

SUMMER MENU

Cold Brew

Organic house blend coffee infused with ultrafiltered water for 24 hours 3.25

Sparkling Blueberry Lemonade

A mix of blueberry puree, cold pressed lemonade and a splash of soda 3.99

COLD PRESS FRESH JUICES

KALE TO THE KING

Immune system boost of spinach, apple, lemon and of course power packed kale 5.25

WALK ON THE BEACH

Antioxidant rich blend of carrots, golden beets, apple, lemon and digestive aid ginger 5.25

JUST BEET IT

A delicious elixir of red beets, carrot, orange, apple, pineapple and healthy ginger. Way too many healthy benefits to list 5.49

Use your phone to read all about it.



Summer Shrimp Ceviche

A fresh blend of chopped shrimp, mango, pineapple, pepper, onion, cilantro, tomato & Hass avocado ceviche served with colored corn tortilla chips 9.79



Greek Yogurt Bowl

Vanilla Greek yogurt bowl topped with strawberries, blueberries, banana, chia seeds and Protein Packed Bear Naked Cinnamon Granola. Served with multigrain toast, almond butter & all-natural raspberry preserves 10.39

Crossfit Kale Omelet

A fluffy four egg white omelet with sautéed kale, caramelized onion and other mixed seasonal vegetables Served with mixed greens tossed in a citrus vinaigrette dressing 9.79

Grande Breakfast Burrito

A wheat tortilla stuffed with three scrambled eggs, diced grilled chicken, brown rice, corn, black bean, diced tomato and our mango pineapple salsa. Topped with honey sriracha glaze, melted jack cheese & sliced avocado. Served with potatoes or tossed mixed greens in a citrus vinaigrette 9.89

Flatbread Frittata

A three egg frittata layered with button mushroom, caramelized onion, baby spinach, chopped bacon, and topped with mixed cheese and diced tomato. Served on a gluten free cauliflower crust 10.39

Chicken Smash Sandwich

Grilled ciabatta bread with smashed Hass avocado, grilled chicken breast, ripe plum tomato, sliced red onion, and topped with mixed greens & citrus vinaigrette. Served with tortilla chips & salsa 10.49

Summer Cali Flatbread

Cauliflower crust flatbread with basil pesto spread, roasted red pepper, caramelized onion, roasted portobello, fresh baby spinach. Topped with feta cheese, sweet balsamic glaze, and two sunny side up eggs 10.49