

## MAIN DISHES 12 EACH

served with a side of chips • side upgrades available

Add Chicken \$3 Bacon \$2 Avocado \$1 GF wrap \$1 Vegan Cheese \$1

### PESTO PANINI

Oven Roasted Chicken, Pesto, Mayonnaise,  
Mozzarella Cheese, Spinach, Tomato

### TURKEY AVOCADO PANINI

Oven Roasted Turkey, Avocado, Mayonnaise,  
Provolone Cheese, Spinach, House Roasted Peppers

### HONEY MUSTARD CHICKEN WRAP

Oven Roasted Chicken, pickles, lettuce, tomato,  
onion, Housemade Honey Mustard dressing

### CAESAR CHICKEN WRAP

Oven Roasted Chicken, Romaine, Tomato, Onion  
Pecorino Romano Cheese, Housemade Crouton, Caesar Dressing

### BUFFALO CHICKEN WRAP

Oven Roasted Chicken, Tomato, Onion, Romaine,  
Grass Pastured Cheddar Cheese, Housemade Buffalo Sauce

### CHICKEN PHILLY WRAP

Oven Roasted Chicken, Sautéed Onions & Mushrooms  
Provolone Cheese, Mayonnaise

### SPICY ASIAN WRAP

Oven Roasted Chicken, Cucumber, Lettuce, Onion  
Grass Pastured Cheddar Cheese, Housemade Spicy Asian Sauce

### SPINACH ARTICHOKE WRAP

Oven Roasted Chicken, Spinach, Cucumber, Onion, Romano Cheese,  
House Roasted Peppers, Spinach Artichoke Dip

### JESSICA WRAP

Oven Roasted Chicken, Spinach, Avocado, Olives, Cucumber, Onion,  
House Roasted Peppers, Grass Pastured Cheddar Cheese, Balsamic

### BBQ BACON CHICKEN WRAP

Oven Roasted Chicken, Bacon, Grass Pastured Cheddar Cheese  
Lettuce, Tomato, Onion, Housemade BBQ sauce

### BLACK BEAN BURRITO

Black Beans, House Roasted Peppers, Spinach, Onion  
Grass Pasture Cheddar Cheese, Sour Cream, Avocado, Lime Juice

### HOT HONEY CHICKEN WRAP

Oven Roasted Chicken, Lettuce, Tomato, Onion,  
Pickles, Housemade Croutons, Housemade Hot Honey

## ORGANIC COFFEE

\$.75 for syrup, selection available • decaf available

ESPRESSO 2.5

TRADITIONAL MACCHIATO 3

AMERICANO 2.5 / 3

ICED COFFEE 2.5 / 3

LATTE (HOT OR ICED) 4 / 4.5

MOCHA (HOT OR ICED) 4.75 / 5.25

CAPPUCCINO 4 / 4.5

COLD BREW 5 / 6

## SALADS / SOUPS

daily selections available

Add Chicken \$3 Bacon \$2 Avocado \$1 GF wrap \$1 Vegan Cheese \$1

CAESAR 8

Romaine, Pecorino Romano Cheese, Croutons, Dressing

GREEK 8

Romaine, Kalamata Olives, Tomato, Cucumber  
Pepperoncini, Onion, Feta, Dressing

TACO 10

Romaine, Walnut "meat", Black Beans, Onion,  
Cheddar Cheese, Tomato, Avocado, Sour Cream, Dressing

SOUP DU JOUR 5 / 7

## BREAKFAST

Tue - Fri 11am  
Sat - Sun All Day

Add Chicken \$3 Bacon \$2 Avocado \$1 GF wrap \$1 Vegan Cheese \$1  
Tofu substitutions available on everything below

BACON, EGGS & CHEESE WRAP 12

Scrambled Eggs, Bacon, Grass Pasture Cheddar Cheese

VEGAN BURRITO 12

Tofu Scramble, Black Beans, "Walnut Meat", Avocado, Spinach  
Onion, Housemade Roasted Peppers, Vegan Cheese

AVOCADO TOAST 10

2 Slices of Toast, Mashed Avocado, Tomato, Hemp Seeds

## KIDS MENU

Add Avocado \$1 • GF wrap \$1

Kids Only  
under  
12

AVOCADO TOAST 6

1 Slice of Toast, Mashed Avocado, Tomato, Hemp Seeds

CHEESE QUESADILLA 6

Grass Pastured Cheddar Cheese,  
Add Ons Available

KID'S WRAP 6

Choice of Turkey, Chicken or Bacon, all served with Cheese  
Lettuce, Tomato, Onion, sauces available upon request

## DRINKS

SMOOTHIES 7 / 8

List Available

MATCHA LATTE 4.5 / 5

Organic Matcha, Milk of Choice. Served Hot or Iced  
\*Try with Pistachio Syrup\*

CHAI LATTE 4.5 / 5

Chai Tea, Milk of Choice, Served Hot or Iced

LONDON FOG LATTE 4.5 / 5

Organic Earl Grey Tea, Milk of Choice,  
Organic Vanilla Syrup, Served Hot or Iced

HOT & ICED TEA 4

LEMONADE 4

Seasonal Flavors Available

BEE'S KNEES LEMONADE 5

organic lemonade, lavender syrup, local honey, vanilla extract

ALLERGENS USED IN THIS FACILITY: GLUTEN, SOY, DAIRY,  
TREE NUTS, PEANUTS, FISH AND EGGS

# SMOOTHIES

## PURPLE HAZE

Mango, Pineapple, Mixed Berry, Banana, Flax Seed, Bee Pollen, Coconut Water

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## BLUE DREAM SMOOTHIE

Coconut Milk, Pineapple Juice, Avocado, Vanilla Extract, Blue Spirulina (for color)

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## TROPICAL SUNSET

Mango, Pineapple, Carrot, Banana, Orange Juice

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## COQUI VERDE

Spinach, Mango, Pineapple, Spirulina, Ginger, Coconut Water

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## BERRY DEVOTION

Cherry, Banana, Mixed Berry, Bee Pollen, Coconut Water

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## GREENS

Avocado, Spinach, Pineapple, Apple, Milk of Choice

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## STRAWBERRY BANANA

Strawberry, Banana, Milk of Choice

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## FUNKY MONKEY

Mango, Peanut Butter, Banana, Cacao Powder, Milk of Choice

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## UP WITH THE SUN

Spinach, Dates, Banana, Peanut Butter, Milk of Choice

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## CHOCOLATE PEANUT BUTTER

Peanut Butter, Cacao Powder, Avocado, Milk of Choice

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## EXTRAS

Bee Pollen \$1

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Espresso Shot \$2.50

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Protein Powder \$2  
(VEGAN & UNSWEETENED)

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Collagen Powder \$2

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Spirulina \$1

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Mushroom Powder \$1  
(LION'S MANE OR CORDYCEPS)