



LUNCH MENU

STARTERS

- SOUP DU JOUR | CUP \$4 BOWL \$5
- VEGGIE CHILI | CUP \$4.50 BOWL \$6
- GARDEN HUMMUS PLATTER \$8
- AHI TUNA POKE \$11
 - sushi grade diced raw ahi tuna tossed with diced pineapple & avocado in a soy ginger marinade served over fresh greens

CAFE CLASSICS

- CHICKEN TENDERS \$8
 - five all white meat tenders served with fries
- QUESADILLAS
 - served with tortilla chips, salsa & sour cream
 - CHEESE | cheddar cheese, peppers, onions \$7
 - CHICKEN | grilled chicken, cheddar cheese, peppers, onions \$9
 - VEGGIE | mozzarella, swiss, grilled veggies, avocado, spinach on gluten free tortilla \$11
- VEGGIE PIZZA \$8
 - thin crust pizza brushed with garlic oil, baked with roasted vegetables, mozzarella cheese & balsamic glaze

GREENS

- BALSAMIC | RANCH | BLEU CHEESE | CAESAR HONEY MUSTARD | TOASTED SESAME CILANTRO-LIME VINAIGRETTE
- APPLE CRAISIN \$9
 - mixed baby greens, cucumber, craisins, candied walnuts, apples & bleu cheese crumbles
- CAESAR SALAD \$7
 - chopped romaine lettuce, croutons, parmigiano cheese & creamy caesar dressing
- GARDEN SALAD SMALL | \$5 LARGE | \$7
 - mixed baby greens, tomato, carrot, cucumber, red onion & croutons
- SWEET BEET SALAD \$9
 - balsamic marinated diced roasted beets, red onions, walnuts, dried berries & quinoa blend over baby kale salad mix
- MEDITERRANEAN QUINOA SALAD \$9
 - kalamata olives, quinoa, chick peas, cucumber tomatoes, fresh lemon tossed with arugula & baby kale salad mix topped with feta cheese

FIT BOWLS

BUILD YOUR BOWL WITH WILD RICE BLEND, QUINOA, OR VEGGIE SPIRAL NOODLES

- TERIYAKI STIR FRY | \$9
 - seasonal veggies, garlic, superfood slaw, ginger, scallion & teriyaki glaze
- THAI KALE & MANGO | \$9
 - sautéed chopped kale, garlic, diced mango, portobello mushrooms, edamame, cabbage & thai chili sauce garnished with cilantro & scallion
- SOUTHWEST FAJITA | \$8
 - sautéed peppers, onions, fresh tomatoes, black bean-corn salsa & sliced avocado
- BRUSCHETTA | \$7
 - sautéed spinach, garlic, fresh tomatoes & pesto

ADD A PROTEIN, GRILLED OR BLACKENED:
SALMON, SHRIMP, OR AHI TUNA | \$8 CHICKEN | \$4 FRIED EGG | \$2

PROTEIN SHAKES

FUEL YOUR RECOVERY

Did you know that you have a limited time to recover after a workout? Our delicious protein shakes will help your body recover after your workout, and they taste great too!

FOR A FULL LIST OF SHAKES AND PRICES PLEASE SEE OUR SHAKE MENU

SANDWICHES & WRAPS

WE ONLY USE MAYONNAISE MADE WITH CAGE FREE EGGS. ALL ITEMS SERVED WITH CHOICE OF FRIES, CHIPS, OR VEGGIE STICKS

- GRILLED CHEESE | \$5.50
- GRILLED CHEESE WITH TOMATO & BACON | \$8
- BLT SANDWICH | \$7.50
- CHICKEN OR TUNA SALAD SANDWICH | \$8
- served with lettuce & tomato
- ROASTED TURKEY | \$8
- all natural, oven roasted turkey breast, lettuce, tomato & mayo
- ROAST BEEF | \$9
- roasted top sirloin beef, thinly sliced, lettuce, tomato & mayo
- THE PARISIAN | \$10
- thinly sliced roast beef, horseradish sauce, spinach & brie cheese on grilled multi grain flat bread
- CALIFORNIA TURKEY | \$10
- oven roasted turkey breast, lettuce, tomato, bacon, avocado & chipotle mayo on multi grain flat bread
- ASIAN SALMON WRAP | \$14
- grilled salmon, superfood slaw & mixed baby greens with a toasted sesame glaze in a whole wheat wrap
- AVOCADO GREENS WRAP | \$9
- avocado, hummus, cucumber, tomato, red onion & arugula on a gluten free wrap
- MIX & MATCH COMBO | \$8
- YOUR CHOICE OF HALF SANDWICH TUNA OR CHICKEN SALAD, TURKEY, ROAST BEEF, BLT, OR TURKEY BLT SERVED WITH CUP OF SOUP OR SMALL HOUSE SALAD
- SOUP & SALAD COMBO | \$8
- CUP OF SOUP & SMALL HOUSE SALAD COMBO

BURGERS

ALL SERVED ON A FRESH Brioche roll with lettuce, tomato & onion with choice of fries, chips, or veggie sticks

- ANGUS BURGER | \$9
- TURKEY BURGER | \$7.50
- BEYOND BURGER | \$9
- the world's first plant based burger patty that satisfies like fresh ground beef, a healthy burger option
- CHIPOTLE BLACK BEAN VEGGIE BURGER | \$8
- GRILLED CHICKEN SANDWICH | \$9
- PACIFIC COAST CHICKEN SANDWICH | \$9
- grilled chicken, bacon, guacamole & cheddar cheese
- ADD ONS:
- AMERICAN, SWISS, CHEDDAR, OR MOZZARELLA | \$1
- TURKEY BACON, BACON, OR AVOCADO | \$2 each
- SAUTÉED PEPPERS, ONION OR MUSHROOMS | \$1 (combo)

CHILDREN'S MENU | \$6.99

SERVED WITH A SMALL FOUNTAIN DRINK & CHOICE OF FRIES, VEGGIE STICKS, STEAMED BROCCOLI, OR APPLE SLICES

- HAMBURGER OR CHEESEBURGER
- HOT DOG, uncured, natural raised without antibiotics
- CHICKEN TENDERS, all white meat chicken
- GRILLED CHEESE
- ZUCCHINI NOODLES, with olive oil or marinara
- MINI CHEESE PIZZA

MILK OR JUICE | \$1.50 EXTRA (NO REFILLS)

SIDES

- TORTILLA CHIPS & SALSA \$3
- FRIES OR CHIPS \$4
- SWEET POTATO FRIES \$4.40
- WILD RICE PILAF \$4
- BROCCOLI, SPINACH OR ZUCCHINI NOODLES \$4.50
- sautéed with olive oil & garlic
- VEGGIE STICKS \$3
- with ranch dressing