

## SMALL BITES - 7

chickpea hummus, multigrain crisps  
fresh fruit & yogurt dip  
shrimp & vegetable spring rolls, orange hoisin sauce  
citrus spiced edamame  
multigrain chips, salsa, guacamole

## SALADS - 10

tossed cobb salad, green goddess dressing  
half avocado, seared sustainable albacore tuna, multigrain toast  
spinach salad, strawberries, toasted walnuts, goat cheese, crushed berry dressing  
cous cous tabbouleh, grilled chicken breast

## BLENDED FRUIT ELIXIRS - 8

carefree | mixed berries, banana, coconut milk, pineapple, agave nectar, frozen vanilla yogurt  
energy | banana, apple, coconut milk, egg white protein, wheat germ, honey, royal jelly  
immunity | blueberry, blackberry, acai juice, banana, sencha tea shot, spirulina, low fat yogurt  
invigorate | mango, pineapple, banana, coconut milk, royal jelly, jalapeno, low fat yogurt  
refreshing | pomegranate juice, citrus juices, muddled mint, agave nectar, soda water

## SANDWICHES - 13

sirloin cheeseburger, fried sweet potatoes  
smoked turkey melt, cranberry relish  
seared sustainable albacore tuna, tomato, lettuce  
grilled cheese & tomato soup | add ham \$2

## DESSERTS - 7

warm chocolate chip cookies & milk  
frozen vanilla yogurt, warm caramel sauce  
flourless chocolate cake, frozen vanilla yogurt

wherever possible we buy organic, local, sustainable products,  
and we welcome your dietary lifestyle choices.

consuming raw or undercooked meats may increase  
your risk of food-borne illness.