



breakfast menu

monday to friday 8:00am – 12:00pm
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 4 ingredients: {additional ingredients .50 each}
baked omelet additional 2.00
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

breakfast turkey club 12 528 cal
turkey, bacon, mozzarella, spinach, sundried tomato pesto
choice of toast: white or wheat

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

avocado toast 9 390 cal
two eggs any style, avocado, arugula, tomato

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
substitute plant protein .50
additional supplements .50

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 whey protein
substitute plant protein .50
additional supplements .50

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

kids

 with 10g whey protein

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
vegetable crudité plate	10	346 cal
celery, carrots, cucumber, flatbread, ranch, hummus		
soup of the day		
cup	3	
bowl	5	

fresh salads

choice of protein: chicken **3**, salmon **6**, steak **7**, avocado **1**

choice of dressing: balsamic vinaigrette, bleu cheese, caesar, cilantro lime agave, sesame ginger, ranch

custom salad or bowl	10	398 cal
<i>choice of:</i> greens or grain		
<i>choice of four (4) ingredients:</i> (additional ingredients 50¢)		
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, tomatoes, walnuts		

cobb	10	398 cal
romaine, bacon, hardboiled 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 butternut squash, roasted parsnips, roasted carrots, five grain medley		

caesar	10	247 cal
romaine, tomato, parmesan, croutons		

a la carte sides

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

wraps and sandwiches

choice of side: broccoli, hand-cut fries, 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 sriracha aioli, choice of wrap		

chicken caesar wrap	10	473 cal
chicken, romaine, tomato, parmesan, caesar dressing, 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 (<i>substitute turkey or veggie patty</i>)		

steak sandwich	13	465 cal
marinated steak, horseradish cream, tomato, caramelized onion, arugula, French bread		

grilled chicken sandwich	10	642 cal
grilled chicken, basil aioli, lettuce, tomato, brioche bun		

salmon sandwich	13	518 cal
grilled atlantic salmon, lemon dill sauce, spinach, tomato, brioche bun		

flatbreads

bbq chicken	12	966 cal
chicken, smoked gouda, red onion, BBQ sauce, homemade flatbread		

margherita	11	702 cal
mozzarella, tomato, garlic confit, chiffonade basil, balsamic glaze, homemade flatbread		