

recovery

avocado bruschetta

multi grain toast, mashed avocado, tomato, chive, grated eggs

turkey wrap

whole wheat wrap, kale, tomato, cinnamon sweet potato spread

banana bagel

cinnamon raisin bagel, peanut butter, apple, banana, blueberries, orchids

fresh pressed juice

\$5.⁰⁰
roots

beet, strawberry, carrot, apple

purple rain

blackberry, blueberry, pear, apple, acai

orange

orange, carrot, ginger

kale tonic

kale, golden apple, cucumber, lemon, celery

juice to order

choose from the chefs seasonal selections

smoothie

\$6.⁰⁰
refuel

peanut butter, banana, cocoa, almond milk, flax seed

antioxidant

blueberry, blackberry, strawberry, coconut milk, ginger, oats

serenity

peach, pear, cilantro, ginger, nonfat milk, avocado

detox

kale, coconut water, mango, mint, parsley, celery, hemp or chia seeds

cereals

all bran

all bran, shredded wheat, oat bran flakes, corn flakes

organic granola

sun dried pears, apricots, low fat yogurt, low fat milk, skim milk buttermilk, soy milk

hot apple cider oatmeal

oatmeal, apple cider, apples, cinnamon, nutmeg

balance

build your own: greek yogurt

blueberry, honey, chia seed, pineapple, strawberries, flax seed

fresh fruit plate (gluten free)

sliced melons, pineapple, berries, mint

homemade muffins

gluten free muffins

zucchini muffin
banana nut muffin
