

energize

sweet potato bisque (gluten free)
coconut milk, cinnamon, orange confit

lentil & cucumber salad (gluten free)
onion, cucumber, parsley, mint, cilantro

kale pesto pasta salad
almond pesto, parmesan, cherry tomatoes,
whole wheat crouton

spinach salad (gluten free)
red beets, orange, fennel

apple oatmeal cookies (gluten free)

recovery

chicken salad (gluten free)
celery, onion, celery seed, low fat mayonnaise

quinoa salad (gluten free)
orange, dried cranberry, apricot, almonds,
herbs, olive oil

salmon salad (gluten free)
lemon, chive, dill, greek yogurt

tuna salad (gluten free)
celery, green olives, herbs, low fat mayo

sesame udon salad
udon noodles, red peppers, scallions,
sesame seeds, lime

fresh pressed juice \$5.00

roots
beet, strawberry,
carrot, apple

purple rain
blackberry, blueberry, pear, apple, acai

orange
orange, carrot, ginger

piña kale
pineapple, kale,
cucumber, ginger

juice to order
choose from the chefs seasonal selections

Turmeric Detox
lemons, limes, ginger, turmeric, golden beet, apple

Green Detox
green apple, cucumber, grape fruit, celery,
kale, lime, ginger

balance

fresh fruit plate (gluten free)
sliced melons, pineapple, berries, mint

vegetable wrap
grilled vegetables, sun-dried tomato spread,
bibb lettuce, tomato, avocado

caprese salad (gluten free)
buffalo mozzarella, balsamic reduction, basil pesto

whole wheat club sandwich
lean turkey, lettuce, tomato, bacon, avocado,
low fat mayonnaise

smoothie \$6.00

refuel
peanut butter, banana, cocoa, almond milk, flax seed

antioxidant
blueberry, blackberry, strawberry,
coconut milk, ginger, oats

serenity
peach, pear, cilantro, ginger, nonfat milk, avocado

detox
kale, orange juice, mango, mint, parsley

