



ALL-DAY-EVERY-DAY BREAKFAST 23

Yogurt Parfait

\$5.50

Low-fat vanilla yogurt with granola and berries

Greek Yogurt Parfait

\$7.50

Greek yogurt with walnuts and granola

Oatmeal

\$6.50

With berries

Whole Wheat Pancakes

AVAILABLE OPTIONS

\$7.00

Add Side of Turkey Bacon:

\$1.75

Add Berries: \$1.75

Add Side of Beef Sausage:

\$4.00

Add Side of Pork Sausage:

\$4.00

Sunny Side Up Egg: \$2.00

Over Easy Egg: \$2.00

Fried Egg: \$2.00

Whole Wheat French Toast

AVAILABLE OPTIONS

\$7.00

Add Side of Turkey Bacon:

\$1.75

Add Berries: \$1.75

Add Side of Beef Sausage:

\$4.00

Add Side of Pork Sausage:

\$4.00

Sunny Side Up Egg: \$2.00

Over Easy Egg: \$2.00

Fried Egg: \$2.00

Mediterranean Morning Wrap

Three eggs with Feta cheese and spinach in a whole wheat wrap. Served with sweet potato home fries

AVAILABLE OPTIONS

- \$9.00
- Sub English Muffin: \$1.50
- Sub Egg Whites: \$1.50
- Sub Pita: \$1.50
- Add Side of Fruit: \$1.50
- Sub Gluten-Free Toast: \$3.00
- Egg: \$1.50
- Egg White only: \$1.50

Avocado Morning Wrap

Scrambled eggs, turkey bacon and avocado in a spinach wrap. Served with sweet potato home fries

AVAILABLE OPTIONS

- \$9.50
- Sub English Muffin: \$1.50
- Sub Egg Whites: \$1.50
- Sub Pita: \$1.50
- Add Side of Fruit: \$1.50
- Sub Gluten-Free Toast: \$3.00
- Egg: \$1.50
- Egg White only: \$1.50
- Add Swiss Cheese: \$1.50
- Add Mozzarella Cheese: \$1.50
- Add Cheddar Cheese: \$1.50
- Add Feta: \$1.50
- Add American Cheese: \$1.50
- Add Pepper jack Cheese: \$1.50

Garden Morning Wrap

Scrambled eggs, spinach, tomatoes, mushrooms, peppers and onions in a tomato wrap. Served with sweet potato home fries

AVAILABLE OPTIONS

- \$9.00
- Sub English Muffin: \$1.50
- Sub Egg Whites: \$1.50
- Sub Pita: \$1.50
- Add Side of Fruit: \$1.50
- Sub Gluten-Free Toast: \$3.00
- Egg: \$1.50
- Egg White only: \$1.50

"The Usual" Morning Wrap

Scrambled egg whites, turkey bacon and Swiss in a whole wheat wrap. Served with sweet potato home fries

AVAILABLE OPTIONS

- \$9.00
- Sub English Muffin: \$1.50
- Sub Egg Whites: \$1.50
- Sub Pita: \$1.50
- Add Side of Fruit: \$1.50
- Sub Gluten-Free Toast: \$3.00
- Egg: \$1.50
- Egg White only: \$1.50

2 Eggs Any Way

Choice of Bread: Whole Wheat Toast, English Muffin \$1.50, Pita \$1.50, Gluten-Free Toast \$3

AVAILABLE OPTIONS

- \$7.50
- Add Side of Turkey Bacon: \$1.75
- Add Berries: \$1.75
- Add Side of Beef Sausage: \$4.00
- Add Side of Pork Sausage: \$4.00

Cheese Omelette

Choice of (\$1.50): Swiss, Cheddar, Mozzarella or Pepper Jack. Served with sweet potato home fries and whole wheat toast

AVAILABLE OPTIONS

- \$8.50
- Sub English Muffin: \$1.50
- Sub Egg Whites: \$1.50
- Sub Pita: \$1.50
- Add Side of Fruit: \$1.50
- Sub Gluten-Free Toast: \$3.00
- Egg: \$1.50
- Egg White only: \$1.50

Turkey Bacon Omelette

With onions and peppers. Served with sweet potato home fries and whole wheat toast

AVAILABLE OPTIONS

- \$10.00
- Sub English Muffin: \$1.50
- Sub Egg Whites: \$1.50
- Sub Pita: \$1.50
- Add Side of Fruit: \$1.50
- Sub Gluten-Free Toast: \$3.00
- Egg: \$1.50
- Egg White only: \$1.50

Vegetable Omelette

Spinach, mushrooms, peppers, tomatoes and broccoli. Served with sweet potato home fries and whole wheat toast

AVAILABLE OPTIONS

- \$10.00
- Sub English Muffin: \$1.50
- Sub Egg Whites: \$1.50
- Sub Pita: \$1.50
- Add Side of Fruit: \$1.50
- Sub Gluten-Free Toast: \$3.00
- Egg: \$1.50
- Egg White only: \$1.50

Florentine Omelette

Feta cheese and spinach. Served with sweet potato home fries and whole wheat toast

AVAILABLE OPTIONS

- \$10.00
 - Sub English Muffin: \$1.50
 - Sub Egg Whites: \$1.50
 - Sub Pita: \$1.50
 - Add Side of Fruit: \$1.50
 - Sub Gluten-Free Toast: \$3.00
 - Egg: \$1.50
 - Egg White only: \$1.50
-

Feta Omelette

Feta cheese, onions and tomatoes. Served with sweet potato home fries and whole wheat toast

AVAILABLE OPTIONS

- \$10.00
- Sub English Muffin: \$1.50
- Sub Egg Whites: \$1.50
- Sub Pita: \$1.50
- Add Side of Fruit: \$1.50
- Sub Gluten-Free Toast: \$3.00
- Egg: \$1.50
- Egg White only: \$1.50

Country Omelette

Turkey bacon, peppers, mushrooms and tomatoes. Served with sweet potato home fries and whole wheat toast

AVAILABLE OPTIONS

- \$10.50
- Sub English Muffin: \$1.50
- Sub Egg Whites: \$1.50
- Sub Pita: \$1.50
- Add Side of Fruit: \$1.50
- Sub Gluten-Free Toast: \$3.00
- Egg: \$1.50
- Egg White only: \$1.50

Pure Omelette

Cheddar cheese, turkey bacon, avocado and tomatoes. Served with sweet potato home fries and whole wheat toast

AVAILABLE OPTIONS

- \$12.50
- Sub English Muffin: \$1.50
- Sub Egg Whites: \$1.50
- Sub Pita: \$1.50
- Add Side of Fruit: \$1.50
- Sub Gluten-Free Toast: \$3.00
- Egg: \$1.50
- Egg White only: \$1.50

Design an Omelette

Served with sweet potato home fries and whole wheat toast. Omelette Fillings: (\$0.50) Peppers, Onions, Tomatoes; (\$1.25) Swiss Cheese, American Cheese, Cheddar Cheese; (\$1) Spinach, Broccoli, Mushrooms; Feta Cheese \$1.50; (\$1.75) Turkey Bacon, Avocado

AVAILABLE OPTIONS

- \$7.50
- Sub English Muffin: \$1.50
- Sub Egg Whites: \$1.50
- Sub Pita: \$1.50
- Add Side of Fruit: \$1.50
- Sub Gluten-Free Toast: \$3.00
- Egg: \$1.50
- Egg White only: \$1.50

Turkey Bacon

\$4.00

Pork Sausage

\$4.00

Sweet Potato Home Fries

\$4.50

Fruit Salad

\$5.00

Beef Sausage

AVAILABLE OPTIONS

- \$4.00
- Side of Turkey Bacon: \$3.50
- Side of Fruit Salad: \$1.50
- Side of Pork Sausage: \$4.00
- Side of Beef Sausage: \$4.00

STARTERS 7

Guacamole

\$10.00

With gluten-free tortilla chips

Hummus

\$9.00

Served with whole wheat pita

Bites

\$8.00

Grilled chicken cubes tossed in Buffalo sauce

Quesadilla

AVAILABLE OPTIONS

Three cheeses, salsa, avocado in whole wheat tortilla with light sour cream on the side

- \$9.00
 - Add Chicken: \$6.00
 - Add Steak: \$7.00
 - Add Vegetables: \$4.00
-

Meatballs

\$13.00

Pork, Beef and Ricotta

Crab Cakes

\$14.00

Maryland style

Tuna Tartare

\$14.00

Fresh Tuna, Guacamole and Arugula

SALADS 10

Exotic Salad

AVAILABLE OPTIONS

Mixed greens, Feta cheese, red onions, tomatoes, apples and strawberries with balsamic vinaigrette

- \$9.00
 - Add Avocado: \$1.75
 - Add Cucumber: \$0.75
-

Summer Salad

AVAILABLE OPTIONS

Mixed greens, Feta cheese, tomatoes, mangoes and walnuts with raspberry vinaigrette

- \$9.00
 - Add Avocado: \$1.75
 - Add Cucumber: \$0.75
-

Greek Salad

AVAILABLE OPTIONS

Feta cheese, romaine lettuce, tomatoes, cucumbers, peppers, red onions, kalamata olives with oregano, extra virgin olive oil and vinegar

- \$10.00
 - Add Avocado: \$1.75
 - Add Cucumber: \$0.75
-

Siciliano Salad

Mixed greens, roasted peppers and fresh mozzarella with extra virgin olive oil and balsamic vinegar

AVAILABLE OPTIONS

\$9.00

Add Avocado: \$1.75

Add Cucumber: \$0.75

Caesar Salad

Lettuce, parmesan cheese and multi-grain croutons with light caesar dressing

AVAILABLE OPTIONS

\$9.00

Add Avocado: \$1.75

Add Cucumber: \$0.75

Beet Salad

Mixed greens, beets, Feta cheese and red onions with extra virgin olive oil and balsamic vinegar

AVAILABLE OPTIONS

\$10.00

Add Avocado: \$1.75

Add Cucumber: \$0.75

Apple Ranch Salad

Arugula, Fuji apple, pine nuts with ranch dressing

AVAILABLE OPTIONS

\$11.00

Add Avocado: \$1.75

Add Cucumber: \$0.75

Quinoa Salad

Baby Spinach, red onions, cucumber, sliced almonds and quinoa with red wine vinaigrette

AVAILABLE OPTIONS

\$13.00

Add Sunny Side Up Egg:

\$2.00

Add Fried Egg: \$2.00

Add Over Easy Egg: \$2.00

Arugula Salad

Roasted beets, Goat cheese, candied walnuts with pomegranate vinaigrette

AVAILABLE OPTIONS

\$12.00

Spinach: \$1.50

Tomatoes: \$0.50

Turkey Bacon: \$4.00

Avocado: \$2.00

Broccoli: \$1.25

Peppers: \$0.50

Onions: \$0.50

Jalapeño: \$0.75

Mushrooms: \$1.50

Cucumber: \$1.50

Salads Protein

AVAILABLE OPTIONS

Add Chicken: \$6.00

Add Steak: \$7.00

Add Salmon: \$7.00

Add Tofu: \$4.00

Add Shrimp: \$7.00

Add Tuna Salad: \$5.00

Add Tilapia: \$7.00

CBLT Sandwich	\$9.00
Grilled chicken with turkey bacon, lettuce, tomato and light mayo on whole wheat toast. Served with a side of dressed mixed greens	
Grilled Cheese Sandwich	\$6.00
Cheddar and Mozzarella cheese on whole wheat toast. Served with a side of dressed mixed greens	
Tuna Sandwich	\$7.50
Light mayo, tuna salad and diced celery with lettuce and tomato on whole wheat toast. Served with a side of dressed mixed greens. Add Cheese (\$1.25): Add Swiss Cheese, Add Mozzarella Cheese, Add Cheddar Cheese, Add Feta, Add American Cheese, Add Pepper jack Cheese	
The Greek Sandwich	\$9.00
Grilled chicken cubes, Feta cheese, tomatoes and red onions with PURE tzatziki yogurt sauce in a whole wheat pita. Served with a side of dressed mixed greens	
Steak Panini	\$14.00
Char-grilled steak with fresh Mozzarella, roasted peppers, caramelized onions and homemade steak sauce on a multi-grain panini. Served with a side of dressed mixed greens	
Vivente Panini	\$10.00
Grilled chicken, fresh Mozzarella, roasted peppers and pesto on a multi-grain panini. Served with a side of dressed mixed greens	
Mediterranean Panini	\$10.00
Grilled chicken, mixed greens, tomato, cucumber, red onion and hummus on a multi-grain panini. Served with a side of dressed mixed greens	
Italiano Panini	\$10.00
Grilled chicken, baby spinach, sun-dried tomatoes, Mozzarella and balsamic vinaigrette on a multi-grain panini. Served with a side of dressed mixed greens	
Teriyaki Wrap	\$10.50
Teriyaki chicken or steak stir-fry, brown rice, onions, peppers and tomatoes in a spinach wrap. Served with a side of dressed mixed greens. Teriyaki Wrap Choice: Teriyaki Chicken, Teriyaki Steak \$3, Tofu	
Spicy Jack Wrap	\$12.50
Grilled chicken, Pepper Jack cheese, turkey bacon, jalapenos, avocado and chipotle aioli in a tomato wrap. Served with a side of dressed mixed greens	
Veggie Wrap	\$8.50
Grilled mushrooms, red peppers, zucchini and mixed greens with balsamic vinaigrette in a spinach wrap. Served with a side of dressed mixed greens	
The Warren Wrap	\$14.00
Grilled steak, Swiss cheese, spinach, caramelized onions, BBQ sauce on a whole wheat wrap. Served with a side of dressed mixed greens	
Substitute Roll	\$3.00
Gluten-Free Panini Roll	

Add-Ons

AVAILABLE OPTIONS

Spinach: \$1.50

Tomatoes: \$0.50

Turkey Bacon: \$4.00

Avocado: \$2.00

Broccoli: \$1.25

Peppers: \$0.50

Onions: \$0.50

Jalapeño: \$0.75

Mushrooms: \$1.50

Cucumber: \$1.50

ENTREES 8

Tilapia Entree

Tilapia fillet seasoned with herbs, capers and extra virgin olive oil, served with grilled vegetables and brown rice

AVAILABLE OPTIONS

\$18.00

Substitute Brown Rice with Mashed Potatoes:

\$2.00

Summer Shrimp Entree

Seasoned shrimp served with broccoli and brown rice

AVAILABLE OPTIONS

\$20.00

Substitute Brown Rice with Mashed Potatoes:

\$2.00

Mango Salmon Entree

Gluten-free mango salsa over grilled salmon and served with brown rice

AVAILABLE OPTIONS

\$19.00

Substitute Brown Rice with Mashed Potatoes:

\$2.00

Simple Salmon Entree

Grilled salmon seasoned with herbs, capers and extra virgin olive oil served with broccoli and brown rice

AVAILABLE OPTIONS

\$20.00

Substitute Brown Rice with Mashed Potatoes:

\$2.00

Lemon-Herb Chicken Entree

Grilled chicken breast seasoned with herbs and lemon, served with broccoli and brown rice

AVAILABLE OPTIONS

\$17.00

Substitute Brown Rice with Mashed Potatoes:

\$2.00

Garlic Skirt Steak Entree

10 oz. skirt steak marinated in fresh garlic and balsamic vinegar served with spinach and mashed potatoes

AVAILABLE OPTIONS

\$20.00

Substitute Mashed Potatoes with Brown Rice:

\$2.00

Tuna Entree

Tuna steak served with bruschetta and arugula

\$20.00

Skewers Entree

Marinated chicken grilled with bell peppers and onions, with rice and Brussels sprouts

AVAILABLE OPTIONS

\$17.00

Substitute Brown Rice with Mashed Potatoes:

\$2.00

Jack Burger

8 oz. beef burger with Pepper Jack cheese, jalapenos and chipotle aioli. Served on a multigrain bun

AVAILABLE OPTIONS**\$11.00**

Gluten-Free Panini Roll:

\$3.00English Muffin: **\$1.50**Pita: **\$1.50**Add Mushrooms: **\$1.25**Add Cheese: **\$1.25**Add Spinach: **\$1.25**Add Broccoli: **\$1.25**Add Avocado: **\$1.75**Add Turkey Bacon: **\$1.75**Add Onions: **\$0.50**Add Tomato: **\$0.50**Add Pepper: **\$0.50****Portobello Burger**

8 oz. beef burger with Swiss cheese and marinated portobello mushrooms. Served on a multigrain bun

AVAILABLE OPTIONS**\$11.00**

Gluten-Free Panini Roll:

\$3.00English Muffin: **\$1.50**Pita: **\$1.50**Add Mushrooms: **\$1.25**Add Cheese: **\$1.25**Add Spinach: **\$1.25**Add Broccoli: **\$1.25**Add Avocado: **\$1.75**Add Turkey Bacon: **\$1.75**Add Onions: **\$0.50**Add Tomato: **\$0.50**Add Pepper: **\$0.50****Western Burger**

8 oz. beef burger with Cheddar cheese, caramelized onions and BBQ sauce. Served on a multigrain bun

AVAILABLE OPTIONS**\$11.00**

Gluten-Free Panini Roll:

\$3.00English Muffin: **\$1.50**Pita: **\$1.50**Add Mushrooms: **\$1.25**Add Cheese: **\$1.25**Add Spinach: **\$1.25**Add Broccoli: **\$1.25**Add Avocado: **\$1.75**Add Turkey Bacon: **\$1.75**Add Onions: **\$0.50**Add Tomato: **\$0.50**Add Pepper: **\$0.50**

Pure Burger

8 oz. beef burger with American cheese, turkey bacon, lettuce, tomato, sautéed onions and PURE sauce. Served on a multigrain bun

AVAILABLE OPTIONS

\$12.50

Gluten-Free Panini Roll:

\$3.00

English Muffin: \$1.50

Pita: \$1.50

Add Mushrooms: \$1.25

Add Cheese: \$1.25

Add Spinach: \$1.25

Add Broccoli: \$1.25

Add Avocado: \$1.75

Add Turkey Bacon: \$1.75

Add Onions: \$0.50

Add Tomato: \$0.50

Add Pepper: \$0.50

Turkey Burger

8 oz. turkey burger stuffed with baby spinach, garlic and herbs with lettuce, tomato and light mayo. Served on a multigrain bun

AVAILABLE OPTIONS

\$11.00

Gluten-Free Panini Roll:

\$3.00

English Muffin: \$1.50

Pita: \$1.50

Add Mushrooms: \$1.25

Add Cheese: \$1.25

Add Spinach: \$1.25

Add Broccoli: \$1.25

Add Avocado: \$1.75

Add Turkey Bacon: \$1.75

Add Onions: \$0.50

Add Tomato: \$0.50

Add Pepper: \$0.50

Hawaiian Burger

6 oz. teriyaki-glazed salmon patty with grilled pineapple and red onions. Served on a multigrain bun

AVAILABLE OPTIONS

\$15.00

Gluten-Free Panini Roll:

\$3.00

English Muffin: \$1.50

Pita: \$1.50

Add Mushrooms: \$1.25

Add Cheese: \$1.25

Add Spinach: \$1.25

Add Broccoli: \$1.25

Add Avocado: \$1.75

Add Turkey Bacon: \$1.75

Add Onions: \$0.50

Add Tomato: \$0.50

Add Pepper: \$0.50

Veggie Burger

6 oz. homemade vegetable patty with lettuce, tomato and hummus. Served on a multigrain bun

AVAILABLE OPTIONS

\$10.00

Gluten-Free Panini Roll:

\$3.00

English Muffin: \$1.50

Pita: \$1.50

Add Mushrooms: \$1.25

Add Cheese: \$1.25

Add Spinach: \$1.25

Add Broccoli: \$1.25

Add Avocado: \$1.75

Add Turkey Bacon: \$1.75

Add Onions: \$0.50

Add Tomato: \$0.50

Add Pepper: \$0.50

Stack Burger

Balsamic Portobello Mushrooms, Pepper jack cheese, Avocado, Spicy mayo. Served on a multigrain bun

AVAILABLE OPTIONS

\$10.00

Gluten-Free Panini Roll:

\$3.00

English Muffin: \$1.50

Pita: \$1.50

Add Mushrooms: \$1.25

Add Cheese: \$1.25

Add Spinach: \$1.25

Add Broccoli: \$1.25

Add Avocado: \$1.75

Add Turkey Bacon: \$1.75

Add Onions: \$0.50

Add Tomato: \$0.50

Add Pepper: \$0.50

Sliders burgers

3 mini beef burgers with cucumbers, jalapeños and chipotle aioli

\$11.00

Lamb Burger

8 oz. homemade lamb patty with dill, red onion, Feta and tzatziki. Served on a multigrain bun

AVAILABLE OPTIONS

	\$11.00
Gluten-Free Panini Roll:	\$3.00
English Muffin:	\$1.50
Pita:	\$1.50
Add Mushrooms:	\$1.25
Add Cheese:	\$1.25
Add Spinach:	\$1.25
Add Broccoli:	\$1.25
Add Avocado:	\$1.75
Add Turkey Bacon:	\$1.75
Add Onions:	\$0.50
Add Tomato:	\$0.50
Add Pepper:	\$0.50

SIDES 5

Mashed Potatoes

\$6.00

Idaho or Sweet Potatoes

Baked Potato

\$4.00

Idaho or Sweet Potatoes

Brown Rice

\$3.00

Grilled Mixed Vegetables

\$7.00

House Salad

\$5.00

Lettuce, tomato, onion and cucumber

DESSERTS 8

Carrot Cake

\$5.00

Gluten-Free Chocolate Chip Cookies

\$2.50

Flourless Chocolate Cake

\$5.00

Cheesecake

\$5.00

Tartufo

\$5.00

Oatmeal Raisin Cookies

\$1.50

Chocolate Chip Cookies

\$1.50

Chocolate Mousse

\$5.00

SMOOTHIES 10

So Berry Smoothie

Strawberry, orange and banana

AVAILABLE OPTIONS

Regular: \$5.50

Large: \$6.50

Nana Berry Smoothie

Apple, orange and blueberry. Smoothie Extras: (\$0.75) Orange, Apple, Grapefruit, Pineapple, Honeydew, Cantaloupe, Carrot, Broccoli, Kale, Beets, Celery, Spinach, (\$1) Peanut Butter, Soy Milk, Almond Milk, Skim Milk, Vanilla Yogurt, 1 Protein Scoop, 2 Protein Scoops \$1.75

AVAILABLE OPTIONS

Regular: \$5.50

Large: \$6.50

Paradise Smoothie

Pineapple, strawberry and banana. Smoothie Extras: (\$0.75) Orange, Apple, Grapefruit, Pineapple, Honeydew, Cantaloupe, Carrot, Broccoli, Kale, Beets, Celery, Spinach, (\$1) Peanut Butter, Soy Milk, Almond Milk, Skim Milk, Vanilla Yogurt, 1 Protein Scoop, 2 Protein Scoops \$1.75

AVAILABLE OPTIONS

Regular: \$5.50

Large: \$6.50

Banapple Smoothie

Banana, pineapple and blueberry. Smoothie Extras: (\$0.75) Orange, Apple, Grapefruit, Pineapple, Honeydew, Cantaloupe, Carrot, Broccoli, Kale, Beets, Celery, Spinach, (\$1) Peanut Butter, Soy Milk, Almond Milk, Skim Milk, Vanilla Yogurt, 1 Protein Scoop, 2 Protein Scoops \$1.75

AVAILABLE OPTIONS

Regular: \$5.50

Large: \$6.50

Tree Fruits Smoothie

Apple, orange and mango. Smoothie Extras: (\$0.75) Orange, Apple, Grapefruit, Pineapple, Honeydew, Cantaloupe, Carrot, Broccoli, Kale, Beets, Celery, Spinach, (\$1) Peanut Butter, Soy Milk, Almond Milk, Skim Milk, Vanilla Yogurt, 1 Protein Scoop, 2 Protein Scoops \$1.75

AVAILABLE OPTIONS

Regular: \$5.50

Large: \$6.50

Peanut Honey Smoothie

Peanut butter, banana, honey and soy milk

AVAILABLE OPTIONS

Regular: \$6.50

Large: \$7.50

Pure Colada Smoothie

Banana, mango, blueberry and coconut water

AVAILABLE OPTIONS

Regular: \$6.50

Large: \$7.50

Got the Blues Smoothie

Blueberry, banana, honey and low-fat vanilla yogurt

AVAILABLE OPTIONS

Regular: \$6.50

Large: \$7.50

Johnny Peanuts Smoothie

Vanilla protein, whole milk, peanut butter, blueberry and banana

AVAILABLE OPTIONS

Regular: \$6.50

Large: \$7.50

Make Your Own Smoothie

Choose any combination of three fruits! Orange, Apple, Grapefruit, Pineapple, Honeydew, Cantaloupe, Carrot, Broccoli, Kale, Beets, Celery, Spinach

AVAILABLE OPTIONS

Regular: \$5.75

Large: \$6.75

JUICES ⁵

Go Green

Honeydew, spinach and kale

AVAILABLE OPTIONS

Regular: \$5.50

Large: \$6.50

Ginger Zinger

Orange, carrot and ginger

AVAILABLE OPTIONS

Regular: \$5.50

Large: \$6.50

Upbeet

Beet, celery and spinach

AVAILABLE OPTIONS

Regular: \$5.50

Large: \$6.50

Create a Concoction

Choose any combination of two: Orange, Apple, Grapefruit, Pineapple, Honeydew, Ginger, Cucumber, Carrot, Broccoli, Kale, Beets, Celery, Spinach

AVAILABLE OPTIONS

Regular: \$5.00

Large: \$6.00

Add-Ons | Juices

AVAILABLE OPTIONS

Add 2 oz. Wheatgrass:

\$2.50

Orange: \$0.75

Grapefruit: \$0.75

Honeydew: \$0.75

Cucumber: \$0.75

Broccoli: \$0.75

Beets: \$0.75

Spinach: \$0.75

Peanut Butter: \$1.00

Skim Milk: \$1.00

Vanilla Yogurt: \$1.00

Add 4 oz. Wheatgrass:

\$4.00

Apple: \$0.75

Pineapple: \$0.75

Ginger: \$0.75

Carrot: \$0.75

Kale: \$0.75

Celery: \$0.75

1 Protein Scoop: \$1.00

Soy Milk: \$1.00

Almond Milk: \$1.00

COFFEE BAR 16

Coffee

AVAILABLE OPTIONS

Regular: \$2.25

Large: \$2.75

Decaf Coffee

AVAILABLE OPTIONS

Regular: \$2.50

Large: \$3.00

Cappuccino

AVAILABLE OPTIONS

Regular: \$4.00

Large: \$4.50

Latte

AVAILABLE OPTIONS

Regular: \$4.00

Large: \$4.50

Espresso	AVAILABLE OPTIONS
	Single: \$2.50
	Double: \$4.50
Americano	\$3.00
Red Eye	\$4.00
Organic Hot Tea	AVAILABLE OPTIONS
	Regular: \$2.00
	Large: \$2.50
Organic Iced Tea	AVAILABLE OPTIONS
	Regular: \$3.00
	Large: \$3.50
Hot Cocoa	AVAILABLE OPTIONS
	Regular: \$2.00
	Large: \$2.50
Iced Coffee	AVAILABLE OPTIONS
	Regular: \$3.00
	Large: \$3.50
Iced Decaf Coffee	AVAILABLE OPTIONS
	Regular: \$3.25
	Large: \$3.75
Frappe	\$3.50
Nutella Hot Chocolate	\$4.00
Matcha Almond Milk Latte	\$5.50
Iced Matcha Almond Milk Latte	\$5.50

COLD BEVERAGES 10

Black Cherry	\$3.00
Ginger Ale	\$3.00
Seltzer	\$3.00
Orange Soda	\$3.00
Root Beer	\$3.00
Coca-Cola Classic	\$3.00
Sprite	\$3.00
Diet Coke	\$3.00

San Pellegrino's **\$2.00**

Choose your Flavor: Lemon or Blood Orange

Perrier Sparkling Water **\$2.00**

SOUP OF THE DAY 7

Monday - Tomato Basil **\$5.00**

Tuesday - Lentil **\$5.00**

Wednesday - Chicken Noodle **\$5.00**

Thursday - Spit Pea **\$5.00**

Friday - Vegetable Soup **\$5.00**

Saturday - Tomato Basil **\$5.00**

Sunday - Chicken Noodle **\$5.00**

WEEKDAY SPECIAL 1

Lunch Special **\$13.50**

Choose a sandwich + soup of the day. Available Mondays - Fridays, 11am - 4pm only. Choose a sandwich: CBLT Sandwich, Grilled Cheese Sandwich, Italiano Panini, Mediterranean Panini, Teriyaki Wrap, The Greek Sandwich, Tuna Sandwich, Veggie Wrap, Vivente Panini

SWEETS 4

2 Cookies **\$1.50**

Choice of Cookie: Gluten-Free Chocolate Chip (\$1), Chocolate Chip, Oatmeal Raisin

Flourless Chocolate Cake **\$5.00**

Tartufo **\$5.00**

Piece of Cake! **\$5.00**

Choice of Cake: Chocolate Mousse, B&W Mousse, Carrot Cake, Cheesecake
