

CREATE YOUR OWN SANDWICH

\$12 BASE PRICE INCLUDES YOUR CHOICE OF:

- ONE BREAD
- ONE PROTEIN
- ONE CHEESE
- TOPPINGS
- ONE SIGNATURE SAUCE

Choose from our selection of fresh toppings: leafy greens, veggies, and pickles, and one of our signature toppings

+ Add-ons (Extra Charge): Protein +\$3 • Signature Toppings +\$.50
Extra dressing +\$.50 • Extra egg +\$.50 • Extra Cheese +\$1

CREATE YOUR OWN BOWL

\$10 BASE PRICE INCLUDES YOUR CHOICE OF:

- BASE
- TOPPINGS
- ONE CHEESE
- ONE SAUCE

A selection of leafy greens and grains.

Choose from our selection of fresh toppings: veggies, pickles, and one of our signature toppings

+ Add-ons (Extra Charge): Protein +\$3 • Signature Toppings +\$.50
Extra dressing +\$.50 • Extra egg +\$.50 • Extra Cheese +\$1

\$12 EASY PICK FARMER'S RECOMMENDATIONS

KALE-ROOM Cal. 200
Pulled Beef, White Button Mushroom, Carrot, Red Bell Pepper, Kale, Olive Oil, Balsamic Vinegar.

THE GANGNAM Cal. 320
Pepper Steak, Kimchi Napa-cabbage, Frisee, Palm Hearts, KongFoo Sauce.

SPINACH AND ARTICHOKE Cal. 360
\$10 (Vegetarian)

Baby Spinach, Red Cherry Tomato, Artichoke hearts, Avocado, Olive Oil, Balsamic Vinegar, Kalamata Olives, (protein extra).

SPICY SEAFOOD Cal. 260
Spiced Shrimps, Boston Lettuce, Pepperoncini, Edamame, California Crunch, Wassup Bae Sauce.

HERMANOS Cal. 270
Chicken Fajita Strips, Iceberg Lettuce, Corn Kernels, Pico de Gallo, Red Beans, Mama Mia Sauce.

FRUITY CHICKEN Cal. 670
Lemon and Herb Chicken, Strawberry, Feta Crumble, Rockette, Walnut, Balsamic Vinegar, Olive Oil.

SOUP OF THE DAY*

\$6.50

FRENCH ONION Cal. 400
Classic onion soup

TOMATO BASIL Cal. 100
Classic tomato basil soup

VEGGIE NOODLES Cal. 130
Asian-inspired vegetarian soup

HEARTY LENTIL Cal. 140
Vegetarian, hearty version of the classic lentil soup

CHICKEN NOODLE Cal. 390
Homestyle chicken noodle soup

HARIRA Cal. 150
Moroccan-style soup, mildly spicy and full of flavor

Soups are served with a side of bread

* Not all soups are served daily. Ask which soup is being served today.

FOOD ALLERGY NOTICE: Please be advised that food prepared here may contain these ingredients: milk, eggs, wheat, soybean, peanuts, tree nuts, fish and shellfish.
VEGETARIAN OPTIONS: Ask one of our associates for guidance.

YOUR CHOICES

BREAD For sandwiches only

RUSTIC CIABATTA
SOFT BAGUETTE
TORTILLA WRAP

PARISIAN BAGUETTE
PITA
GLUTEN FREE OPTION

CHEESE

CHEDDAR
MOZZARELLA
GORGONZOLA

MONTEREY JACK
FETA
BRIE

PROTEIN

PEPPER FLAVORED GRILLED BEEF STRIPS Cal. 190
Peppery, succulent strips of marinated striploin steak

ASIAN INSPIRED PULLED BEEF Cal. 130
Rich and juicy pulled roasted beef with a mild Asian BBQ flavor

MEDITERRANEAN INSPIRED KOFTA Cal. 160
Homemade roasted, flavorful slices of minced lamb, with herbs and spices

CHICKEN FAJITA STRIPS Cal. 200
Mexican-inspired strips of chicken with garlic and mild heat

CHICKEN SATAY STRIPS Cal. 260
Nutty, slightly spicy southeast Asian-style grilled chicken strips

LEMON AND HERB CHICKEN Cal. 220
Mild, balanced flavor of lemon, herb and garlic-infused grilled chicken strips

SPICED SHRIMPS Cal. 80
Spicy, tangy and garlic-marinated grilled shrimp

TUNA MELT Cal. 150
Creamy, rich tuna melt spread

SMOKED SALMON
Classic smoked salmon

PROSCIUTTO
Thin slices of salt-cured pork

BITE-LINGS

3 for \$10.50

BEEFY GANGNAM WRAP Cal. 220
Pepper steak, shredded carrot, kimchi napa cabbage

MEXICKEN Cal. 200
Chicken fajita, shredded carrot, pico de gallo

CALI-MAKI-ROLL Cal. 200
Spiced shrimps, shredded carrot, California crunch

TOFU-KUNGFU Cal. 130
Grilled spiced tofu, sliced green bell pepper, sliced onion, shredded carrots

PASTRY

\$4.50

PAN AU CHOCOLAT
PLAIN CROISSANT
GLUTEN FREE VEGAN CROISSANTS

SIGNATURE TOPPING

CALIFORNIA CRUNCH Cal. 10
Thinly diced mango, carrot, cucumber, and tomato, sprinkled with black sesame seeds

PURPLE SLAW Cal. 80
Sweet, crunchy creamy purple version of classic coleslaw

MILD TABBOULEH Cal. 20
Mediterranean staple with herbs and citrus, balanced to complement your meal

PICO DE GALLO Cal. 30
Latin American mix of chopped bell pepper, tomato, onion, jalapeño and cilantro

HUMMUS Cal. 150
Mediterranean spread made with chickpeas and tahini

KALE SLAW Cal. 45
Fruity, earthy and mayo-free slaw with avocado yogurt and kale

KIMCHI NAPA CABBAGE Cal. 10
Korean-inspired hot and spicy salad

MOUTABBAL Cal. 45
Smoky, nutty and creamy Middle Eastern spread

SIGNATURE SAUCE

DYNAMITE Cal. 150
Creamy, spicy, savory with garlic and mild sourness

GARLIC YOGURT Cal. 150
Tangy, creamy yogurt sauce with garlic and herbs

AVOCA-NAISE Cal. 35
Alternative to mayo, slightly tangy and earthy avocado and yogurt-based sauce

BEETROOT TAHINI Cal. 60
Middle Eastern-inspired mildly sweet, creamy and smooth

CURRY TOMATO Cal. 45
Indian-inspired, hot and spicy ketchup with curry flavor

TZATZIKI DIP Cal. 15
Refreshing Greek dip with yogurt, cucumber and mint

POMEGRANATE Cal. 170
Fruity and light, sweet and sour, tangy dressing

KONGFOO Cal. 80
Asian-inspired slightly nutty, hot and spicy, sweet and sour

CREAMY FRENCH MUSTARD Cal. 100
Classic, rich, extra creamy

WASSUP BAE Cal. 180
Japanese-inspired wasabi flavored, slightly tangy and nutty, smooth and creamy

MAMA MIA Cal. 40
Italian-inspired rich tomato base, with hints of basil and capers

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WHOLE HEARTEDLY GOOD MNU



BY FRESH DEL MONTE PRODUCE

Calories are based on standard serving portion.



BRKFST

ACAI BOWLS

\$14

TROPICAL FRUIT MEDLEY Cal. 340
Acai, coconut milk, honey, banana, diced mango, sliced kiwi, chia seeds

BERRIES & GREEK YOGURT Cal. 280
Acai, mixed berries, honey, greek yogurt, strawberries, raspberries, blackberries, blueberries, dried cranberries

BANANA & ALMOND TRILOGY Cal. 610
Acai, honey, almond butter, almond milk, banana, dark chocolate chips, rolled oats, almond flakes

+ Add-ons (Extra Charge): Nuts +\$1 • Honey +\$1 • Oats +\$1
Extra Fruits +\$1 each • Cocoa Nibs +\$1

AVOCADO & GREENS Cal. 370
Acai, avocado, kale, spinach, coconut milk, kiwi, pistachio, shredded coconut

CHOCO & NUTS Cal. 740
Acai, Nutella, banana, almond milk, banana, granola, walnuts, almond flakes, raisins

BOWLICIOUS

\$8

Smoothie Bowls

BREEZY Cal. 380
Banana, Greek Yogurt, Strawberry, Pineapple, Muesli, Honey

BERRYCADO Cal. 440
Avocado, Greek Yogurt, Honey, Blueberry, Banana

TROPICAL Cal. 380
Banana, Greek Yogurt, Mango, Pineapple, Honey

MAMA CHIA Cal. 210
Chia Seeds, Unsweetened Cocoa Powder, Honey, Coconut Milk

PARFAITS

\$8

BLUEBERRY Cal. 370
Layered Greek yogurt, blueberries, granola, honey

STRAWBERRY Cal. 210
Layered Greek yogurt, strawberries, granola, honey

MANGO Cal. 370
Layered Greek yogurt, mango, granola, honey

KIWI Cal. 220
Layered Greek yogurt, kiwi, granola, honey

Calories are based on standard serving portion.



PROTEIN BOWLS

\$14

THE BARN YARD Cal. 320
Pulled beef, scrambled eggs, quinoa, feta, choice of signature sauce

MEXICAN CRUNCH Cal. 550
Cooked oats, chicken fajita, kidney beans, jack cheese, salsa, choice of signature sauce

+ Add-ons (Extra Charge): Protein +\$3 • Signature Toppings +\$.50
Extra dressing +\$.50 • Extra egg +\$.50 • Extra Cheese +\$1 • Extra Grains +\$1

VEGAN'S CHOICE Cal. 390
Cooked oats, mushrooms, broccoli, avocado, cherry tomato, choice of signature sauce

SMOKEY PILAF Cal. 250
Smoked salmon, brie, sundried tomato, preserved artichokes, couscous, choice of signature sauce

SAVORY TOASTIES

\$5

AVOCADOS N' CREAM Cal. 280
Almond, Cream Cheese & Pomegranate

BLUEBERRY BASHER Cal. 220
Blueberry, Cream Cheese & Pistachio

STRAWBERRY SAMURAI Cal. 210
Cream Cheese, Strawberry & Edamame

SLICE OF HOME Cal. 310
Hummus, Pomegranate & Walnut

GREEN FAIRY Cal. 210
Avocado, Feta & Pomegranate

BASIL BERRY GARDEN Cal. 200
Cream cheese, Berries & Basil

FAITHFUL DATE Cal. 360
Feta, Dates & Almonds

EGGS ON TOAST \$12
Two eggs cooked the way you like it, served over two toasties, with a small side salad
*served from 7-11 a.m. only

+ Extras \$1 each: Extra Fruit • Extra Cheese/Spread • Extra Nuts • Extra Honey

SWEET TOASTIES

\$5

AVOCADO BOMBSHELL Cal. 270
Avocado, Ricotta, Honey & Pomegranate

HONEY BLUE Cal. 210
Blueberry, Ricotta, Honey & Pistachio

MERRY BERRY Cal. 210
Ricotta, Berries, Honey & Pistachio

PINEAPPLE ISLAND Cal. 200
Ricotta, Pineapple & Almonds

+ Extras \$1 each: Extra Fruit • Extra Cheese/Spread • Extra Nuts • Extra Honey

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VEGETARIAN OPTIONS: Ask one of our associates for guidance.



SUPER SMOOTHIES

One Size \$12 (16 oz.)

ALMOND BANANA BREAKFAST Cal. 630
Banana, Oats, Almond Milk, Peanut Butter, Almonds, Dates.

BANANA WAKE-UP CALL Cal. 600
Banana, Americano Coffee, Coconut Milk, Virgin Coconut Oil, Greek Yogurt, Unsweetened Cocoa Powder, Honey, Oats.

APPLE SPINACH Cal. 390
Green Apple, Baby Spinach, Almonds, Oats, Cinnamon Powder, Almond Milk, Ice Cubes, Greek Yogurt, Honey.

GREEN LEPRECHAUN Cal. 490
Banana, Avocado, Almond Milk, Baby Spinach, Greek Yogurt, Dates, Honey.

BLUEBERRY BOOSTER Cal. 390
Blueberry, Greek Yogurt, Walnuts, Flax Seeds, Honey.

+ Add-ons (Extra Charge): Nuts +\$1 • Honey +\$1 • Oats +\$1
Extra Fruits +\$1 each • Cocoa Nibs +\$1

VERY BERRY Cal. 350
Strawberry, Blueberry, Blackberry, Raspberry, Greek Yogurt, Walnuts, Flax Seeds, Almond Milk, Honey.

HUNGRY MONKEY Cal. 590
Banana, Almond Milk, Peanut Butter, Greek Yogurt, Unsweetened Cocoa Powder, Honey, Ice Cubes.

CITRUS BLAST Cal. 550
Orange Juice, Orange Zest, Almond Milk, Greek Yogurt, Honey, Oats.

ISLAND SUNSHINE Cal. 460
Banana, Pineapple, Coconut Milk, Dried Coconut, Virgin Coconut Oil.

CHOCO COCONUT Cal. 640
Coconut Milk, Dried Coconut, Virgin Coconut Oil, Peanut Butter, Greek Yogurt, Unsweetened Cocoa Powder, Honey.

HT & CLD BEVRGS

HOT BEVERAGES

ESPRESSO	\$2.75
ESPRESSO DOPPIO	\$3.50
MACCHIATO	\$3.15
CORTADITO	\$2.85
AMERICANO	M \$3.00 / L \$3.50
LATTE	M \$3.50 / L \$4.15
CAPPUCCINO	M \$3.50 / L \$4.15
HOT CHOCOLATE	M \$4.25 / L \$5.25
MOCHA	M \$4.25 / L \$5.25
HOT TEA	\$2.75 (12oz)

+ Extras \$1 each: Non-dairy alternative • Espresso shot • Honey

COLD BEVERAGES

ICED COFFEE	\$3.25 (16oz)
ICED LATTE	\$4.15 (16oz)
ICED TEA	\$3.25 (16oz)
NAIIH-CHA	\$3.25 (16oz)

(HONG KONG STYLE ICED TEA)

Alternatives (non-dairy) (Almond Milk / Soy Milk / Coconut Milk / Oat Milk / Cashew Milk / Macadamia Milk / Quinoa Milk)

FRESH BOTTLED JUICES

One Size \$8 (16 oz.)

SINGLE FLAVORED

Fresh Orange, Green Apple, Apple, Watermelon, Pineapple, Carrot, Grape, Pomegranate, Mango

JUICE MIXES

Pineapple Orange, Orange Carrot, Mixed Berries, Lemon Mint & Honey Lemonade, Cocktail Juice

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