

PLEASE NOTE WE ARE NOT A STRICTLY GLUTEN FREE FACILITY AND WHILE WE MAKE EVERY POSSIBLE TO AVOID CROSS CONTAMINATION, THESE ITEMS ARE MADE IN AN ENVIRONMENT THAT CONTAINS GLUTEN.

SIGNATURE SALADS (32 oz.) ADRENALINE \$17.50 Kale, roasted sweet potato, grilled chicken, avocado, red peppers, sliced carrots, organic white quinoa, cherry tomatoes – Honey Dijon dressing AVO-CONDA \$17.50 Mixed greens, tuna, mandarins, avocado, hearts of palm, chickpeas, caramelized almonds - Honey Dijon dressing CC CHOPPED \$16.95 Kale, corn, cauliflower, broccoli, caramelized almonds, grilled chicken – Balsamic dressing CHANTAL \$16.50 Half romaine, half spinach, red cabbage, green cabbage, shredded carrots, red peppers, broccoli, sunflower seeds, cucumber, beets, avocado – Lemon juice, olive oil & black pepper dressing COREXKETO \$17.50 Half spinach, half arugula, chicken or tuna, pecans, pumpkin seeds, chia seeds, mint, goat cheese, blueberries - Lemon juice, olive oil & black pepper dressing CRUNCHY CHICKEN SALAD (NEW!) \$17.50 Romaine lettuce, crunchy chicken strips (gluten free), cheddar cheese, red cabbage, cucumber, sliced carrots, cherry tomatoes, avocado, crunchy noodles with Honey Dijon dressing @DOGPOUND \$17.25 Spinach, grilled chicken, organic brown rice, avocado, roasted sweet potato – Balsamic dressing DON \$17.25 Half romaine, half spinach, tuna, walnuts, avocado, red cabbage, blueberries, cucumber - Olive oil, apple cider vinegar and maple syrup dressing JEFF LAM Half kale, half spinach, avocado, mandarins, candied pecans, cherry tomatoes, organic white quinoa, grilled chicken – Honey Dijon dressing \$17.25 JOCK Mixed greens, grilled chicken, avocado, toasted almonds, organic brown rice, cucumber, chickpeas – Sesame ginger dressing \$17.50 **JON 2.0** Half kale, half spinach, double avocado, shredded carrots, toasted almonds, pineapple, grilled chicken –

JON CHOPPED \$17.50

Olive oil & balsamic vinegar dressing

Spinach, mandarins, double avocado, mushrooms, grilled chicken – Olive oil, balsamic dressing & lemon juice

# MEDITERRANEAN SUPER BOOST (16 oz.)

\$16.25

Organic brown rice, organic red quinoa & veggie mix, dried cranberries, green apple, toasted almonds, broccoli, grilled chicken – Lemon juice, olive oil & black pepper or Balsamic dressing

NYC \$17.25

Romaine lettuce, white quinoa, chicken bacon, goat cheese, cucumber, avocado, black olives — Balsamic dressing

<u>OZ</u> \$17.50

Half kale, half spinach, chicken or tuna, red cabbage, green apple, avocado, orange & yellow peppers, green peppers, red peppers, pumpkin seeds, sunflower seeds, chia seeds, caramelized almonds, goji berries – Lemon juice, olive oil & black pepper dressing

OZ PART 2 \$17.50

Kale, grilled chicken, green cabbage, red cabbage, mint, celery, sliced carrots, strawberries, green apple, toasted almonds, dried cranberries – Lemon juice, olive oil & black pepper dressing

# PUMP CHOPPED (NEW!) – 395 calories

\$16.95

Half mixed greens, half romaine, cucumber, shredded carrots, hearts of palm, red cabbage, celery, grilled chicken – Sesame ginger dressing

## RIPPING RASPBERRY

\$16.9<u>5</u>

Spinach, goat cheese, grilled chicken, candied pecans, strawberries - Raspberry dressing

# @SPINNERGIRL (NEW!)

\$17.25

Romaine lettuce, tuna, caramelized almonds, corn, edamame, broccoli, mushrooms, cucumber, chopped – Sesame ginger dressing

STING LIKE A BEE \$18.50

Kale, grilled chicken, boiled egg, brown rice, cucumber, roasted sweet potato, red cabbage, mandarins, green apple, avocado, toasted almonds – Balsamic dressing

# STIR FRY SALAD (NEW!)

\$16.75

Spinach, organic white quinoa, roasted sweet potato, shredded carrots, chickpeas, red peppers, goat cheese, mushrooms, half an avocado – Lemon olive oil & black pepper dressing with sriracha on the side

@SUBBANATOR \$16.95

Romaine lettuce, grilled chicken, avocado, chickpeas, dried cranberry, pine nuts - Balsamic dressing

VICIOUS VEGAN \$16.95

Half romaine, half kale, organic white quinoa, edamame, sunflower seeds, avocado, red cabbage, shredded carrots – Lemon juice, olive oil & black pepper dressing

ZCDMTL (NEW!) \$16.95

Half romaine, half kale, grilled chicken, cucumber, sliced carrots, radish, red cabbage, toasted almonds, cauliflower – Lemon juice, olive oil & black pepper dressing

#### **3 TOPPINGS** \$13.00

#### LETTUCE

Arugula

Full kale (\$3.00)

Half kale (\$1.50)

Mixed greens

Romaine (\$3.00)

Half Romaine (\$1.50)

Spinach

#### **PROTEIN**

Chicken bacon (\$4.00)

Breaded chicken (4.50)

Organic brown rice (\$3.75)

Organic red quinoa (\$3.75)

Organic white quinoa (\$3.75)

Tuna (\$4.00)

Salmon Filet (\$15.00)

Candied pecans

Sunflower seeds

Toasted almonds

#### **5 TOPPINGS**

**VEGETABLES** 

Bean sprouts

Black olives

Cauliflower

Chickpeas

Cucumber

Edamame

Green cabbage

Green olives

Green onions

Green peppers

Hearts of palm Mushrooms

Red cabbage

Red peppers

Sliced Carrots

**CHEESE** 

Cheddar

Feta

Bocconcini

Goat cheese

Mozzarella

Parmesan

Red onions

Radish

Orange & yellow peppers

Roasted sweet potato

Shredded carrots

Sundried tomatoes

Water chestnuts

Cherry tomatoes

Broccoli

Celery

Corn

Avocado

Beets

\$15.00

# 5 TOPPING BOWL

\$15.00

Includes guinoa or brown rice

#### **FRUIT**

Blueberries

Dried cranberries

Dried figs

Goji berries

Green Apple

**Mandarins** 

Mango

Pear

Pineapple

Raisins

Strawberries

### **HERBS**

Basil

Mint

## **EXTRAS**

Chopped (\$1.50)

Extra dressing (\$1.50)

Extra toppings (\$1.50 each)

Sriracha (\$0.50)

Split in 2 (\$1.00)

#### **DRESSING**

Apple Cider Maple

Avocado with a Kick

Balsamic

Basil

Caesar

Honey Dijon

Italian

Lemon Garlic

Lemon Pepper

Poppy seed

Raspberry

Sesame Ginger

Tamari

Boiled egg (\$2.00)

Grilled chicken (\$4.50)

Tofu (\$4.00)

#### **SEEDS & NUTS**

Caramelized almonds

Chia seeds

Pecans

Pine nuts

Pumpkin seeds

Toasted sesame seeds

Walnuts

#### **HOUSE WRAPS**

Served on a gluten free tortilla (\$1.50) or as a lettuce wrap with a side of house salad, kettle chips or sweet potato chips

CHICKEN \$16.95

Grilled chicken breast, romaine lettuce, Havarti cheese, shredded carrots, cucumber, tomato – Balsamic dressing

TUNA \$17.00

Tuna salad, romaine lettuce, Havarti cheese, shredded carrots, cucumber, tomato

VEGETARIAN \$16.50

Romaine lettuce, Havarti cheese, shredded carrots, cucumber, tomato, avocado, yellow peppers – Honey Dijon dressing

VEGGIE 2.0 \$16.75

Romaine lettuce, Havarti cheese, organic white quinoa, shredded carrots, cucumber, tomato, chickpeas, broccoli, avocado, toasted almonds – Honey Dijon dressing

#### SIGNATURE WRAPS

Served on a gluten free tortilla (\$1.50) or as a lettuce wrap with a side of house salad, kettle chips or sweet potato chips

CHICKEN BLT \$17.50

Chicken bacon, romaine lettuce, tomato, grilled chicken breast, avocado, cucumber – Mayonnaise or Mustard

#### **CRUNCHY CHICKEN WRAP**

\$16.95

Crunchy breaded chicken (gluten free), romaine lettuce, tomato, avocado, cheddar cheese & dijonnaise sauce

KALE SALAD \$15.95

Kale, organic white quinoa, toasted almonds, shredded carrots, tomato, cucumber - Honey Dijon dressing

MYKONOS \$15.95

Mixed greens, cucumber, tomato, red onions, black and green olives, feta - Lemon garlic dressing

QUINOA \$15.95

Organic white quinoa, hummus, cucumber, tomato, red onions, parsley - Balsamic dressing

#### SIGNATURE SANDWICHES

# Served on gluten free bread (\$1.50) with a side of house salad, kettle chips or sweet potato chips

CHICKEN \$17.00 Grilled chicken breast, romaine lettuce, Havarti cheese, shredded carrots, cucumber, tomato - Dijon Mustard or Mayonnaise CHICKEN BLT \$17.50 Chicken bacon, romaine lettuce, tomato, grilled chicken breast, Havarti cheese, avocado – Dijon Mustard or Mayonnaise GRILLED CHEESE \$14.00 GRILLED CHEESE WITH CHICKEN BACON \$15.00 Cheddar cheese & chicken bacon MOZZARELLA CAPRESE \$16.25 Mozzarella, tomato, basil, avocado & cucumber with olive oil, balsamic vinegar & black pepper TUNA \$17.00 Tuna salad, red onions, shredded carrots, romaine lettuce, tomato – Honey Dijon dressing or Mayonnaise TUNA MELT \$17.50 Tuna salad, Havarti cheese, red onions, shredded carrots, romaine lettuce, tomato – Honey Dijon dressing or Mayonnaise **VEGETARIAN** \$16.50 Avocado, Havarti cheese, shredded carrots, cucumber, romaine lettuce, tomato – Honey Dijon dressing **MAINS** CLEAN EATS \$17.00 Grilled chicken breast, avocado, tomato & hummus with honey Dijon dressing PROTEIN PACKED \$17.00 Organic brown rice, grilled chicken breast & edamame with honey Dijon dressing SHEPHERDS PIE \$17.00

Made with gluten free ingredients. Served with a house salad.

BROCCOLI CHEDDAR CUP: \$9.95 JAR: \$10.95

Vegetarian & made with gluten free ingredients

BUTTERNUT SQUASH CUP: \$9.95 JAR: \$10.95

Vegetarian, dairy free & made with gluten free ingredients

CAULIFLOWER & CARROT CUP: \$9.95 |AR: \$10.95

Vegetarian, dairy free & made with gluten free ingredients

MATZO BALL CUP: \$9.95 JAR: \$10.95

Dairy free & made with gluten free ingredients

ORGANIC LENTIL CUP: \$9.95 JAR: \$10.95

Vegetarian, dairy free & made with gluten free ingredients

#### **COMBOS**

SOUP & HALF SALAD OR SANDWICH CUP: \$18.50 | JAR: \$19.50

Homemade soup with a choice of any half signature salad or sandwich

#### **BAKED POTATOES**

All potatoes are served with low-fat sour cream

BKT \$15.00 MAKE YOUR OWN \$13.00

Crispy chicken bacon, kale, tomato & cheddar

Choice of Russet or Sweet potato Boiled egg (\$2.00)

Corn, cheddar, avocado, salsa, grilled chicken, crispy chicken bacon, broccoli, mushrooms & red

Corn, cheddar, avocado, salsa, grilled chicken, chicken bacon (\$4.00)

Grilled chicken (\$4.50)

peppers

GREEK \$15.50 Organic red quinoa (\$3.75)
Organic white quinoa (\$3.75)

Feta, cucumber, tomatoes & red onions

HEALTHY FARM \$14.75

Broccoli & cheddar

Tuna (\$4.00)

Kale (\$1.50)

Tofu (\$4.00)

Additional toppings are \$1.50 each

(3 TOPPINGS INCLUDED)

Organic brown rice (\$3.75)

## **BREAKFAST ALWAYS**

AVOCADO TOAST \$16.50 Served on gluten free toast (\$1.50) with parmesan, sweet balsamic glaze & a boiled egg AVO TOAST BOOST Served on multi-grain or gluten free toast (\$1.50) with mashed avocado, smoked salmon, crumbled goat cheese, fresh dill & a boiled egg sprinkled with cayenne and drizzled olive oil **BREAKFAST SANDWICH** \$15.50 Sliced boiled egg, Havarti cheese & chicken bacon served on gluten free bread (\$1.50) CHIA PUDDING \$10.50 Topped with seasonal berries COUNTRY FRESH GRANOLA PARFAIT \$9.50 Vanilla Greek yogurt, granola, blueberries, strawberries, banana & honey "EGGCELENCE" \$15.50 Two boiled eggs served with Havarti cheese, avocado, tomatoes, cucumber & gluten free toast (\$1.50) **FRUIT PLATE** \$14.00 Banana, blueberries, blackberries, mango, grapes, green apple, orange, strawberries, pineapple, dried cranberries, pumpkin seeds, caramelized almonds, sunflower seeds, coconut shavings, walnuts & honey

# SMOKED SALMON PARTY PLATE

\$18.00

Smoked salmon, cream cheese, avocado, tomatoes, red onions & gluten free toast (\$1.50)

SPICY MANGO \$9.50

#### **COFFEE & TEA**

Choice of milk: 2% milk, coconut milk, oat milk or almond milk

	CAPPUCCING	)	ESPRESSO	<u>LATTÉ</u>	<b>\$4.25</b>
Hot or Iced	Single	\$3.75	Single \$3.00	Hot or Iced	
	<u>Double</u>	\$4.2 <u>5</u>	<u>Double</u> \$3.25		
COCONUT CHAI LA	ΓΤÉ	<b>\$4.50</b>	MATCHA LATTÉ		<b>\$5.25</b>
TEA		<b>\$2.25</b>	SPECIAL TEA (HOT	OR ICED)	<b>\$3.50</b>
Green or Chai			Fresh mint, ginger, and	lemon with honey	

# All smoothies are mixed with green tea Add vanilla vegan protein powder (\$3.00)

ANOUK	\$12.95
Banana, almond milk, cinnamon, vanilla extract, dates & coconut shavings	
CLASSIC	\$12.95
Orange, strawberries & banana	
COACH SONIA'S ENERGY SHAKE	\$12.95
Banana, 2 shots of espresso, almond butter, almond milk, chia seeds, cinnamon & vanilla protein p	owder
DETOX	\$12.95
Blueberries, cucumber & honey	
ELISHA CUTHERT	\$12.95
Strawberries, pineapple & banana	
ENERGIZER	\$12.95
Mango, chai tea, fresh ginger, banana, coconut milk & cinnamon	
GSP	\$12.95
Blueberries, blackberries, raspberries, strawberries, mango & plain Greek yogurt	
HEAVEN ON EARTH	\$12.95
Cashews, dates, soy milk & banana	
KARL WOLF	\$12.95
Strawberries, mango & banana	
KRIS LETANG	\$12.95
Raspberries, banana, mango & vanilla Greek yogurt	
LOKI	\$12.95
Banana, mango, Hawaiin Spirulina, vanilla protein powder, almond butter, cinnamon & almond mi	k
LUCY IN THE SKY	\$12.95
Orange, mango, banana, pineapple & strawberries	
NASTIA LIUKIN	\$12.95
Almond milk, banana, kale & mango	-
NICOLE	\$12.95
Almond milk, banana, kale & mango	-
TROPICAL FUN	\$12.95
Grapefruit, mango, pineapple & banana	•
VANESSA	\$12.95
Strawberries, banana, pineapple, peach & vanilla protein powder	*
VERY BERRY	\$12.95
Blackberries, blueberries, strawberries & banana	<del>Ψ : 2= : / =</del>
ZCD	\$12.95
Spinach, banana, dates, cinnamon, vanilla syrup, oat milk, matcha powder & vanilla protein powde	

APPLE CARROT	\$9.00
APPLE, MINT, STRAWBERRY, LEMON	\$9.00
APPLE PEAR	\$9.00
APPLE, PINEAPPLE & KALE	\$9.00
GRAPEFRUIT	\$9.00
ORANGE	\$9.0 <u>0</u>
ORANGE GRAPEFRUIT	\$9.00
PINEAPPLE, ORANGE, MINT	\$9.00
DESSERTS	
BANANA CHOCOLATE CHIP MUFFINS  Made with gluten free ingredients	<b>\$4.75</b>
CHOCOLATE CHIP BANANA BREAD  Made with gluten free ingredients	\$4.9 <u>5</u>
CHOCOLATE COVERED CHIPS  Made with gluten free ingredients	<b>\$7.95</b>
CHOCOLATE DIPPED RICE CAKE  Made with gluten free ingredients	\$3.50
LEN'S OREO CHEESECAKE BALLS  Made with gluten free ingredients	<u>\$5.50</u>
NUTELLA OREO CHEESECAKE  Made with gluten free ingredients	\$5.50
OREO CRUNCH CAKE  Made with gluten free ingredients	<b>\$5.50</b>
SNICKERDOODLE ENERGY BALLS (VEGAN)  Made with gluten free ingredients	\$4.00



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