

Harvest Cobb Salad 11

Mixed springs greens, red onions, grilled chicken, turkey bacon, cherry tomatoes, avocado, boiled egg, blue cheese dressing

Greek Salad 10

Feta cheese, cucumbers, tomato, black olives, red onions, spring greens

Falafel Salad 11

Cherry tomatoes, tabbouleh, chickpeas, cucumbers, falafels, spring mix, tzatziki dressing

WRAPS PANINI

Turkey Lurkey 10

Sliced turkey, mixed greens, avocado, tomatoes, carrots, cilantro lime dressing

Green Veggie 10

Feta cheese, spinach, green olives, bell peppers, chickpeas, sundried tomato dressing

Tuna Provolone 12

Tuna, provolone cheese, mixed greens, red onions, black olives, ranch dressing

Greek Goddess 11

Chicken, quinoa, asparagus, mixed greens, cucumbers, bell peppers, carrots, alfalfa sprouts, pesto basil dressing

Sassy Italian 12

Prosciutto, salami, mozzarella cheese, bell peppers, tomatoes, green olives, extra virgin oil



BOWLS

Tenderloin Bowl 16.5

Grilled beef tenderloin, sweet corn, cilantro lime rice, red peppers, black beans, avocado

Chicken Bowl 11

Grilled chicken, cilantro, spinach, lime rice, avocado, black beans

Buddha Bowl 13 V

Mixed quinoa, broccoli, chickpeas, Asian-marinated tempeh, sweet potato, avocado, roasted pumpkin seeds, Asian dressing

Poke Bowl 17.5

Seared salmon, avocado, rice, black sesame, edamame, carrots, cucumber, Asian dressing, wakame, sesame seeds

WARM PLATES

Shrimp Taco 12

Soft taco, Shrimp, chili, garlic, cumin, dried oregano, chipotle sauce, mango-jalapeño Pico de Gallo

Chicken Burrito 11

Brown rice, black beans, corn, cheddar cheese, iceberg lettuce, tomatoes, sour cream, avocado

Beef Tenderloin Burrito 16.5

Grilled beef tenderloin, brown rice, corn, black beans, tomatoes, cheddar cheese, iceberg lettuce, avocado, sour cream

Homemade Burger A-la-Chef 13.5

Certified Angus beef burger made by our executive chef, served with french fries

Vegan Burger 11 V

Lentil and quinoa bean burger, whole wheat bun, vegan cheese, tomatoes, red onions, romaine lettuce

Vegan Zucchini Pasta 11

Carrot and zucchini pasta, mushrooms, pistachio, basil pesto

Vegan Taco 9 V

Soft taco, carrots, zucchini, eggplant, corn, Pico de Gallo, garlic-vegan mayo

Create your own \$10

1 TO START

Salad
Wrap: Whole Wheat, Spinach, Plain or Gluten Free (+\$2)
Panini: Whole Wheat or White

2 LETTUCE

Iceberg Spring Mix
Romaine Spinach (+\$2)

3 TOPPINGS

Salad: your choice of 4 | Wrap or Panini: your choice of 2

Alfalfa Sprouts	Chickpeas	Mushrooms
Almonds	Croutons	Tomatoes
Bell Peppers	Dried Cranberries	Walnuts
Black Beans	Edamame	Pecans
Broccoli	Hearts of palm	Avocado (+\$2)
Carrots	Red onion	Pine Nuts (+\$2)
Cashews	Olives (green/black)	Asparagus (+\$2)
Celery	Pita Chips	Sweet Potatoes (+\$2)
Corn	Quinoa	Wakame (+\$2)
Cucumber	Brown Rice	

4 PROTEIN

Your choice of 1 | Add more protein \$3

Chicken	Egg	Turkey Bacon	Steak (+\$6)
Turkey	Tofu	Tuna (+\$4.5)	Salmon (+\$6)
Salami	Tempeh	Shrimp (+\$6)	JUST Egg (+\$5)

5 CHEESE Your choice of 1 | Add more cheese \$1

Provolone	Parmesan	Feta	Vegan Cheese (+\$2)
Cheddar	Mozzarella	Blue Cheese	

6 DRESSING Your choice of 1 | Add more dressing \$1.5

Creamy avocado (yogurt)	Sundried tomato (oil)
Cilantro lime (yogurt)	Lemon thyme (oil)
Asian (mayo)	Balsamic mustard (oil)
Blue cheese (mayo)	Spicy peanut (sauce)
Pesto basil (mayo)	Vegan Dressing (+\$2)
Sriracha (mayo)	

7 TO FINISH

Chopped Tossed Grilled

Sweets & TREATS

Gluten Free Nutella Cake 6

Rich and fudgy flourless chocolate cake filled with Nutella

Chocolate Vegan Cake NEW 8

Rich raw almond chocolate cake, maple syrup, dates

Vegan Blueberry Cheesecake 8

Sweet blueberries, lime zest

Vegan Carrot Cake 6

This to die for cake receives rave reviews for its unbelievable moistness and flavor

Pistachio Cheesecake 6

House-made cheesecake, pistachios and a crumb bottom crust

Cheesecake 6

Traditional, airy, mousse-like cheesecake

Vegan Tiramisu 8

Brown sugar, rice flour, rice milk, lemon juice, linseed, vanilla extract, vegan mascarpone

Energy Bites 2

Original, dark chocolate, matcha coconut

Vegan Gelato

Two scoops, your choice of

Straciatella or
Dark chocolate

\$6

Coffee & TEAS

Choose your MILK: Regular, Almond, Coconut, Soy, OATLY(\$1)

BLACK COFFEE 4

ICED COFFEE 5

CAFFE LATTE 5

ESPRESSO 4

DOUBLE ESPRESSO 5

CAPPUCINO 5

ORGANIC TEA 6

HOMEMADE ORGANIC ICED TEA 5

With fresh fruits

Grab & GO

Black Cold brew 4.5

Cold brew black coffee

White Cold brew 4.5

Cold brew black coffee with oat milk

Vanilla Cold brew 4.5

Cold brew black coffee, milk, sugar-free vanilla syrup

Kombucha 6

Vitacoco 3

IMMUNE BOOSTER

Our immune shot in 350 ml bottle, to-go. To be served in 1.5oz shot glass

\$11

Signature SMOOTHIES

Hearty Fruit & Oats 8.5

Strawberry, raspberry, oats, banana, peanut butter, almond milk, honey

Green Energizer 8.5

Apple, kiwi, kale, spinach, cucumber, fresh pressed lime juice

Protein Shake 11

Cocoa powder, banana, almond milk, peanut butter, protein powder

Morning Sunshine 8.5

Banana, mango, pineapple, fresh-pressed orange juice

Red kick 8.5

Strawberry, raspberry, cherry, watermelon, pomegranate juice

Tropical Berry 8.5

Strawberry, raspberry, mango, pineapple, fresh-pressed orange juice

Wakeup Call NEW 8.5

Cacao powder, espresso, peanut butter, almond milk, banana

Coco Mango NEW 8.5

Coconut yogurt, coconut milk, mango, banana, flax seeds, grated coconut

Signature JUICES

Fresh Juice of The Day 8.5

The Oxygenator 8.5

Apples, beets, carrots, ginger, lemon, cayenne peppers

The Antioxidant 8.5

Beets, kale, apples, ginger, lemon

The Cure 8.5

Green apples, cucumbers, lemon, kale, ginger, Aloe Vera, mineral salt



ADD-ON BOOSTERS

IMMUNE SYSTEM

Spirulina

2

DIGESTION

Flax seeds or Chia seeds

2

WEIGHT LOSS

Acai Powder

2

Coconut Oil

1.5

ANTIOXIDANT

Cocoa Powder

2

PROTEIN POWDER

Plant, Rice or Whey

4

Alcoholic BEVERAGES

ORGANIC COCKTAILS

Fountain of Youth 11

Tru Vodka, Fruitlab organic hibiscus liqueur, cranberry juice, Bar Keep lavender bitters

Garden Fresh Mojito 11

Crusoe organic rum, mint leaves, fresh pressed lime juice, demerara syrup

Ginger Collins 11

Tru Gin, Fruitlab organic ginger liqueur, fresh-pressed lime juice, simple syrup, club soda

SangrAzia RED/WHITE 11

Lara's celebrated family recipe

WINES

Lunetta Prosecco Cavit, Italy

9

Lunetta Prosecco Rose Cavit, Italy

9

Pinot Grigio Cavit, Italy

9

Pinot Noir Cavit, Italy

9

BEERS

Chill/Balashi

5

Peroni

6