



CHEF-DESIGNED SALADS 11

Winter Menu: Kale Citrus

BLOOD ORANGE, GOAT CHEESE, JALAPENOS, CRISPY ONIONS, GREEN APPLES, KALE AND ARUGULA. PERFECTLY PAIRED WITH LEMON POPPY VINAIGRETTE

Shrimp Taco Salad

Chipotle-marinated shrimp, corn, pico de gallo, radish, fresh cilantro, tortilla chips, romaine and cabbage, lime squeeze. Perfectly Paired with: Coconut Lime Vinaigrette

Santa Fe Salad

avocado, corn, local jack & cheddar, grape tomatoes, onions, tortilla chips, local kale, romaine, perfectly paired with chipotle-lime vinaigrette with a fresh lime squeeze

Shanghai Chicken Salad

Roasted chicken, edamame, scallions, almonds, cilantro, red cabbage, romaine perfectly paired with miso sesame vinaigrette Contains: Nuts, Soy

Kale Caesar

grape tomatoes, croutons, grated parmigiano, local kale, romaine, perfectly paired with creamy caesar with a fresh lemon squeeze

Falafel Salad

falafel, scallions, grape tomatoes, cucumbers, carrots, chickpeas, local kale, romaine, perfectly paired with lemon tahini with a splash of house-made hot sauce

Cali Cobb Salad

roasted turkey, crispy bacon, mushrooms, crumbled blue cheese, grape tomatoes, cucumbers, baby spinach, romaine, perfectly paired with buttermilk ranch

Mexican Caesar Salad

avocado, pico de gallo, cotija cheese, fiery pickled sweet peppers, crushed pita chips, local romaine, perfectly paired with mexican pepita caesar

Gaucho Salad

avocado, kidney beans, corn, cucumbers, scallions, crispy onions, local kale & romaine, perfectly paired with avocado chimichurri with a fresh lime squeeze

South Beach

craisins, walnuts, green apples, blue cheese, local mesclun, romaine, perfectly paired with balsamic vinaigrette

Create Your Own Salad

select a base with 4 complimentary toppings

CHEF-DESIGNED GRAIN BOWLS 8

Winter Menu: Umami Mushroom

South by Southwest

romaine, corn, avocado, cotija cheese, kidney beans, pico de gallo with chipotle-lime vinaigrette

Mediterranean

kale, kalamata olives, marinated roasted peppers, chickpeas, green apples, feta with greek yogurt

Tex-Mex

kale, avocado, local jack & cheddar, pico de gallo, kidney beans with chipotle-lime vinaigrette

Chicken Shawarma

blackened chicken thigh, kale, hummus, baba ghanoush, pickles, israeli salad with greek yogurt and tahini dressing

Turkey Chili Bowl

turkey chili, kale, kidney beans, jack & cheddar, pico de gallo, avocado with small batch hot sauce and greek yogurt

Falafel Bowl

falafel, kale, grapefruit pickled onions, cucumbers, grape tomatoes, crushed pita chips with greek yogurt and lemon tahini

Create Your Own Grain Bowl

select a base with 4 complimentary toppings

PANINI MELTS & SANDWICHES 25

Winter Menu: Miso Mushroom Melt

MISO MARINATED MUSHROOMS, SWISS CHEESE, CILANTRO & HOUSE-MADE GARLIC AIOLI ON PIZZA BIANCA

Gluten-Free Turkey Avocado

Roasted Turkey, avocado, pepper jack cheese, arugula, tomato, chipotle spread on gluten-free sliced bread 507 cal, 29g protein, 38g carb

Tomato Mozzarella Pesto

House-made pesto, mozzarella, thick-cut tomato, on a crispy Pizza Bianca bread. Summer in 1 bite.

Ham & Swiss Croissant

Multigrain seeded croissant, with country ham, swiss cheese, and dijonaise

Roasted Turkey & Cheddar

smoked turkey, cheddar, avocado, tomatoes, chipotle spread on pizza bianca

Crispy Chicken & Mozzarella

crispy chicken, mozzarella, artichokes, arugula, sun-dried tomato pesto on sesame hero

Chicken Fresco

avocado, kale, queso fresco, roasted red peppers, tomatillo salsa on a crispy ciabatta

Buffalo Chicken

crispy chicken, blue cheese, scallions, buffalo sauce on pesto bread

Baked Falafel Sandwich

mashed avocado, kale, ripe tomato, snow pea shoots, raw sunflower seeds, pickled chilies and onions, lemon tahini on ciabatta

Avocado BLT

avocado, bacon, heirloom tomato, mayo, summer superfoods blend on orwasher's multigrain bread

Vegetarian

Avocado, cucumber, spinach, beets, carrots, red onions, roasted red peppers, hummus on pumpernickel bread

Monterey Grilled Chicken

freebird chicken, avocado, tomato, red onion, mesclun mix, chipotle spread on multigrain bread

Turkey BLT

crispy bacon, tomatoes, arugula, mayo served on multigrain loaf

Classic Tuna Salad

albacore tuna salad, mesclun mix, tomato on pumpernickel bread

Smoked Salmon Sandwich

smoked salmon, cucumber, tomato, scallion cream cheese

Grilled Cheese

Cheddar Cheese on Multigrain toast

BLT

Avocado Toast

olive oil, chili flakes, sea salt

Pico de Gallo Avocado Toast

spicy pico de gallo

Everything Bagel Spice Avocado Toast

avocado, hard-boiled egg, and everything spice

Smoked Salmon Avocado Toast

smoked salmon, avocado, cucumber, cream cheese and sesame seeds

Breakfast Burrito

Scrambled eggs, avocado, refried beans, grapefruit pickled onions, queso fresco, crema, and salsa on a wrap

Branzino Fish Filet

Breaded branzino with tomatoes, romaine, slaw, and house-made tartar sauce- on a crispy ciabatta

Chorizo Burrito

NEW! Crumbled Chorizo, scrambled eggs, hash brown, pepper jack & salsa on a wrap. 770 cal 39g protein 65g carb

Half Sandwich

SOUP & SIDE SALADS 13

Sandwich/Soup Combo

Soup

Premium Soup

Fall Menu: Chicken Shawarma Side Salad

Butternut Squash & Quinoa Salad

Organic quinoa, butternut squash, honey-cinnamon yogurt, goat cheese crumble, pumpkin seeds, dried cranberries

Albacore Tuna Salad

albacore, mayo made with 0% greek yogurt, lemon wedge

Chicken Mango Side Salad

Roasted Chicken Breast, Mango, Mayonnaise, Celery, Scallions, Jalapeno, Sriracha, Agave, Cilantro, Spices, Coconut, Raisins Contains: Eggs, Coconut

Avocado Chicken Side Salad

roasted chicken, celery, pico de gallo, avocado dressing, greek yogurt, salt, pepper

Turkey Cranberry Side Salad

roasted turkey, celery, mayonnaise, dried cranberries, almonds, dill, miso sesame dressing, salt, pepper

Watermelon

Mixed Fruit Salad

sliced seasonal fruit

Power Snack Egg & Spinach

cage-free eggs, spinach, pepper

Kale Lemon Chickpea

chickpeas, kale, red onion, bell pepper, dijon mustard, lemon, olive oil, smoked paprika, salt, pepper

HEALTHY TREATS 32

Dried Chick Peas

Mmmly Cookies

Decadent, nutrient-balanced Soft & Chewy Cookies. Low in sugar from apples, packed with protein and healthy fats from nuts (#1 ingredient!), and made with naturally occurring prebiotic fibers that are good for your gut.

Bircher Muesli

granola, honey, apples, almonds, dried cranberries, pomegranate

Greek Yogi

blueberries, chia seeds, walnuts, light agave

Berry Classic

strawberry, granola, honey

Açaí goodness

açaí, yogurt, mixed berries, banana, apple, pomegranate, almond butter, granola

Vanilla Chia Seed Pudding

milk, heavy cream, blueberries, agave, chia, vanilla

Chocolate Chia Seed Pudding

coconut milk, agave, cocoa powder, chia, semisweet chocolate, 72% espresso, toasted coconut flakes

Classic Rice Pudding

milk, carolina rice, cinnamon, raisins

'The OG' Chocolate Chip Cookie

'The Chocoholic' Double Chocolate Cookie

'The Wild Oat' Oatmeal Cookie

'The OG' Brownie

'The Kona' Brownie

Chips

Chex Crispy Treat

rice chex, marshmallow, agave, butter, vanilla

Raw Chocolate Date Bites

dates, almonds, walnuts, cocoa powder, bananas, cashew butter, organic agave, semi-sweet chocolate, toasted coconut

Peanut Butter Chia Energy Bites

chia seeds, peanut butter, oats, flax meal, puffed rice, coconut oil, dates, peanuts, bananas, chocolate chips, calma honey

Paleo Coconut Macaroon

coconut, almond flour, agave, vanilla, sea salt

Paleo Chocolate Coconut Almond Macaroon

unsweetened coconut, almond flour, coconut oil, agave, cocoa powder, vanilla, sea salt

Hemp Brownie Bites

agave, cocoa powder, brown sugar, eggs, vanilla, hemp protein, baking powder, sea salt

Apple

Banana

Spiced Apples & Almond Butter

Apples, cinnamon, almond butter, local maple syrup, greek yogurt

Danish

Peanut Butter Coconut Yogurt

Coconut yogurt, bananas, granola, flax seeds & peanut butter

Summer Berry Coconut Yogurt

Coconut yogurt, blueberries, strawberries & healthy seed mix

Overnight Oats

Brownie Bars

Baked Goods

Chocolate Chunk Cookie

CHUM Gummies

SIDES 14

House-made Hot Sauce

Avocado Chimichurri Dressing

Creamy Caesar Dressing

Home Fries

Sausage

Bacon

Beyond Sausage

Grilled Chicken

Salmon

Avocado

Veggie

Bagel

Muffin

Croissant

JUICEBAR 2

Grab&Go Smoothies

Happy Hour Smoothie Promo 3-5pm

COFFEE & TEA 12

Hot La Colombe Coffee

Iced La Colombe Coffee

La Colombe Cold Brew Coffee

Hot Leaf Tea

Iced Tea

La Colombe Espresso Single Shot

La Colombe Espresso Double Shot

La Colombe Cappuccino

Iced La Colombe Cappuccino

Iced La Colombe Latte

La Colombe Latte

Hot Chocolate

SWAG ¹

Fresh Tote Bag

NYC BAG FEE ¹

Paper Bag

BREAKFAST BOWLS & SANDWICHES ¹⁸

Breakfast Burrito

Scrambled eggs, avocado, refried beans, grapefruit pickled onions, queso fresco, crema, and salsa on a wrap

Mexican Quesadilla

Whole wheat tortilla toasted with 2 eggs, pico de gallo, country ham, jack & cheddar cheese, and a side of avocado hot sauce

Beyond ® Breakfast Bowl

Beyond ® Sausage, 2 Eggs, Avocado, Braised Kale, Organic Quinoa served with our House-made Hot Sauce

Beyond Sausage, Egg and Cheese

Beyond Sausage, Egg and Cheese on an English Muffin

Create your own Omlette

3 fillings with sweet potato hash and toast

Egg Sandwiches

2 eggs on your choice of roll, bagel, wrap, or toast

2 eggs any style

served with toast and mixed greens or sweet potato hash

BEC

eggs, bacon, and american cheese on a roll

Huevos Rancheros

2 eggs, quinoa, red beans, braised kale, cilantro, jack & cheddar, red onions, avocado, tortilla chips with chipotle aioli

Keto Energy

2 eggs, zucchini noodles, avocado, smoked bacon and cheddar cheese

Aegean

2 eggs, quinoa, braised kale, feta, tomatoes, kalamata olives with greek yogurt

AM Energy

egg whites, freebird chicken, spinach, on a whole wheat wrap

El Greco

egg whites, feta, tomato, onions on a whole wheat wrap

Florentine

egg whites, baby spinach, swiss cheese on a whole wheat wrap

Power BLT

2 eggs, crispy bacon, avocado, oven- roasted tomato, sun-dried tomato pesto on rustic ciabatta

Avocado BLT

avocado, bacon, grape tomatoes, mayo, mesclun mix

\$7 BEC

Chorizo Burrito

NEW! Crumbled Chorizo, scrambled eggs, hash brown, pepper jack & salsa on a wrap. 770 cal 39g protein 65g carb

BREAKFAST ORIGINALS 22

Plain Croissant

Morning Glory Muffin

Blueberry Muffin

Cardamom Bun

Vegan Carrot cake mini Loaf

Pain Au Chocoat

Almond Frangipane Croissant

Banana Bread Loaf

Bagel

English Muffin

Ham & Swiss Croissant

Multigrain seeded croissant, with country ham, swiss cheese, and dijonaise

Oatmeal (with water)

pick two complimentary toppings

Oatmeal (with milk)

pick two complimentary toppings

Smoked Salmon Avocado Toast

smoked salmon, avocado, cucumber, cream cheese and sesame seeds

Avocado Toast

olive oil, chili flakes, sea salt

Everything Bagel Spice Avocado Toast

avocado, hard-boiled egg, and everything spice

Pico de Gallo Avocado Toast

spicy pico de gallo

Buttermilk Pancakes

served with syrup

Gluten-Free Pancakes

served with syrup

Brioche French Toast

served with syrup

Muffins

Breakfast Granola Bar

BEVERAGES 28

Cold-Pressed Orange Juice

Kombucha

Poppi Strawberry Lemon Prebiotic Soda

Poppi Ginger Lime Prebiotic Soda

Vitamin Water

Lemon Perfect

Essentia Water 20oz

Essentia Water 1 L

Poland Spring- 16.9oz

Poland Spring- 1L

fresh&co Bottled Water

Seltzer

Coca Cola

Diet Coke

Sprite

Sprite Zero

Coke Zero

Oh My Green

apple, romaine, celery, cucumber, spinach, kale, parsley, ginger, lemon

Kale Blazer

watermelon, kale, orange, pineapple, spinach, parsley, lime, ginger

Tropic Thunder

watermelon, kale, orange, pineapple, spinach, parsley, lime, ginger

Carrot Kickstart

carrot, apple, lemon, ginger, turmeric

Half & Half

Sweet Lemonade

Sweet Green Tea

Coconut Water

La Colombe Mocha Latte

Double shot. Mocha flavored La Colombe Latte.

Celcius

Swoon

BREAKFAST SANDWICHES 2

Classic Sandwiches

Serves up to 10 guests. A mix of your classic favorites; Egg & Cheese, Bacon egg and cheese, sausage egg and cheese

Breakfast Wraps

Serves up to 10. An assortment of breakfast wraps. AM Energy, El Greco, Florentine, class bacon egg and cheese wrap.

BREAKFAST BOWLS 4

Keto Energy

Huevos Rancheros

Aegean

Beyond Sausage

STEEL-CUT OATMEAL 2

Oatmeal with Milk

Oatmeal with Water

BREAKFAST BASKET 1

Breakfast Basket

BREAKFAST SIDES 4

Crispy Bacon

Beyond Sausage Links

Pork Sausage

Hash Browns

AVOCADO TOAST 1

Assorted Flavors

Serves up to 10. An assortment of: Classic, everything bagel spice, Smoked Salmon, Pico de Gallo.

LUNCH SALADS 9

Santa Fe

Kale Caesar

Mexican Caesar

South Beach Salad

Falafel Salad

Cali Cobb Salad

Shanghai Chicken Salad

Shrimp Taco Salad

Gaucho Salad

LUNCH GRAIN BOWLS 6

Tex-Mex

Mediterranean

South by Southwest

Chicken Shawarma

Baked Falafel

Turkey Chilli

LUNCH SANDWICHES 7

Sandwich Package #1

Assortment of your favorite sandwiches

Sandwich Package #2

Assortment of your favorite sandwiches, with a fruit salad platter.

Sandwich Package # 3

Assortment of your favorite sandwiches, with a fruit salad platter, and a dessert platter

Panini Package #1

Assortment of your favorite paninis

Panini Package #2

Assortment of your favorite paninis, with a fruit salad platter

Panini Package #3

Assortment of your favorite paninis, a fruit salad platter, and a dessert platter

All-in Spread for 10

Assortment of paninis and sandwiches, your choice of 1 entree salad, a fruit salad platter, and a dessert platter

BOX OF COFFEE 1

Box of Joe

MARKET TABLE 2

A La Carte Sides

Market Table Spread

HEALTHY TREATS & DESSERTS 2

Fresh Fruit Salad

Assorted Sweet Tray
