



## Hours

**Friday – Tuesday**

11am – 8pm

**Wednesday &**

**Thursday**

CLOSED

## Smoothies

**Small \$9.50 Large \$10.50**

*Add Protein Powder - \$1*

### BERRY NICE

Strawberry, Blueberry, Raspberry, Acai, Almond Milk, Dates, Agave

### GREENS MACHINE

Apple, Kale, Spinach, Cucumber, Lime Juice

### TROPICAL PARADISE

Pineapple, Banana, Guava, Mango, Soy Milk, Agave, Dates

### PEANUTBUTTERCHOCOHOLIC

Chocolate Sauce, Peanut Butter, Dates, Granola, Agave, Banana, Almond Milk

## Acai Bowls

**\$12.99**

*Built on Acai Sorbet and Granola*

### TOPPINGS

Granola, Banana, Strawberry, Blueberry, Pineapple, Peanut Butter, Almonds, Agave, Honey, Chia Seeds, Shredded Coconut

*3 toppings included, add \$1 for each additional*

## Wraps

**DELI WRAP \$10.50**

Ham, Turkey, Cheese, Cream Cheese, Iceberg Lettuce, Tomato, Pepperoncini, Ranch Dressing

**CHICKEN CAESAR \$10.50**

Grilled Chicken, House Caesar Dressing, Cream Cheese, Parmesan, Romaine Lettuce, Homemade Cheez-Its!

**VEGETARIAN WRAP \$8.50**

Avocado, Cucumber, Tomato, Olives, Spinach, Imported Feta, Herb Cream Cheese Spread, Ranch

**SW STEAK WRAP \$11.50**

Tri tip, Roast Corn, Cilantro, Jack/Cheddar Mix, Cream Cheese, Avocado, Iceberg Lettuce, Southwest Ranch

## Deli Sandwich

**A LA CARTE \$11**

**COMBO (WITH CHIPS & A DRINK) \$16**

Served on a Toasted 6" Hoagie Roll with Turkey, Ham, Swiss Cheese, Shredded Lettuce, Sliced Tomato, Pepperoncini, Creamy Mayo

**PLEASE NOTIFY THE CASHIER OF ANY ALLERGIES**

## Salads

### CHEF'S SALAD \$14

Bacon, Ham, Turkey,  
Cherry Tomatoes,  
Shredded Monterey  
Jack Cheese, Avocado,  
Hard-Boiled Egg,  
Spring Mix Lettuce

*\*No substitutions*

### CAESAR SALAD \$12

Grilled Chicken,  
Croutons,  
Romaine Lettuce,  
Parmesan Cheese

*\*No substitutions*

## Sides

### VASO DE FRUTA

**\$12.99**

### CLAM CHOWDER

Bowl **\$13.50**

Bread Bowl **\$15**

### BEVERAGES

Agua Fresca **\$8.99**

Fountain Drinks **\$4.75**

## Salad Bar

**Small \$8.99 Large \$10.99**

### GREENS

Spring Mix, Iceberg/Romaine Mix

### TOPPINGS

*Choose 3, add .75¢ for each additional*

Roast Beets

Roast Sweet Potatoes

Carrots

Green Onion

Bistro Olive Mix

Roast Corn

Cucumber

Broccoli

Tomato

Croutons

Almonds

Glazed Walnuts

Cheese-Its

Pine Nuts

Jack/Cheddar Mix

Feta

Parmesan

### PROTEINS

Sous Vide Santa Maria Tri Tip **+\$6**

Applewood Smoked Bacon **+\$3**

Garlic Shrimp **+\$6**

Grilled Chicken Breast **+\$5**

Atlantic Salmon **+\$8**

Avocado (1/2) **+\$2.50** | Whole **+\$4**

### DRESSINGS

Balsamic, Ranch, Honey Mustard, Sesame  
Ginger, Southwest Ranch, Red Wine Vinaigrette