

BREAKFAST • BEVERAGES

ITALIAN WOOD-FIRED FLATBREAD

ESSENTIALS

Breakfast Sandwich Egg, American Cheese, Turkey Sausage,
on choice of Power Bagel or English Muffin **3.29**

Ancient Grain Oatmeal Farro, Quinoa, Oats, Almonds,
Cranberries, Cinnamon, Milk **3.99**

Power Bagel Greek Cream Cheese **2.99**

BREAKFAST FLATBREADS

Veggie and Egg White Flatbread Egg White, Arugula,
Mushroom, Havarti, Tomato, Fresh Basil Pesto **5.89**

Ham and Cheese Flatbread Egg, Tomato, Mozzarella,
Arugula, Prosciutto, Fresh Basil Pesto **7.79**



GREEK YOGURT CREATION BAR

Build your own creation with
assorted yogurt and seasonal toppings

49¢ per ounce

HOT AND COLD BEVERAGES

	REGULAR	LARGE
Hot Drip Coffee	1.59	1.89
Hot Tea	1.29	1.59
Earl Grey, Passion, Awake English Breakfast, Refresh Mint, China Green Tea, Zen, Wild Sweet Orange		
Silk Soy Vanilla Milk	2.59	2.99
vitaminwater® Fountain	1.39	1.59
Essential, Revive, XXX and Squeezed		
Ocean Spray® Juice Fountain	1.59	1.79
Cranberry, Orange, Apple & Passion Fruit Guava		
Extras		
Coffee Refills		1.09

FLATBREADS • ENERGY BOWLS • WRAPS • SALADS

ITALIAN WOOD-FIRED FLATBREAD

FLATBREADS

- BLT** Bacon, Arugula, Tomatoes, Pesto Yogurt Dressing **7.49**
- Rosemary Chicken** Pesto, Tomato, Artichoke Hearts, Parmesan **7.49**
- Caprese di Parma** Prosciutto, Fresh Whole-Milk Mozzarella, Tomato, Fresh Basil Pesto. **7.79**
- Mediterranean** Tomato, Chickpeas, Cucumber, Mint, Lemon Feta, Fresh Basil Pesto. **7.89**

WRAPS Whole Wheat Flax Seed Tortilla

- Chicken BLT** Chicken, Bacon, Arugula, Tomato, Pesto Yogurt Dressing. **7.49**
- Spicy Chicken** Serrano Yogurt, Spicy Chicken, Lettuce, Tomato **6.29**
- Fattoush Vegetable** Hummus, Tomato, Lettuce, Chickpeas, Cucumber, Mint, Lemon. **5.89**
- Turkey Pastrami** Peppered Turkey, Canadian Bacon, Provolone, Lettuce, Tomato, Sport Peppers, Fresh Basil Pesto . . . **6.79**



SALADS MADE FRESH TO ORDER

ENERGY BOWLS

- CHAMP** Quinoa, Black Bean, Corn, Chicken, Cremini Mushrooms, Cured Tomato, Edamame, Parmesan, Serrano Ranch **7.19**
- Antipasto** Brown Rice Blend, Fresh Basil Pesto, Shredded Carrots, Cured Tomatoes, Chicken Breast, Kale, Feta Crumbles **6.99**
- Power** Muesli Cereal, Almonds, Oats, Dried Fruit, Fresh Berries, Fresh Apples, Non-Fat Greek Yogurt **6.49**
- Quinoa Black Bean Chili** Topped with Greek Yogurt **6.49**



SALADS

- Chicken Caesar** Chicken, Romaine, Soy Nuts, Arugula, Parmesan, Caesar Dressing. **7.29**
- Ancient Grains** Farro, Quinoa, Corn, Almonds, Kale, Mixed Greens, Dried Cranberries, Balsamic Dressing **6.79**
- Mediterranean** Mixed Greens, Tomato, Chickpeas, Cucumber, Mint, Lemon Feta, Balsamic Dressing **6.79**
- Kale Crunch** Kale Blend, Almond, Cranberry, Peppered Turkey, Citrus Vinaigrette **7.79**

FRO-YO • SMOOTHIES

OUR FROZEN YOGURT IS 100% FAT-FREE

BLENDED SMOOTHIES WITH FRESH INGREDIENTS

FROZEN YOGURT

	REGULAR 12oz.	LARGE 20oz.
includes 2 toppings	2.49	2.99

Flavors

Chocolate Vanilla

Toppings

Rainbow Sprinkles	Raspberries	Mango
Chocolate Chips	Peaches	Walnuts
Chocolate Syrup	Pineapple	Peanuts
Caramel Syrup	Blueberries	
Bananas	Strawberries	

extra toppings **99¢ each**

\$1 FRO-YO FRIDAY

After
8PM

Regular size for **\$1** • toppings **59¢ each**

SMOOTHIES

	REGULAR 12oz.	LARGE 20oz.
CHAMP ™ Banana, Kale, Flax Seed, Apple, Apple Juice, Vanilla Yogurt	4.49	5.49
Back to Basics Strawberry, Banana, Orange Juice, Vanilla Yogurt	4.19	5.19
Green Monster Pineapple, Kale, Banana, Apple Juice	4.19	5.19
Mensa Mango Mango, Peach Banana Orange Juice, Vanilla Yogurt	4.19	5.19
Tropical Mango, Pineapple, Banana, Pineapple Juice, Vanilla Yogurt	4.19	5.19

BUILD YOUR OWN

4.49 **5.49**

Choose 3 Fruits/Veggies:

- Banana
- Blueberry
- Kale
- Mango
- Peach
- Pineapple
- Raspberry
- Strawberry

Choose 2 Mixers:

- Almond Milk
- Apple Juice
- Cranberry Juice
- Orange Juice
- Passion Fruit Juice
- Pineapple Juice
- Fat-Free Milk
- Soy Milk
- Vanilla Yogurt

Add-Ons:

- Acai **1.99**
- Protein Powder **1.69**
- Peanut Butter **.99¢**
- Flax Seed **.99¢**

