

ARTISAN PANINI & WRAPS

SERVED WITH ONE OF OUR 4 SIGNATURE DAILY SIDE DISHES. PRICED FROM \$10-\$13

TUSCAN CHICKEN PANINI

sundried tomato spread,
grilled sweet peppers, goat cheese

SPICY PICANTE CHICKEN PANINI

garlic peppercorn, spicy salsa verde,
grilled banana peppers, smoked mozzarella

CHICKEN LITE PANINI

chili lime avocado, grilled zucchini,
grilled sweet peppers

CHICKEN AVOCADO WRAP

chili lime avocado, mashed avocado,
roasted fajitas, pico de gallo

PULLED TURKEY WRAP

garlic peppercorn, roasted fajitas,
fennel slaw, asiago

SPICY STRIPLOIN & SALSA VERDE PANINI

garlic peppercorn, spicy salsa verde,
grilled banana peppers, brie

STRIPLOIN & SMOKED MOZZA PANINI

sundried tomato spread, grilled sweet
peppers, smoked mozzarella

STEAK & ASIAGO WRAP

garlic peppercorn, roasted fajitas,
fennel slaw, asiago

GRILLED VEGGIE PANINI

chili lime avocado, grilled zucchini,
peppers & eggplants, goat cheese

SPICY TOFU WRAP

garlic peppercorn, roasted fajitas,
fennel slaw, mashed avocado

FIG & PROSCIUTTO PANINI

fig & basil pesto, grilled zucchini,
arugula, brie

SMOKED SALMON PANINI

fig & basil pesto, grilled zucchini, brie

CAJUN ROASTED SALMON WRAP

chili lime avocado, fennel slaw,
roasted fajitas, pico de gallo

SPICY TUNA CARPACCIO PANINI

garlic peppercorn, spicy salsa verde,
grilled sweet peppers, goat cheese



GOURMET SALADS & GRAIN BOWLS

PERFECT BALANCE OF VEGGIES, GRAINS & PROTEIN. YOU DESIGN IT, WE MAKE IT
FROM \$9-\$15

CHOOSE A BASE:

spring mix	romaine
spinach	quinoa & kale (QK mix)
kale	super mix (brown rice, quinoa, kale)

CHOOSE A PROTEIN(EXTRA):

chicken breast	\$3
pulled turkey	\$3
striploin steak	\$3
roasted tofu	\$1.5
tuna carpaccio	\$5
cajun salmon	\$5

CHOOSE 5 INCLUDED TOPPINGS:

40+ ingredients including fresh and prepared vegetables, beans, seasonal fruit, nuts & seeds, pickled ingredients & cheese options

GLUTEN FREE, DAIRY FREE, FROM SCRATCH DRESSINGS:

citrus basil	smokey paprika
roasted pear	chili lime avocado
garlic peppercorn	spicy cilantro
EVOO + VINEGAR	EVOO+lemon

CLASSICS:

balsamic vinaigrette
sesame thai vinaigrette
greek vinaigrette



FANTASTIC SOUPS FROM SCRATCH

FREE OF GLUTEN, PRESERVATIVE & DAIRY, RECIPES PREPARED FROM SCRATCH
FROM \$3.5-\$4.75

ROASTED ROOT VEGETABLES

ROASTED FENNEL & SWEET POTATO PUREE

PORTOBELLO & CREMINI MUSHROOMS

GINGER CARROT WITH LEMONGRASS

ROASTED SWEET PEPPER PUREE

VEGAN TOMATO BASIL PUREE

CURRIED CAULIFLOWER

CINAMMON SQUASH WITH GRILLED PINEAPPLE

CURRIED SQUASH WITH ROASTED PEAR

SPICY CORN WITH FRESH CHIVES

