



Build Yo Salad



SMALL VEG BOWL

ANY BASE

ANY VEG TOPPINGS

ANY CHEESE & FRUIT

ANY DRESSING

\$8.99



REGULAR VEG BOWL

ANY BASE

ANY VEG TOPPINGS

ANY CHEESE & FRUIT

ANY DRESSING

\$10.99



VEG WRAP

ANY BASE

6 VEG TOPPINGS

1 CHEESE 2 FRUIT

ANY DRESSING

\$8.99



VEG KIDS MEAL

1 BASE

5 TOPPINGS

1 CHEESE 2 FRUIT

ANY DRESSING

\$5.99



RICE BOWLS (HOT MEAL)

BASE WHITE RICE

6 VEG TOPPINGS

1 CHEESE 2 FRUIT

ANY SAUSE OR DRESSING

INCLUDED 1 PORTION CHICKEN


\$10.99

PROTEIN

CHICKEN \$2.75 

Crispy Chicken \$3.00 

SEAFOOD \$4.00 

Turkey \$3.00 

Tofu \$3.00 

ITALIAN PASTA \$2.00 

AVOCADOS \$1.50 

Step 1... Choose your **Base**

Step 2... Choose your **Toppings**

Step 3... Choose your **Cheese & Fruit**

Step 4... Choose your **DRESSING**

Step 5... Choose your **Protein**

Step 6... Choose your **Crunch**

READY? LETS BUILD A BOWL!



1 scoop allowed from each container extra scoop will be subject to charge extra \$.75



Build Yo Salad

Step 1... Choose a Base



MIX SALAD
Ice Burg
Romaine
Red Cabbage



ROMAINE



MIX ARCADIAN



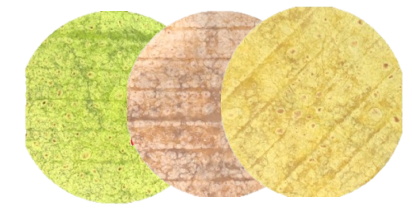
KALE



SPINACH



ARUGULA



WRAPS
Cool Cucumber
Whole Wheat
South west

Step 2... Choose your Topping

- Tomatoes
- Cucumber
- Carrots
- Mushroom
- Bell peppers

- Broccoli
- Radish
- Jalapeno (pickled)
- Bean sprouts
- Red onions

- Banana pepper
- Pickles
- Red Cabbage
- Sundried tomatoes
- Cilantro

- Black olives
- Green olives
- Green peas
- Corn
- Jalapeno

- Chick peas
- Black beans
- Cabbage
- Edamame
- Cut Beets

Step 3... Choose your Cheese & Fruit

- Cheese Mix
- Orange

- Parmesan
- Pineapple

- Feta Cheese
- Grapes

- Blue cheese
- Strawberry

- Chopped egg
- Mango

1 scoops allowed from each container extra scoop will be subject to charge extra \$.75

Some of the items may not be available temporarily due to shortages

Step 4... Choose your Dressing

Avocado ranch



Balsamic Vin



Fat free Italian



Raspberry vin



Blue Cheese



Apple cider creamy



Buttermilk ranch



Jalapeno ranch



Honey mustard



1000 Island



French



Caesar



Olive Oil



Lemon juice



Spicy mayo



House



Sesame Asian



Yum Yum



Step 5... Choose your Protein



Grilled Chicken



\$2.75



Pesto Chicken



\$2.75



Chipotle Chicken



\$2.75

Salmon



\$4.00

Shrimp



\$4.00

Mix sea food



\$4.00



Crab Meat



\$4.00



TURKEY



\$3.00



Crispy Chicken



\$3.00

Pasta



\$2.00

Avocado



\$1.50

Artichoke



\$1.50

Tofu



\$3.00

Step 6... Choose your Crunch & toppings

Pumpkin seeds



Almonds



Fried Onions



Cranberries



Bacon Bits



Croutons



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Soups cups, Sides & DESSERTS



Tomato Basil Bisque
\$3.50



Broccoli Cheese (\$3.50)
White Cheddar



Fire Roasted (\$3.50)
Vegetable



Lobster Chowder
\$4.50



\$3.99



\$3.99



\$2.99



\$2.99



\$2.99



\$3.99



3.99



(4) French Macrons
\$4.99



New York
Cheesecake \$4.99
All natural rich & creamy!



Mixed berry cake
\$4.99



(3) Cookie
Macrons \$4.99



(4) Mini iced cake
\$4.99

SIGNATURE SALADS OR WRAPS

CHICKEN CAESAR SALAD

Romaine, shaved parmesan
cheese, Grilled Chicken
Caesar dressing, Croutons (\$9.99)



SPINACH SALAD

Spinach, seasonal Fruit, Strawberries
Blue Cheese, Cranberries, Raspberry
Vinaigrette (\$9.99)



CLUB SALAD

Mix Salad, Cucumber, tomatoes,
Mix Cheese, Avocado, Cranberries
Grilled chicken, Honey Mustard (\$11.99)



SALMON SALAD

Spinach, Tomatoes, Onions, Carrots,
Feta Cheese, Salmon, Pumpkin seeds,
Balsamic Vinaigrette (\$13.99)



AVOCADO RANCH SALAD

Mix Green, Tomatoes, Onions, Corn,
Black bean, avocado, Grilled Chicken
Avocado Ranch (\$11.99)



JALAPENO RANCH SALAD (SPICY)

Mix Green, bell pepper, Corn,
Black bean, Cilantro, Chipotle Chicken
Jalapeno Ranch (\$11.99)



DESSERTS