

NEW LUNCH COMBOS

BAGUETTE OR WRAP LUNCHBOX \$19.15

Includes: Baguette OR Wrap with Chef's Assortment Fillings, Homemade Granola Bar, Brownie

SANDWICH LUNCHBOX \$15.65

Includes: Classic Sandwich with Chef's Assortment Fillings, Bag of Kettle Chips, Cookie, Piece of Fresh Fruit

SUSHI LUNCHBOX SUPREME \$21.05

Includes: Rainbow Roll (9 Pieces), Piece of Fresh Fruit, Cookie

REGULAR LUNCHBOX COMBO \$16.00:

CHOOSE A SANDWICH:

Grilled Cheese, Egg Salad, Ham & Cheese, Tuna Salad, Chicken Salad, BLT

CHOOSE EITHER:

A Bag of Kettle Chips & Cookie

Or

A Fresh Fruit Cup

SUSHI LUNCHBOX CLASSIC \$18.65

Includes: Spicy Tuna OR Spicy Salmon Roll, Miso Soup, Piece of Fresh Fruit, Cookie

SUSHI LUNCHBOX VEGETARIAN \$18.65

Includes: Avocado Roll & Veggie Spring Rolls, Piece of Fresh Fruit, Cookie

BURRITO BOWL LUNCHBOX \$24.75

Includes: Burrito Bowl: Quinoa, Beans, Corn, Onions, Peppers, Iceberg Lettuce, Kale, Sour Cream, Guacamole & Cheddar

Your Choice or Protein: Falafel, Grilled Chicken, Pulled Beef
Dessert: Cheesecake

SUSHI LUNCHBOX COMBO \$16.00:

MAKI & SOUP COMBO:

Spicy Tuna *or* Spicy Salmon Roll and a Miso Soup

ROLL & SPRING ROLL COMBO:

Avocado Roll & Veggie Spring Rolls
with Sweet Chili Dipping Sauce



SALADS

CAJUN SHRIMP SALAD \$14.50

Sautéed Cajun Spiced Shrimp, Spinach, Cherry Tomato, Sweet Corn, Boiled Egg, Sesame Seeds, Dijon Mustard Dressing

STEAK & AVOCADO SALAD \$19.45

Striploin, Spinach, Kale, Quinoa, Feta Cheese, Olives, Red Onions, Guacamole, Roasted Garlic & Olive Oil Dressing

WAHOO & KALE CAESAR SALAD \$18.70

Grilled Wahoo, Avocado, Parmesan Cheese, Croutons, Cherry Tomatoes, Salsa Verde

GRILLED CHICKEN SPINACH SALAD \$13.25

Boiled Egg, Olives, Sundried Tomatoes, Artichoke Hearts, Balsamic Vinaigrette

GRILLED CHICKEN KALE CAESAR SALAD \$15.90

Kale, Baby Spinach, Parmesan, Garlic Croutons

GRILLED SALMON SALAD \$14.45

Grilled Salmon Filet, Green Peas, Cherry Tomatoes, Boiled Egg, Red Cabbage, Pistachios, Green Beans, Orange & Cilantro Dressing

MOROCCAN CHICKEN SALAD \$13.25

Moroccan Spiced Chicken, Roasted Beets, Parsley, Red Onions, Kale, Yogurt Dressing



SALADS & BOWLS

BEET & GOATS CHEESE SALAD \$15.00

Greens, Walnuts, Red Onions, Lemon Honey Dressing

TACO SALAD \$11.85

Homemade Tacos, Beans, Corn, Peppers, Chicken, Cherry Tomato, Cucumber, Chipotle Dressing

GRILLED CHICKEN QUINOA BOWL \$15.65

Quinoa, Black Beans, Romaine, Spinach, Bell Peppers, Red Onions, Mushrooms, Sliced Avocado, Feta Cheese, Corn, Salsa, Honey Lime Dressing

BEEF & BACON KETO BOWL \$17.85

Hard Boiled Egg, Bacon, Spinach, Kale, Avocado, Broccoli, Tomatoes, Onions, Mushrooms, Sunflower Seeds, Pulled Beef, Avocado Oil Ranch

THAI SALAD BOWL \$11.85

Cherry Tomato, Cucumber, Corn, Glass Noodles, Peppers, Carrots, Almonds, Thai Dressing
Add Protein: Chicken, Pulled Beef, Salmon +\$4.30

GREEK SALAD BOWL \$12.00

Onions, Feta, Tomato, Olives, Cucumber

CURRIED COCONUT WAHOO BOWL \$18.70

Quinoa, Black Beans, Corn, Lettuce, Julienne Peppers, Coconut Milk Dressing

PULLED BEEF BURRITO BOWL \$17.75

Lime & Cilantro Rice, Black Beans, Corn, Red Onion, Peppers, Romaine Lettuce, Kale, Sour Cream, Guacamole, Shredded Cheddar, Salsa Verde



SANDWICHES & WRAPS

STEAK SANDWICH \$17.55

Striploin Steak, Cheddar Cheese, Lettuce, Tomato, Sautéed Onions, Garlic Mayo, House Baked Baguette

L.A. CAESAR PANINI \$13.90

Grilled Chicken, Romaine Lettuce, Tomato, Avocado, Sweet Chili Sauce

PULLED BBQ BEER BRIOCHE SANDWICH \$14.20

Pulled BBQ Beef Brisket, Mango Slaw, Swiss Cheese, Freshly Baked Brioche Bun

CHICKEN & KALE CAESAR WRAP \$13.90

Kale, Grilled Chicken, Parmesan Cheese, Brown Rice, Bacon, Bell Peppers, House Made Caesar Dressing

FALAFEL & GUACAMOLE SANDWICH \$11.55

Romaine Lettuce, Tomatoes, Mango Slaw, Salsa Verde, Freshly Baked Brioche Bun

CALIFORNIA CHICKEN WRAP \$13.90

Grilled Chicken, Romaine Lettuce, Tomato, Avocado, Roasted Peppers, Sweet Chili Sauce

DOUBLE CHEESE CHICKEN BACON LAVASH WRAP \$13.90

Grilled Chicken, Swiss & Goats Cheese, Tomato, Avocado, Sweet Chili Sauce

SOUTHERN FRIED CHICKEN SANDWICH \$14.20

Fried Chicken, House Baked Brioche Bun, Coleslaw, Pepper-Jack Cheese, Lettuce, Tomato, Chipotle Sour Cream



SANDWICHES

MOZZARELLA & PESTO CIABATTA \$15.60

Pesto, Spinach, Tomato, Grilled Chicken,
Mozzarella Cheese

ROAST BEEF CIABATTA \$16.90

Roast Beef, Dijon Mayo, Tomato, Spinach,
Sautéed Onions

CODFISH SANDWICH \$9.10

Codfish, Lettuce, Tomato, Tartare Sauce on
Raisin Bread

SOURDOUGH 10 INCH PIZZAS

72 HOUR ADVANCE ORDER ONLY

MARGARITA PIZZA \$15.50

Tomatoes, Mozzarella, Fresh Basil

SALAMI PIZZA \$17.50

Tomatoes, Mozzarella, Salami

NAPOLI PIZZA \$17.00

Tomatoes, Mozzarella, Capers, Anchovies,
Olives, Fresh Basil

CAPRICIOSA \$21.10

Tomatoes, Mozzarella, Ham, Mushrooms,
Artichokes, Olives



BURGERS

BLACK BEAN BURGER \$9.65

Lettuce, Tomato, Avocado, Hummus

SMOKEY BBQ BURGER \$13.05

Sautéed Mushrooms, Pepper Jack Cheese,
Smokey BBQ Sauce, Lettuce, Tomato

DELUXE CHEESE BURGER \$13.05

Crispy Bacon, Cheese, Sliced Pickles,
Avocado, Lettuce, Tomato

MEXICAN CHICKEN BURGER \$14.20

Sautéed Mushrooms, Pepper Jack Cheese,
Smokey BBQ Sauce, Lettuce, Tomato

ADD FRIES \$4.45 | ADD SWEET POTATO FRIES \$6.95

FAVOURITES

ARABIC PLATTER \$13.35

Grilled Chicken, Panini Bread, Cous-Cous Salad,
Cherry Tomatoes, House Made Hummus,
Kalamata Olives

HEALTHY PLATTER \$13.35

Grilled Chicken, Quinoa, Tabouli, House Made
Hummus, Vegetables

JERK CHICKEN QUESADILLAS \$17.20

Flour Tortilla, Cheddar Cheese, Onions,
Tomatoes, Salsa, Sour Cream

FRIED CHICKEN LUNCH \$15.75

3 Breaded Fried Chicken Tenders, Coleslaw,
Sweet Potato Fries



SMOOTHIES

KETO SMOOTHIE 12oz \$12.05

Blueberries, Strawberries, Sour Cream, Peanut Butter, Heavy Cream, Coconut Milk, MCT Oil, Coconut Flakes

NUTRIFIT GREEN SHAKE 20oz \$15.25

Banana, Peach, Spinach, Parsley, Almond Butter, Almond Milk

AVO KALE COLADA 20oz \$15.35

Kale, Pineapple, Avocado, Coconut Syrup, Almond Milk, Whey Protein

BANANA NUTS SHAKE 20z \$15.35

Banana, Oatmeal, Walnuts, Almonds, Peanut Butter, Whey Protein

LOW FAT STRAWBERRY SUNRISE 20 oz \$15.10

Acai Berry, Strawberry, Banana, Blueberry, Espresso Shot, Almond Milk



DESSERTS

DECADENT CHOCOLATE TORTE \$11.55

With Gluten Free Pumpkin Seed Base

APPLE STRUDEL \$12.20

Whipped Cream, Vanilla Sauce

CARROT & ZUCCHINI CAKE \$11.55

Mascarpone, Confit Pineapple, Walnuts,
Toasted Coconut, Pure Honey (From Buckwheat
Blossoms!)

INDIVIDUAL CHEESECAKES \$7.00

Chef's Choice

