



LUNCH MENU

STARTERS

- SOUP DU JOUR | CUP \$4 BOWL \$5
- VEGGIE CHILI | CUP \$4.50 BOWL \$6
- GARDEN HUMMUS PLATTER \$9

CAFE CLASSICS

- CHICKEN TENDERS \$8.99**
five all white meat tenders served with fries
- QUESADILLAS**
served with tortilla chips, salsa & sour cream
- CHEESE | cheddar cheese, peppers, onions \$7.99
- CHICKEN | grilled chicken, cheddar cheese, peppers, onions \$9.99
- 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 \$9.99**
mixed baby greens, cucumber, craisins, candied walnuts, apples & bleu cheese crumbles
- CAESAR SALAD \$7.99**
chopped romaine lettuce, croutons, parmigiano cheese & creamy caesar dressing
- GARDEN SALAD SMALL | \$5.99 LARGE | \$7.99**
mixed baby greens, tomato, carrot, cucumber, red onion & croutons
- MEDITERRANEAN QUINOA SALAD \$9.99**
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 | \$9.99**
seasonal veggies, garlic, superfood slaw, ginger, scallion & teriyaki glaze
- THAI KALE & MANGO | \$9.99**
sautéed chopped kale, garlic, diced mango, portobello mushrooms, edamame, cabbage & thai chili sauce garnished with cilantro & scallion
- SOUTHWEST FAJITA | \$9.99**
sautéed peppers, onions, fresh tomatoes, black bean-corn salsa & sliced avocado
- BRUSCHETTA | \$8**
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

SANDWICH & WRAP PLATTERS

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

GRILLED CHEESE | \$6.50

GRILLED CHEESE WITH TOMATO & BACON | \$8.50

BLT SANDWICH | \$7.99

CHICKEN OR TUNA SALAD SANDWICH | \$8

served with lettuce & tomato

ROASTED TURKEY | \$8

all natural, oven roasted turkey breast, lettuce, tomato & mayo

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

YOUR CHOICE OF HALF SANDWICH TUNA OR CHICKEN SALAD, TURKEY, BLT, OR TURKEY BLT SERVED WITH CUP OF SOUP OR SMALL HOUSE SALAD

W/ A CUP OF SOUP | \$8

W/ A SIDE SALAD | \$9

SOUP & SALAD COMBO | \$8

CUP OF SOUP & SMALL HOUSE SALAD COMBO

BURGER PLATTERS

ALL SERVED ON A FRESH BRIOCHE ROLL WITH LETTUCE, TOMATO & ONION WITH CHOICE OF FRIES, CHIPS, OR VEGGIE STICKS

ANGUS BURGER | \$9

TURKEY BURGER | \$9

BEYOND BURGER | \$9.99

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 | \$9.99

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

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