

Fresh & Fast

Avocado Toast – 12 / Boosted - 16

Toasted sourdough, avocado, fresh squeezed lime, salt & pepper. Boosted: add Smoked Salmon, feta, olives, tomatoes, cucumber and balsamic vin

Rainbow Smoothie Bowl – 15

Smoothie of choice topped with fresh fruit. Please select two boosters of your choice to garnish

Yogurt Parfait – 12

Greek yogurt, granola, fresh fruit and drizzle of honey

Fruit Cup – 10 Selection of cut fresh fruit

Veggie Cup – 10

Selection of cut veggies served with peppered hummus

Whole Fruit – 1.50

Hardboiled egg - 1.25

Wraps & Sandos

Hummus Wrap – 13 Hummus, red pepper, tomatoes, cucumbers, avocado and kale wrapped in a gluten-free spinach tortilla

Blue Zone Wrap – 15

Chicken Salad with lettuce, avocado, tomatoes, black olives, feta and cucumber wrapped in a gluten-free spinach tortilla

Tuna Sandwich – 13

Tuna salad, tomatoes and lettuce served in-between two slices of sourdough bread

Seasonal Salads available in the grab and go – 12

Add protein – 4 Side of chicken salad or tuna salad

All food items will have a 22% gratuity added for the server

Beverages

	12 ^{oz.}	16 ^{oz.}
Fresh Juice	-	6.50
Lemonade	-	5.50
Coffee	3	4
French Press	4	-
<u>ESPRESSO</u>		
Americano	4.25	4.75
Cappuccino	5	6
Café Latte	5	6
Shot of Espresso	1.95	-
Doppio	2.75	-
Cortado	+2	-
Chai Latte	5.50	6.25
WINE BY THE GLASS		
Chardonnay	11	
Sparkling Wine	11	
Mimosa	12	