



Salads

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Veggie Fiesta

Avocado, black beans, charred corn, grape tomatoes, pickled red onions, brown rice and quinoa and cilantro over a bed of romaine lettuce

7.99
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Mediterranean Greek

Grape tomatoes, cucumbers, feta, kalamata olives, green peppers, pickled red onion and pepperoncinis over a bed of romaine lettuce

7.99

Focaccias

- Pesto Chicken and Mozzarella**

Grilled chicken, basil pesto, arugula, roasted tomatoes and mozzarella on rosemary focaccia

5.99
- 

Roasted Red Pepper

Roasted red pepper and kalamata olive tapenade with feta, pickled red onions, roasted red and yellow peppers, and spinach on rosemary focaccia

5.99

Wraps

- 

Avocado Sunflower

Avocado, tomatoes, cucumbers, spinach and toasted sunflower seeds with mayonnaise and shaved parmesan in a spinach tortilla

7.49
- Turkey and Avocado**

Turkey, bacon, avocado, cucumber and romaine lettuce with mayonnaise in a whole wheat tortilla

7.49

Farm Fresh

- 

Hummus and Veggies

Classic hummus with carrots, cucumbers and celery

2.49
- Blueberry and Granola**

Plain yogurt layered with blueberry compote and topped with crunchy homemade granola and fresh blueberries

3.49

Desserts

- Pudding Cups**

2.49
- Brownie Bites**

2.99
- Cookie Bites**

2.99
- Kicked Up Bars**

3.49

Sandwiches

- Cuban**

Braised cuban pork, ham, swiss cheese, pickles and mustard on fresh Cuban bread

7.49
- 

Super Veggie

Roasted red pepper and kalamata olive tapenade with julienne red peppers, avocado and spinach on a fresh baguette

7.49
- Caprese**

Sliced mozzarella, tomatoes, basil, parmesan, yogurt dressing and arugula on a fresh baguette

7.49
- Balsamic Chicken & Mozzarella**

Grilled chicken breast with mozzarella, tomatoes and arugula drizzled with balsamic glaze on a fresh baguette

7.49
- Italian**

Prosciutto, sopressata and provolone, topped with pickled red onion, mayonnaise and arugula on a fresh baguette

7.49



Kids Menu

SERVED WITH A DRINK & BAG OF LAYS POTATO CHIPS OR FRESH FRUIT

- Half Ham and Cheese Sandwich**

5.99
- Half Turkey and Cheese Sandwich**

5.99
- 

Sunflower Butter and Jelly Sandwich

5.49
- Hot Dog**

5.99
- Baked Dino Nuggets**

5.99

Flatbread Pizzas

SERVED WITH A DRINK

- 

Cheese

5.99
- Pepperoni**

5.99



Drinks

- Fountain Drinks**

1.39

Build Your BOWL

Base

- 

Romaine and Spinach Mix
- 

Kale Power Mix
- 

Brown Rice and Quinoa
- 

Cilantro Lime White Rice
- 



Cilantro Pesto Noodles
- ### Veggies
- 

Roasted Potatoes



Four Bean Medley



Roasted Broccoli



Garlic Ginger Brussels Sprouts



Balsamic Mushrooms
- ### Proteins
- Braised Cuban Pork**

Baja Chicken



Asian Tofu

BBQ Chicken
- ### Sauces
- 



Cilantro Pesto



Ginger Garlic



Salsa Verde

Comeback Sauce

Toppings

Cilantro | Parmesan | Tomatoes

Add-Ons

Avocado | Feta | Extra Sauce

KIDS
6.99

1 Base
1 Veggie
1 Protein
1 Sauce

REG
7.99

2 Bases
1 Veggie
1 Protein
1 Sauce

LRG
10.49

2 Bases
2 Veggies
2 Protein
1 Sauce

Signature Bowls

American 7.99

Brown rice and quinoa, romaine and spinach mix, roasted red skin potatoes, BBQ chicken and comeback sauce

Asian 7.99

Cilantro pesto noodles, kale power mix, roasted broccoli, Asian tofu, cilantro and ginger garlic sauce

Mediterranean 7.99

Romaine and spinach mix, kale power mix, four bean medley, Baja chicken, tomatoes, parmesan and Greek dressing

Latin 7.99

Cilantro lime white rice, romaine and spinach mix, four bean medley, braised cuban pork, cilantro and salsa verde

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

 VEGETARIAN FRIENDLY

 VEGAN

 CONTAINS NUTS