

### SMALL BITES - 7

mint pesto olives  
sweet and salty marcona almonds  
chickpea hummus, multigrain crisps  
bowl of berries  
citrus spiced edamame  
multigrain chips, salsa, guacamole

### SALADS & SOUPS - 9

tossed cobb salad, green goddess dressing  
half avocado, albacore tuna salad, melba toast  
spinach salad, strawberries, toasted walnuts, blue cheese, crushed berry dressing  
vegetarian chili bowl, whole wheat crackers, crème fraiche  
sweet corn bisque, crème fraiche

### BLENDED FRUIT ELIXIRS - 8

energy | banana, apple, coconut milk, egg white protein, wheat germ and royal jelly  
immunity | blueberry, blackberry, acai juice, banana, sencha tea shot, spirulina, low fat yogurt  
invigorate | mango, papaya, pineapple, banana, coconut milk, royal jelly, chilepin, low fat yogurt  
mood | low fat chocolate soy milk, banana, raspberries, espresso shot, low fat vanilla yogurt, almond milk, cinnamon  
care free | mixed berries, banana, coconut milk, pineapple, agave nectar, frozen vanilla yogurt  
refreshing | pomegranate juice, citrus juices, mottled mint, agave nectar, soda water

### SANDWICHES - 12

grassfed beef cheeseburger, fried sweet potatoes  
smoked turkey melt, cranberry relish, multigrain bread  
albacore tuna salad, pickles, tomato, lettuce, multigrain bread  
chicken tabbouleh pita, roasted vegetables, light dressing

### DESSERTS - 7

fresh fruit and cream  
crisp meringue, fresh fruit compote  
oatmeal raisin cookies and milk  
flourless chocolate cake, frozen vanilla yogurt

wherever possible we buy organic, local, sustainable

*we welcome your dietary lifestyle choices ask for  
recommendations to stay on track*