

BREAKFAST MENU

OMELETTES

SERVED WITH TOAST & HOME FRIES OR FRESH FRUIT SALAD

CREATE YOUR OWN \$6+
\$1.50 | turkey bacon, bacon, pork roll, roasted turkey, sausage
\$1 | American, Swiss, mozzarella, cheddar, goat cheese,
feta cheese, avocado, broccoli
\$0.50 | peppers, onions, mushrooms, spinach, tomato, scallions

GREEN GOODNESS \$10
pesto infused egg white, avocado, broccoli, spinach, green
onions & Swiss cheese

LEAN MORNING GLORY \$10
egg whites, turkey, spinach, tomato & Swiss cheese

GARDEN STATE \$8
peppers, onions, mushroom, tomato, spinach, broccoli &
mozzarella cheese

UPGRADES:

SUBSTITUTE EGG WHITES | \$1
GLUTEN FREE TORTILLA WRAPS | \$1
GLUTEN FREE WHOLE GRAIN BREAD | \$1.75

PLATTERS

SERVED WITH HOME FRIES OR FRESH FRUIT SALAD

2 EGGS ANY STYLE \$5.50
with your choice of bacon, pork roll or sausage | \$7

MULTI GRAIN PANCAKES \$7

CALI FLAT BREAD \$9.50
scrambled egg, turkey bacon, tomato, avocado & cheddar
cheese on multi grain flatbread

VEGETALI QUESADILLA \$9
scrambled egg whites, grilled eggplant, zucchini, red pepper,
spinach, tomato & mozzarella cheese on gluten free tortilla

CHILDREN'S MENU | \$5.50

INCLUDES SMALL JUICE OR MILK & FRESH FRUIT SALAD

SILVER DOLLAR PANCAKES
4 small multi grain pancakes, strawberries & powdered sugar

SCRAMBLED EGGS

SANDWICHES

SERVED ON CHOICE OF KAISER ROLL, MULTI GRAIN
FLATBREAD, ENGLISH MUFFIN OR BAGEL

2 EGGS (fried or scrambled) \$4
**PORK ROLL, BACON OR
SAUSAGE & EGG** \$5.50

ADD ONS:

AMERICAN, SWISS, CHEDDAR, OR MOZZARELLA | \$1

BREAKFAST BOWLS

CLASSIC OATMEAL \$4
made with almond milk, choice of cinnamon & brown
sugar or strawberry & banana

POWER PACKED OATMEAL \$7
with vanilla whey & fried egg on top

QUINOA BOWL \$8
with egg whites, black bean corn salsa, cheddar cheese
& scallions

BREAKFAST STIR-FRY \$8
2 over easy eggs on a bed of sautéed mixed vegetables
& quinoa

BREAKFAST BOWL \$8
scrambled egg whites, quinoa-potato hash, spinach,
tomato & cheddar cheese

SIDES

AVOCADO \$2
TOMATO SLICES \$2
FRESH BAKED MUFFIN \$2.50
TURKEY BACON \$3.50
**BACON, PORK ROLL OR
SAUSAGE** \$3
HOME FRIES \$3
SCRAMBLED EGGS (2) \$2
FRUIT SALAD \$1.50
**BAGEL, ENGLISH MUFFIN
OR ROLL** \$2.50
with cream cheese or butter
**WHITE, MULTI GRAIN OR
RYE TOAST** \$1.50
GLUTEN FREE TOAST \$2



NATURAL JUICES

12oz | \$6.50

16oz | \$7.50

CARROT TOP | carrots, apples & ginger

SWEET BEET | apples, beets & carrots

VEGGIE KICK | tomato, celery, carrot & cucumber

BOOSTER SHOT | oranges, lemon, ginger & apple

GREEN LEMONADE | kale, lemon, ginger, apple, cucumber, & celery

COOL & LIGHT | carrots, lemon, apples & cucumber

KIDS' SHAKES

12OZ | \$4.50

JR. CHOCOLATE FROSTY

small shake with big taste – choice of milk blended with rich chocolate & 10g chocolate whey protein

THE HULK

sweet pineapple, coconut, spinach, kale, avocado & tangy lemon blended with 10g vanilla whey protein

COOKIE MONSTER

choice of milk, vanilla cream & organic sandwich cookies blended with 10g chocolate whey protein

STRAWBERRY SHORTCAKE

scrumptious blend of sweet strawberries & potassium rich banana blended with 10g vanilla whey protein

BEVERAGES

SODA/ICED TEA	SM. \$1.50	LG. \$2.25
JUICE	SM. \$2	LG. \$2.50
cranberry, apple, orange, pineapple		
MILK	SM. \$2	LG. \$2.50
CHOCOLATE MILK	SM. \$2.25	LG. \$2.75
COFFEE/TEA	SM. \$1.50	LG. \$2
BOTTLED WATER	\$2	
GATORADE	\$2.50	
ARIZONA TEA	\$2.50	
DOMESTIC BEER	\$4	
IMPORTED BEER	\$5	
WINE (BY GLASS)	\$6	
HOT CHOCOLATE	SM. \$2.95	LG. \$3.50
MIGHTY LEAF TEAS	SM. \$1.60	LG. \$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! We have unique blends for recovery, refueling & detoxing, and meal replacement as well as low calorie options. Our shakes are prepared with fresh ingredients and blended to perfection with whey protein. There are plenty of great flavor combinations to choose from like **Strawberry Slam, Peanut Butter Cup, Coconut Grove, Banana Slim**, and many more! Ask about our specialty shake of the month!

Plan your shake order based on your workout. See our **Shakes by Workout** brochure for shake recommendations to order based on the type of workout you just completed.

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