

breakfast

SMALL \$6.00 LARGE \$8.00 CEREAL BAR (SELF-SERVE)

\$6.75 BURRITO B.E.A.S.T

Calories | 584 Fat | 26g Protein | 16.5g

Black beans, eggs, avocado, salsa in a giant spinach tortilla; add cheese of your choice

\$5.75 MORNING MELT

Calories | 500 Fat | 23g Protein | 29g

Toasted multi-grain bread (open-faced), with spinach, tomato, free-range eggs and cheddar cheese

\$5.25 HARVEST PARFAIT

Calories | 466 Fat | 11g Protein | 8.5g

Layers of fresh fruit, nonfat vanilla yogurt and granola

\$5.25 FRUIT SALAD

Layers of fresh seasonal fruit.

lunch & dinner

\$6.75 ALBACORE WRAP

Calories | 636 Fat | 36.5g Protein | 32g

Tuna, romaine lettuce, tomato, cheddar cheese tossed with house dressing in a sprouted wheat tortilla

\$5.75 TURKEY

Calories | 684 Fat | 34g Protein | 41g

Roasted turkey breast, fresh produce, Monterey jack, honey-Dijon dressing on whole grain bread.

\$5.25 LOX AND BAGEL

Calories | 646 Fat | 34g Protein | 38g

Smoked salmon, sliced tomato and red onion, with cream cheese on an open-faced bagel

\$5.25 QUESADILLA

Black beans and Monterey jack folded in a sprouted wheat tortilla with salsa and guacamole

soups & salad

SMALL \$7.00 LARGE \$9.00 SALAD BAR (self-serve)

SMALL \$3.50 LARGE \$4.50 SOUPE DU JOUR (self-serve)

brewed drinks

SMALL

LARGE

\$1.50

\$2.00

FULL BODY ROAST

\$3.00

\$4.00

LATTÉ

\$3.00

\$4.00

MOCHA

\$3.00

\$4.00

CAPPUCCINO

SMALL

LARGE

\$1.75

\$2.25

ICED TEA

\$1.75

\$2.50

HOT CHOCOLATE

SINGLE

DOUBLE

\$1.50

\$3.00

ESPRESSO SHOT

juices

SMALL	LARGE	
\$3.50	\$4.50	WEIGHT LOSS Celery Carrot, Green Juice, Spinach, Apple
\$3.50	\$4.50	DETOX CLEANSING Citrus Cucumber, Blueberry, Banana, Orange, Beet
\$3.50	\$4.50	ENERGY STAMINA Orange Lemonade, Ultimate 'C' Energy, Pineapple, Cucumber
\$3.50	\$4.50	DIABETICS Fresh from the Garden, Orange, Broccoli, Apple, Cabbage
\$3.50	\$4.25	CLEAR MIND Blueberries and our Pink Lemonade (lemon, apple, beets)
\$4.75	\$6.00	IMMUNE BOOSTER Banana, fresh apple juice, yogurt, single shot of wheatgrass
\$3.50	\$4.25	STAY YOUNG Frozen mango and lemon, orange and celery juices
\$4.75	\$6.00	THE POWER STATION Banana, fresh apple juice, low fat yogurt, protein powder, 3 berry mix
\$3.00	\$4.00	JUICE MIXERS (CHOOSE UP TO 3) Carrot, Apple, Cucumber, Spinach, Celery, Ginger, Orange, Pink Lemonade (lemon, apple, beets)
		SINGLE \$2.75 WHEATGRASS
		DOUBLE \$4.50

smoothies

SMALL	LARGE	
\$3.50	\$4.25	CALI FUSION Strawberry, Peach, Mango, Banana, Apple Juice and Frozen Yogurt
\$3.50	\$4.25	FLORIDA FUSION Peach, Mango, Pineapple, Orange Juice and Frozen Yogurt
\$3.50	\$4.25	GREEN MACHINE Spinach, Mango, Tofu, Apple Juice
\$3.50	\$4.25	MANGO MAGIC Mango, Banana, Apple Juice and Frozen Yogurt
\$3.50	\$4.25	PINKY BREEZY Strawberry, Pineapple, Orange Juice and Frozen Yogurt
\$3.50	\$4.25	PURPLEBERRY 3 Berry Mix, Pineapple, Orange Juice and Frozen Yogurt
\$3.50	\$4.25	SPA BERRY Blueberry, Strawberry, Apple Juice, Frozen Yogurt and Muesli
\$1.50	\$2.00	VANILLA PROTEIN SHAKE Banana, fresh apple juice, low fat yogurt, protein powder, 3 berry mix
\$3.00	\$4.00	CHOCOLATE PROTEIN SHAKE