

SIGNATURE

wraps

12.49 | meal 16.98

Falafel — falafel, lettuce, spinach, cheese, cucumber, tomato, olive, carrot, onion, tzatziki, grilled whole wheat pita.

Istanbul — roasted chicken breast, spinach, lettuce, feta, onion, tomato, cucumber, corn, olive, citrus vinaigrette.

Chicken Classic — roasted chicken breast, lettuce, cheese, tomato, cucumber, carrot, onion, Caesar dressing.

Tuna — marinated tuna, lettuce, onion, tomato, cucumber, carrot, thousand island.

Beef Steak 14.99 | meal 19.48 — beef steak, lettuce, onion, cucumber, tomato, green pepper, hummus, chipotle sauce.

Grand Vege — spinach, lettuce, beet, cheese, cucumber, tomato, corn, carrot, thousand island.

Wrap Burrito — roasted chicken breast, spinach, quinoa, corn, beans, cucumber, jalapeño, salsa.

BBQ Chicken — BBQ-marinated chicken, lettuce, cheese, onion, tomato, black beans, BBQ sauce.

Avocado Chicken — roasted chicken, lettuce, carrot, avocado, tomato, cucumber, thousand island.

Adobo Chicken — roasted chicken, lettuce, spinach, cucumber, carrot, corn, adobo sauce.

Chicken Shawarma — roasted chicken, lettuce, tomato, cucumber, olive, hummus, French fries, tzatziki.

All wraps on a grilled whole wheat wrap.
Make it a meal: add 4.49 for 12oz vegetable soup & 12oz iced tea

GRILLED

paninis

12.49 | meal 16.98

Chicken Salsa — roasted chicken breast, cheese, onion, green/yellow pepper, jalapeño, salsa, ciabatta.

Avocado Chicken — roasted chicken breast, onion, cheese, avocado, tomato, Caesar dressing, ciabatta.

BBQ Chicken — roasted chicken breast, cheese, onion, tomato, spinach, BBQ sauce, ciabatta.

Pesto — roasted chicken breast, cheese, onion, tomato, green pepper, pesto, balsamic vinaigrette, ciabatta.

Portobello — portobello, cheese, onion, green pepper, spinach, balsamic glaze, ciabatta.

Chipotle Steak 14.99 | meal 19.48 — beef steak, onion, green/yellow pepper, chipotle sauce, ciabatta.

Tuna — marinated tuna, cheese, onion, tomato, cucumber, spinach, thousand island, ciabatta.

HOMEMADE

soups

Vege Soup 12oz 5.49 | 16oz 6.49 — celery, quinoa, corn, chickpea, tomato, lemon, spinach, vegetable broth.

Chicken-Broccoli-Spaghetti 12oz 6.49 | 16oz 7.99 — chicken, broccoli, carrot, chickpea/beans, spaghetti, tomato, lemon, vegetable broth.

PROTEIN

bowls

13.99 | meal 18.48

Teriyaki — roasted chicken breast, quinoa/saffron rice/lettuce, corn, chickpea, tomato, cucumber, green/red pepper, teriyaki sauce.

Istanbul — roasted chicken breast, lettuce, spinach, tomato, cucumber, onion, olive, cheese, citrus vinaigrette.

Falafel Quinoa — quinoa, falafel, carrot, chickpea, cucumber, tomato, corn, tzatziki/adobo sauce.

Festival — quinoa/spinach-lettuce, roasted chicken breast, cheese, corn, chickpea, green/red pepper, salsa.

Shrimp 15.99 | meal 20.48 — quinoa or basmati rice pilaf, potato wedges, chickpea, carrot, tomato, cucumber, jalapeño, adobo/balsamic vinaigrette.

Pilaf-Chicken 14.99 | meal 19.48 — roasted chicken breast, basmati rice pilaf, potato wedges, chickpea, tomato, cucumber, carrot, jalapeño, hummus.

Pilaf-Falafel 14.99 | meal 19.48 — falafel, basmati rice pilaf, potato wedges, chickpea, tomato, cucumber, carrot, jalapeño, hummus.

Pilaf-Steak 15.99 | meal 20.48 — steak strips (3oz), basmati rice pilaf, potato wedges, chickpea, tomato, cucumber, carrot, jalapeño, hummus.

Choose your base: quinoa, rice, fresh greens, or half and half

FRESH

squeezes

12oz 7.49 | 16oz 9.49 | 24oz 10.99

Beet & 5 — beet, apple, celery, carrot, ginger, lemon.

Create Your Own — apple, orange, plus at least one vegetable of your choice.

Cold Hunter — apple, orange, ginger, lemon, celery, salt, black pepper.

Green Citrus — apple, cucumber, celery, lemon, spinach.

Vibrator — apple, orange, lemon, ginger, celery.

Apple Juice — fresh squeezed apple, salt, cayenne pepper.

Kale Aid — kale, apple, celery, lemon, ginger.

Carrot Juice — fresh carrot, salt, cayenne pepper.

Celery Juice — fresh squeezed celery, salt, cayenne pepper.

Beet Juice — fresh squeezed beet, salt, cayenne pepper.

Resistance Shot 5.49 — ginger, lemon, salt, cayenne pepper, half orange.

HANDCRAFTED

smoothies

12oz 6.49 | 16oz 7.49 | 24oz 8.49

Three Berries Blushing — blueberry, raspberry, strawberry, apple juice, yogurt.

Mango Haven — mango, banana, pineapple, coconut milk, milk.

Kale Strength — mango, pineapple, banana, kale, apple juice.

Summer Strawberry — strawberry, banana, cranberry juice, coconut milk, milk.

Spinach Mango — mango, pineapple, peach, spinach, cranberry juice.

Peanut Butter Chocolate — banana, peanut butter, milk, yogurt, chocolate.

Tropical Magic — strawberry, peach, mango, apple juice, yogurt, peanut butter.

Big Blue — blueberry, banana, apple juice, yogurt.

Pink Power — strawberry, banana, peanut butter, milk.

Mighty Avocado — mango, banana, avocado, coconut milk.

Coffee Touch — banana, coffee, oats, yogurt, milk.

All smoothies are blended with ice

HANDCRAFTED

power bowls

10.99

Strawberry Banana — strawberry, banana, milk, peanut butter; topped with granola, coconut flakes, banana, blueberry.

Peanut Butter Yogurt — strawberry, mango, banana, peanut butter, yogurt; topped with granola, coconut flakes, blueberry, banana.

Matcha Cinnamon — banana, mango, blueberry, yogurt, matcha, cinnamon; topped with granola, coconut flakes, blueberry, banana.

Blueberry Spinach — blueberry, banana, spinach, cinnamon, coconut milk; topped with granola, coconut flakes, banana, blueberry.

Granola Parfait 7.49 — vanilla yogurt topped with granola, coconut flakes, blueberry.

SIDE

salad bowls

Lettuce Spinach Salad 16oz 6.49 — lettuce, spinach, tomato, cucumber, onion, olive, citrus vinaigrette.

Spinach Quinoa Salad 12oz 6.99 — quinoa, corn, spinach, edamame, tomato, cucumber, onion, bean, citrus vinaigrette.

MORNING

breakfast

Breakfast Panini 7.49 — ciabatta, cheese, scrambled egg, spinach, salsa.

Breakfast Wrap 7.49 — tortilla, scrambled egg, cheese, spinach, carrot, salsa.

Breakfast Combo 9.49 — one panini or wrap with a 12oz coffee or iced tea.

Egg Muffin 6.49 — egg, muffin, cheese, spinach.

BREAKFAST

sandwiches

Pesto Turkey Grilled Cheese 6.49 | combo 8.49 — sliced turkey breast, pesto, cheese, grilled whole wheat.

Pesto Beef Grilled Cheese 6.49 | combo 8.49 — sliced beef, pesto, cheese, grilled whole wheat.

Grilled Cheese Sandwich 5.49 | combo 7.49 — cheese, grilled whole wheat.

BREAKFAST

bowls

8.99 · 16oz

Cali-Tex Bowl — lettuce, spinach, scrambled egg, bean, adobo sauce.

Tex-Mex Bowl — quinoa, spinach, scrambled egg, bean, corn, adobo sauce.

Sandwich combo: add a 12oz coffee or iced tea

HEARTY

mains

Lasagne with Meat Sauce & Cheese 24oz 10.99 — topped with meat sauce and melted cheese.

Spaghetti with Meat Sauce & Cheese 24oz 10.99 — topped with meat sauce and melted cheese.

Chicken & Beef Samosa 2.99 each — chicken, beef, onion, mixed vegetables.

Potato Wedges 8oz 2.99 | 12oz 4.99

Onion Rings small 4.49 | medium 7.49

Chicken Wings 5pc 6.99 | 10pc 13.49

Chicken Strips 5pc 5.99

Beef Burger 9.49 | combo 14.48 — beef patty, tomato, cucumber, lettuce, onion, thousand island, toasted bun. Double patty +3.

Chicken Burger 9.49 | combo 14.48 — chicken patty, tomato, cucumber, lettuce, onion, ranch/thousand island, toasted bun.

Submarine 9.99 | meal 14.98 — turkey breast or beef, melted cheese, sub roll, lettuce, tomato, cucumber, onion.

Smoked Beef Sandwich 9.99 | meal 14.98 — whole wheat multigrain loaf, Keen's hot mustard, smoked beef.

Burgers, subs & sandwich combo: add 4.99 for 8oz fries and a pop

GRILLED

quesadillas

Cheese 4.99 — grilled tortilla, cheese.

Corn-Cajun Chicken 7.49 — cajun chicken, cheese, corn, green pepper, salsa.

Pesto Chicken 7.49 — chicken, cheese, pesto, spinach.

Black Bean 6.99 — cheese, black beans, onion.

Black Olive 6.99 — cheese, olive, onion.

Baby Wrap 8.99 — whole wheat tortilla, chicken, cheese, lettuce, tomato, cucumber.

HOT & COLD

beverages

HOT · 12oz | 16oz

Coffee 2.99 | 3.49

Americano 4.50 | 5.50

Latte 4.75 | 5.50

Black Tea 2.49 | 2.99

Espresso 4.75 | 5.50

Cappuccino 4.75 | 5.50

Mocha 4.75 | 5.50

Green Tea 2.49 | 2.99

Frozen Yogurt — different flavours. Cup: 1 scoop 3.75 | 2 scoops 6.00. Cone: 1 scoop 4.50 | 2 scoops 6.50. Extra scoop 2.25.

Pops 2.99 — Coke, Diet Coke, Sprite, Crush Orange.

Bubbly 2.99 — orange, lime, pineapple.