



breakfast menu

monday to friday 8:00 – 11:00am
saturday & sunday 8:00am – 1:00pm

choice of side: roasted potatoes, sliced tomato and cucumber, wheat toast, white toast
side substitute: avocado 1, bacon 1, bagel 2, chicken sausage 2, egg whites 2, fruit 1, gluten-free toast 1

choice of wrap: honey wheat, tomato, spinach
wrap substitute: gluten-free 1

all-day custom omelets 10
choice of vegetables: artichoke hearts, broccoli, cauliflower, corn, kale, mushroom, onion, red peppers, spinach, tomato
choice of cheese: bleu, cheddar, feta, gouda, mozzarella, parmesan

breakfast wrap 8 704 cal
eggs, cheddar, choice of bacon or chicken sausage, choice of wrap

veggie breakfast wrap 10 182 cal
egg whites, feta, tomato, spinach, choice of wrap

gluten-free vegan pancakes 8 225 cal
made with bananas, pecans, rice, oat flour

whole grain oatmeal bowl 7 160 cal
choice of two toppings: bananas, blueberries, brown sugar, honey, strawberries, syrup, walnuts

steak and eggs 12 336 cal
sirloin cap steak, salsa verde, two eggs any style

two eggs | two sides 8 381 cal
two eggs any style, choice of two sides

a la carte sides

roasted potatoes 2 175 cal
bacon 3 160 cal
chicken sausage 4 130 cal
fruit 2 60 cal
sliced tomato and cucumber 2 50 cal
toast 2 200 cal
gluten-free toast 3 120 cal
bagel 3 360 cal

smoothie menu

refuel and recover with 20g vanilla whey protein

organic strawberry 6 250 cal
strawberry puree, banana, strawberries

squashed and happy 7 260 cal
mango puree, butternut squash puree, banana, spinach, kale, lemon

organic pineapple 6 260 cal
organic pineapple puree, banana, coconut flakes

organic simply green 7 250-350 cal
choice of milk or pineapple puree, banana, spinach, kale, lemon

skinny minny 6 260 cal
choice of milk, banana, light peanut butter

healthy heartbeet 6 270 cal
berry puree, almond milk, beet powder, strawberries

organic berry trim 6 250 cal
berry puree, banana, organic blueberries, organic strawberries

meal replacement with 40g protein

pb cup 7 580 cal
choice of milk, chocoholic's choice, peanut butter

banana nut blast 7 540 cal
choice of milk, banana, peanut butter

body builder 7 370 cal
choice of milk, creatine, banana

pb&j 7 500 cal
almond milk, peanut butter, banana, strawberries

kids

organic razzleberry 5 140 cal
berry puree, banana, blueberries

junior chocolate frosty 4 150 cal
choice of milk, chocoholic's choice

organic hulk 5 150 cal
pineapple puree, banana, spinach, kale, lemon

strawberry shortcake 4 140 cal
strawberry puree, strawberry, banana



main menu

lighter bites

hand-cut fries	4	350 cal
sweet potato fries	4	200 cal
quesadillas	7	300 cal
add chicken	3	450 cal
add steak	7	370 cal
crab stuffed jalapeños	11	400 cal
crab claw meat, red pepper, red onion, cilantro, mango salsa, red pepper cream sauce		
vegetable crudité plate	10	346 cal
celery, carrots, cucumber, handmade flatbread, tzatziki, hummus		
soup of the day		
cup	3	
bowl	5	

fresh salads

choice of protein: chicken **3**, salmon **6**, steak **7**
choice of dressing: balsamic vinaigrette, bleu cheese, caesar, cilantro lime agave, sesame ginger, ranch,

custom salad or bowl	10	398 cal
choice of: greens or grain choice of four (4) ingredients: (additional ingredients 50¢ each) apples, artichoke hearts, black beans, bleu cheese, broccoli, carrots, cauliflower, cheddar cheese, corn, croutons, cucumber, raisins, feta cheese, goat cheese, mozzarella cheese, mushrooms, onion, parmesan cheese, red pepper, sunflower seeds, tomatoes		
cobb	10	398 cal
romaine, bacon, hard-boiled egg, avocado, blue cheese, tomato		
fiesta protein	10	297 cal
spinach, kale, red pepper, black beans, garbanzo beans, avocado, quinoa		
five grain	10	244 cal
arugula, roasted brussel sprouts, roasted broccoli, roasted cauliflower, five grain medley		
strawberry spinach	10	131 cal
spinach, strawberries, feta cheese, sunflower seeds		

a la carte sides

handmade flatbread	2	150 cal
roasted vegetables	2	100 cal
side salad	4	30 cal
broccoli	2	24 cal
rice pilaf	3	200 cal
quinoa pilaf	3	250 cal
fruit	3	80 cal
sweet mash	2	92 cal

wraps and sandwiches

choice of side: broccoli, hand-cut fries, homemade flatbread, roasted vegetables, sweet mash, sweet potato fries
side substitute: fruit **1**, pilaf **1.50**, side salad **2**

choice of wrap: honey wheat, tomato, spinach
wrap substitute: gluten-free **1**

southwest chicken wrap	10	392 cal
chicken, arcadian mix, red peppers, red onion, corn, black beans, chipotle siracha aioli, choice of wrap		
chicken caesar wrap	10	473 cal
chicken, romaine, tomato, parmesan, caesar dressing, choice of wrap		
veggie wrap	9	130 cal
hummus, zucchini, yellow squash, garlic, spinach, choice of wrap		
tuna salad wrap	10	176 cal
tuna, red onion, celery, mayonnaise, arcadian mix, tomato, choice of wrap		
midtown club	12	528 cal
turkey, bacon, mozzarella, spinach, sundried tomato pesto, mozzarella, choice of white or wheat toast		
burger	12	882 cal
certified angus beef, grilled onion, arugula, choice of cheese, brioche bun (substitute turkey or veggie patty)		
steak sandwich	13	465 cal
marinated steak, tzatziki, leaf lettuce, tomato, brioche bun		
salmon sandwich	13	440 cal
grilled canadian atlantic salmon, garlic confit, tomato, arugula, brioche bun		

flatbreads

bbq chicken	12	966 cal
chicken, smoked gouda, red onion, BBQ sauce, handmade flatbread		
margarita	11	702 cal
mozzarella, tomato, garlic confit, chiffonade basil, balsamic glaze, handmade flatbread		
fig and bacon	12	585 cal
figs, bacon, goat cheese, dressed arugula salad, handmade flatbread		

black and blue	13	672 cal
blackened steak, blue cheese, grilled onion, horseradish cream sauce, handmade flatbread		