

energize

chilled 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 **\$6.00**

roots
beet, strawberry,
carrot, apple

purple rain
blackberry, blueberry,
pear, apple, açai

orange
orange, carrot, ginger

kale tonic
kale, golden apple,
cucumber, lemon,
celery

juice to order
choose from the chefs
seasonal selections

smoothie **\$7.00**

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 smoothie
kale, coconut water, mango, mint, parsley, celery,
chia seeds

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

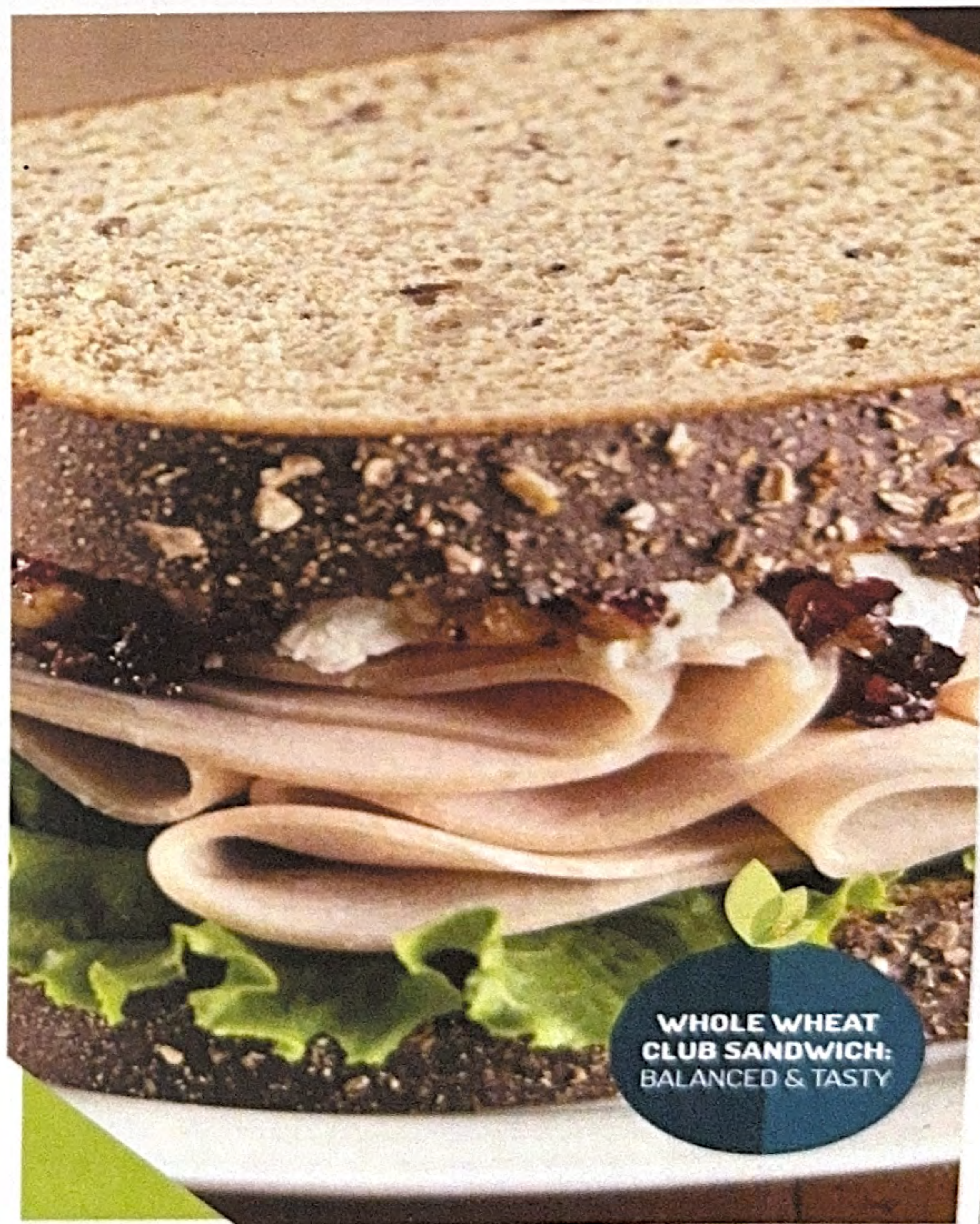
whole wheat club sandwich
lean turkey, lettuce, tomato, bacon, avocado,
low fat mayonnaise

homemade breads

sesame seed ficelle

multi grain ficelle

onion tomato thyme ficelle



A 20% gratuity will be automatically added to your check.