

**Soup du Jour** (Seasonal)

Cup - **\$3.50**

Bowl - **\$4.50**

**Wild Sides**

Cheese; Dressing; Salsa; Chips; Yogurt; or Fruit	<b>\$1.50</b>
Hummus, Feta & Chips	<b>\$4.25</b>
Chips & Salsa	<b>\$2.50</b>
Beans & Cheese	<b>\$3.00</b>
Rice, Beans & Salsa	<b>\$3.50</b>

**Smoothies**

	Sm.	Lg.
<b>Cali Fusion</b> strawberry, peach, mango, banana, apple juice & frozen yogurt	Calories   492 <b>\$3.50</b>	Calories   668 <b>\$4.25</b>
<b>Florida Fusion</b> peach, mango, pineapple, orange juice & frozen yogurt	Calories   390 <b>\$3.50</b>	Calories   465 <b>\$4.25</b>
<b>Green Machine</b> spinach, mango, tofu, apple juice	Calories   475 <b>\$3.50</b>	Calories   528 <b>\$4.25</b>
<b>Mango Magic</b> mango, banana, apple juice & frozen yogurt	Calories   470 <b>\$3.50</b>	Calories   699 <b>\$4.25</b>
<b>Pinky Breezy</b> strawberry, pineapple, banana, apple juice & frozen yogurt	Calories   390 <b>\$3.50</b>	Calories   564 <b>\$4.25</b>
<b>Purpleberry</b> 3 berry mix, pineapple, orange juice & frozen yogurt	Calories   314 <b>\$3.50</b>	Calories   394 <b>\$4.25</b>
<b>Spa Berry</b> blueberry, strawberry, apple juice, frozen yogurt & muesli	Calories   380 <b>\$3.50</b>	Calories   636 <b>\$4.25</b>

**Fresh-Squeezed Juice**

Sm.

Lg.

**New Juice Combos!**

<b>Clear Mind</b> Blueberries + our Pink Lemonade (lemon, apple, beets)	Calories   200	<b>\$3.50</b>	<b>\$4.25</b>
<b>Immune Booster</b> Banana, fresh apple juice, yogurt, single shot of wheat grass	Calories   300	<b>\$4.75</b>	<b>\$6.00</b>
<b>Stay Young</b> Frozen mango + lemon, orange and celery juices	Calories   188	<b>\$3.50</b>	<b>\$4.25</b>
<b>Stomach Ease</b> Carrot, apple, cucumber and ginger juices	Calories   248	<b>\$3.00</b>	<b>\$4.00</b>
<b>The Power Station</b> Banana, fresh apple juice, low fat yogurt, protien powder, 3 berry mix.	Calories   483	<b>\$3.50</b>	<b>\$4.25</b>
<b>Apple/Cucumber</b>	Calories   210	<b>\$3.00</b>	Calories   315 <b>\$4.00</b>
<b>Carrot</b>		<b>\$3.00</b>	<b>\$4.00</b>
<b>Carrot/Apple/Cucumber</b>	Calories   200	<b>\$3.00</b>	Calories   300 <b>\$4.00</b>
<b>Carrot/Apple/Spinach</b>	Calories   198	<b>\$3.00</b>	Calories   297 <b>\$4.00</b>
<b>Carrot/Celery/Ginger</b>	Calories   130	<b>\$3.00</b>	Calories   195 <b>\$4.00</b>
<b>Orange</b>	Calories   130	<b>\$3.00</b>	<b>\$4.00</b>
<b>Pink Lemonade</b> (lemon, apple, beets)	Calories   173	<b>\$3.00</b>	<b>\$4.00</b>
<b>Wheatgrass</b>	Single	<b>\$2.75</b>	Double <b>\$4.50</b>



Sound nutrition is the foundation of our wellness philosophy

6:30a-8p Monday - Friday  
7a-6p Saturday & Sunday

Natural, Organic,  
Locally Grown Foods.



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A WELLNESS RESORT

## Breakfast Items

**Banana Nut Bagel** Calories|700 Fat|19.5g Protein|17g **\$5.25**  
Toasted bagel with melted almond butter, banana & honey; side of fruit

**Burrito B.E.A.S.T.** Calories|584 Fat|26g Protein|16.5g **\$6.75**  
Our trainers' favorite! --- black beans, eggs, avocado, salsa in a giant spinach tortilla; add cheese of your choice

**Burrito B.E.S.T.** Calories|345 Fat|8g Protein|23g **\$6.50**  
The least of the BEAST: all the same goodness with light cheese, egg whites and no avocado, enveloped in a whole wheat tortilla

**Morning Melt** Calories|500 Fat|23g Protein|29g **\$5.75**  
Toasted multi-grain bread, (open-faced), with spinach, tomato, free-range eggs & cheddar cheese

**Steel Cut Oats** Calories|511 Fat|14g Protein|19g **\$5.00**  
Excellent nutrition in a bowl! Blueberries, walnuts, and honey on the side

**Harvest Parfait** Calories|466 Fat|11g Protein|8.5g **\$5.25**  
Layers of fresh fruit, nonfat vanilla yogurt & granola

**Wild Oats** Calories|463 Fat|14g Protein|15g **\$5.00**  
Hearty oatmeal topped with strawberries, banana and frozen yogurt

**Bagel & Cream Cheese** **\$4.00**  
(Bagel) Calories|310 Fat|1.5g Protein|12g  
(Cream Cheese) Calories|96 Fat|10g Protein|2g  
(non-dairy Tofutti) Calories|60 Fat|5g Protein|1g

## Fresh Ground Coffee

	Sm.	Lg.
Full Body Roast	<b>\$1.50</b>	<b>\$2.00</b>
Latte	<b>\$3.00</b>	<b>\$4.00</b>
Mocha	<b>\$3.00</b>	<b>\$4.00</b>
Cappuccino	<b>\$3.00</b>	<b>\$4.00</b>
Espresso Shot	Single <b>\$1.50</b>	Double <b>\$3.00</b>
Iced Tea	<b>\$1.75</b>	<b>\$2.25</b>
Hot Chocolate	<b>\$1.75</b>	<b>\$2.50</b>

Please specify soy or organic milk

## Sandwiches & Wraps

(Served with a side of chips and salsa)

**Tuna Sandwich** Calories|688 Fat|37g Protein|30g **\$7.25**  
Tuna, fresh produce, honey-mustard dressing, vegenaise & sweet pickles on multi-grain bread

**Albacore Wrap** Calories|636 Fat|36.5g Protein|32g **\$7.25**  
Tuna, romaine lettuce, tomato, cheddar cheese tossed with house dressing in a sprouted wheat tortilla

**Monterey Bagel Sandwich** Calories|674 Fat|30.5g Protein|23g **\$6.50**  
Open-faced toasted bagel, hummus, avocado, tomato, red onion, melted Monterey jack cheese

**Turkey** Calories|684 Fat|34g Protein|41g **\$7.50**  
Roasted turkey breast, fresh produce, Monterey jack, honey-Dijon dressing on whole grain bread

**Lox and Bagel** Calories|646 Fat|26g Protein|38g **\$6.75**  
Smoked salmon, sliced tomato and red onion, with cream cheese on an open-faced bagel

\* Fresh Produce: baby spinach, red cabbage, carrot, tomato, red onion and sprouts

## Salads

**Seasonal Salad of the Week** **\$6.75**  
\*Please see server for this week's special

**Arden Crunch Salad** Calories|290 Fat|14g Protein|3g **\$6.75**  
Baby spinach, red cabbage, carrot, tomato, red onion, sprouts

**Caesar Salad** Calories|345 Fat|16.5g Protein|26g **\$7.25**  
Chicken, romaine lettuce, feta cheese, tomato with roasted garlic aioli dressing

**Mediterranean Salad** Calories|314 Fat|23g Protein|6g **\$6.75**  
Baby spinach, red cabbage, carrot, tomato, red onion, sprouts, capers, feta, Kalamata olives and marinated mushrooms

**Southwestern Salad** Calories|276 Fat|16.5g Protein|10g **\$6.75**  
Baby spinach, red cabbage, carrot, tomato, red onion and sprouts topped with grated jack and cheddar cheeses, salsa and crushed tortilla chips

**Soup and Salad Combo** **\$7.00**  
Cup of fresh soup and your choice of the Arden Crunch or Caesar Salad.

Add chicken or turkey breast for \$2.75  
Fat-free & low-fat dressings available

## Sprouts Bowls

**火 Flame:** Roasted chicken, fajita style onions, peppers, coriander, cumin, garlic, served over hot black beans, salsa verde, and guacamole **\$7.50**  
Calories|384 Fat|14g Protein|18g

**全 Ore:** Mango chicken curry topped with pistachios, cilantro, lime and brown rice **\$7.00**  
Calories|381 Fat|21g Protein|13g

**土 Earth:** Seven grain blend, basil pesto marinated mushrooms, caramelized onions, carrots, and oven roasted root vegetables. **\$6.75**  
Calories|605 Fat|20g Protein|24g

**木 Tree:** Roasted turkey, orzo, black quinoa, Israeli cous cous, green split pea, and a slaw of napa cabbage, red cabbage, carrot, radish, and raspberry dressing **\$7.50**  
Calories|643 Fat|22g Protein|29g

**水 Wave:** Quinoa and roasted cashews, spinach, purple kale, marinated olives, roma tomato, red onion, cucumber, feta cheese **\$6.75**  
Calories|337 Fat|20g Protein|11g

**Teriyaki:** Teriyaki chicken and vegetables served over brown rice **\$7.50**  
Calories|263 Fat|2g Protein|24g

**Novice:** Black beans, brown rice, Monterey Jack cheese, shredded cabbage and carrots **\$7.00**  
Calories|277 Fat|6g Protein|16g

## Melts

(Served with a side of spinach salad)

**Veggie Black Bean Patty** Calories|610 Fat|15.5g Protein|30g **\$6.75**  
Organic mixed veggie patty, spinach, tomato, red onion, Monterey jack, roasted garlic aioli on toasted ciabatta

**Mushroom Melt** Calories|580 Fat|18g Protein|24g **\$7.00**  
Gourmet mushrooms, jack cheese, shredded jicama and carrot, roasted red pepper aioli on ciabatta, pressed panini-style

**Quesadilla** Calories|609 Fat|33.5g Protein|27g **\$5.75**  
Black beans and Monterey jack folded in a sprouted wheat tortilla with salsa and guacamole  
Add Chicken for \$2.75 Calories|92 Fat|2g Protein|18g