

# **ALL DAY**

#### DAILY 7AM - 5PM

PLAIN CROISSANT 5 BANANA BREAD 6
ALMOND CROISSANT 8 FRESH FRUIT 9
CHOCOLATE CROISSANT 8 MUESLI 12

HAM AND CHEESE CROISSANT SANDWICH 9 sliced ham, swiss cheese

AVOCADO GOAT CHEESE SANDWICH 11 toasted multi-grain bread, sliced avocado, goat cheese spread, fresh mint, romaine lettuce, sliced cucumber, lemon juice, alfalfa sprouts

SMOKED SALMON BAGEL LOX
15
plain bagel, cream cheese spread, smoked salmon,
sliced red onion, sliced tomato, capers

SOUP OF THE DAY

GRILLED CHICKEN CEASAR SALAD WRAP 15 romaine heart lettuce, parmesan, caesar dressing

MEZZE VEGETABLE WRAP VEGAN + GF
hummus spread, zucchini, eggplant, bell peppers, kalamata

10

CEASAR SALAD

romaine heart lettuce, parmesan cheese, anchovies, croutons
+chicken scoop 8 | +tuna scoop 8

QUINOA BOWL SALAD
heirloom tomatoes, corn, onion, black beans
coriander vinaigrette

## **JUICES**

ELECTRO-LYTE LEMONADE 10

orange juice, pear, honey, grapefruit, coconut juice

LIVER ENERGIZER 10 beet, mint, ginger, coconut juice

DETOX CLEANSER 10 apple juice, chia seed, water, bentonite

LIVER LOVE 10 beet, ginger, lemon, apple

FIRE FIGHTER

romaine lettuce, kale, ginger, pineapple

GREEN LEMONADE 10 pineapple, apple, celery, coconut juice

GREEN GODDESS 10 romaine lettuce, spinach, kale, apple, cilantro, cucumber, parsley, lime

#### **SMOOTHIES**

THE CALM 10 THE RESTORE 10

strawberry, lime, pineapple, coconut water papaya, pineapple, mango, coconut water, pumping seed

THE CLEANSE 10 THE POWERFUL PROTEIN 10

pineapple, beet, ginger, mint, coconut water banana, coconut meat, lime, wheat grass, coconut water

### **COFFEE + TEA**

REGULAR/DECAF 2.5 MACCHIATO 3

CAFÉ LATTE 3.5 ASSORTMENT OF TEAS 2.5

CAPPUCCINO 3.5 ESPRESSO 2.5

Please let the attendant know if anyone in your party has food allergies. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness, especially if you have certain medical conditions.