

# MENU

## SMOOTHIES & POWER BOWLS

### ACAI & BANANA | 6

organic acai | banana | almond milk

### POWER-UP | 6

vanilla protein powder | banana | strawberries | peanut butter | almond milk

### DETOX | 6

banana | pineapple | almond milk | chia seeds | spinach

### CHOCOLATE ENERGIZER | 6

chocolate protein powder | banana | peanut butter | cocoa powder | almond milk

### PINEAPPLE EXPRESS | 8

orange juice | banana | strawberry | pineapple

### SUPERFOOD BOWL | 8

organic acai and banana puree | granola | strawberries | chia seeds | coconut flakes

### INCREDI-BOWL | 8

spirulina powder and banana puree | granola | strawberries | pineapple | chia seeds | flax | coconut flakes

### POWER-UP BOWL | 8

organic acai and banana puree | protein powder | granola | peanut butter

## BRUNCH

### ENGLISH MUFFIN | 5

egg | sausage patty, ham, or bacon | American cheese

### QUICHE OF THE DAY | 3.50

### BAGEL OR CROISSANT | 6

egg | sausage patty, ham, or bacon | American cheese

### SIDES | 4

sausage patties • bacon

## SANDWICHES

### TURKEY CLUB | 8

oven roasted turkey | house-smoked bacon | 80 acres tomato aioli | romaine | pickled onion | baguette

### CUBANO | 8

roasted pork shoulder | smoked ham | swiss cheese | whole grain mustard | dill pickle | baguette

### ITALIAN | 8

capicola | genoa salami | cottage ham | pepperoni | herb may | provolone | banana peppers | ciabatta

### REUBEN | 8

corned beef | swiss cheese | sauerkraut | thousand island | rye bread

### SPECIAL | 8

ask about our weekly special

### GRILLED CHEESE | 4

classic grilled cheese

