

breakfast - let the day begin right



full size combo

full breakfast sandwich with

med
coffee/tea

9.89

med
smoothie

12.59

med
squeeze

13.69

half size combo

half breakfast sandwich with

med
coffee/tea

7.09

med
smoothie

10.29

med
squeeze

11.39

breakfast sandwiches half 5.09 full 8.49

Healthy Start

egg, turkey bacon, cheddar cheese, tomatoes, red onions, green peppers, salsa

Early Bird

egg, turkey bacon, mozzarella cheese, tomatoes, spinach, fat-free mayo

lite breakfast bites 4.99

Strawberry-Peach Parfait

strawberry and peach fruit slices layered with granola and yogurt

Blueberry-Raspberry Parfait

blueberry and raspberry fruit slices layered with granola and yogurt

Spiced Apple Oatmeal Bowl 4.29

hot oatmeal with fresh apples, cranberries, freshly squeezed apple juice, spiced with cinnamon and nutmeg



espresso 100% organic fairtrade coffee beans

Freshly Brewed.....	sm 2.19	med 2.39	lg 2.59
Americano.....	sm 2.39	med 2.99	lg 3.49
Latte.....	sm 3.99	med 4.69	lg 5.09
Mocha.....	sm 4.19	med 4.89	lg 5.29
Cappuccino.....	sm 3.79	med 4.49	lg 4.89
Chai Latte.....	sm 3.89	med 4.59	lg 4.99
Espresso.....	sm 1.89	med 2.79	

flavor shots 0.55
vanilla, agave

organic hot teas 2.29

an assortment of organic teas are available

grab & go

We offer an assortment of healthy bars, snacks, pastries and bottled beverages



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fruit parfaits 4.99

Strawberry-Peach
strawberry & peach fruit slices
layered with granola and yogurt

Blueberry-Raspberry
blueberry & raspberry fruit slices
layered with granola and yogurt

100% pure juices

med **2.69** lg **3.29**

Passion-Orange-Guava, Cranberry, Kiwi,
Pomegranate-Blueberry Pineapple, Acai 3.29/3.79

iced teas

med **2.69** lg **3.29**

Infused Iced Tea

organic black tea infused with
any 100% pure juice

Iced Tea

organic black tea unsweetened
or sweetened with agave
nectar or lemon juice

Iced Lemonade

freshly squeezed lemons and agave nectar

squeezes

med **6.59** lg **7.69**

Cold Terminator

oranges, carrots, ginger

Create Your Own

any mixture of orange, carrot,
apple, celery, cucumber, beet,
spinach, kale, ginger

Super Detox

carrots, celery, spinach

wheatgrass

med **3.29** lg **4.69**



pure smoothies

med **5.49** lg **6.99**

Caribbean Splash

passion-orange-guava juice, mango sorbet, mangos, strawberries

Mango Mania

passion-orange-guava juice, mango sorbet, non-fat frozen yogurt, mangos, bananas

Pineapple Paradise

pineapple juice, non-fat frozen yogurt, pineapples, strawberries, coconut cream

Strawberry Banana Supreme

passion-orange-guava juice, raspberry sorbet, strawberries, bananas

Tropical Peach

peach juice, mango sorbet, peaches, pineapple

Pomegranate Punch

pomegranate-blueberry juice, non-fat frozen yogurt, strawberries, blueberries

Request any pure smoothie as a **light blend** with 1/3 less calories

*Not available on all pure smoothies.

Kiwi Quencher

kiwi juice, mango sorbet, strawberries

Raspberry Blast

cranberry juice, raspberry sorbet raspberries

True Blue

pomegranate-blueberry juice, non-fat frozen yogurt, blueberries, bananas

Chunky Monkey

chocolate soy milk, non-fat frozen yogurt, bananas, peanut butter

Protein Power

vanilla soy milk, non-fat frozen yogurt, strawberries, bananas, double shot of protein fortifier

Iced Cappuccino

vanilla soy milk, non-fat frozen yogurt, cappuccino

super smoothies

med **6.59** lg **7.69**

Kale Pineapple

pineapple juice, kale, pineapples, mangos, bananas

Avocados & Cream

vanilla soy milk, non-fat frozen yogurt, avocado, bananas, coconut cream, agave nectar

Jolly Green Kiwi

kiwi juice, raspberry sorbet, pineapples, spinach, wheatgrass +

Acai Mega Berry

pomegranate-blueberry juice, organic acai, strawberries, blueberries, raspberries



fortifiers

one FREE in every smoothie! *0.50 each additional.

Energy

Immune Support

Whey Protein

Soy Protein

Multi-Vitamin

Slim & Trim

Flaxseed

Wheatgrass +

wrap, panini or salad - it's your choice

full size combo

wrap, panini or salad

med
smoothie

med **juice**
or **iced tea**

12.59

10.09

half size combo

wrap, panini or salad

med
smoothie

med **juice**
or **iced tea**

10.29

7.79

solo

full size wrap,
panini or salad

8.49

kids

half size wrap, panini, salad,
grilled cheese or pb&j,
+ 12oz **smoothie** or **squeeze**

7.69

*Additional 1.00 for super smoothies & squeezes on all combos.

*12yrs or younger.

Turkey Cranberry

turkey breast, mozzarella cheese, romaine lettuce, mandarins, cranberries, walnuts, raspberry vinaigrette

Turkey Bacon Avocado

turkey breast, turkey bacon, cheddar cheese, *romaine lettuce, avocados, tomatoes, red onions, low-fat ranch dressing

Kale Vegetarian

beets, feta cheese, kale, tomatoes, red onions, red peppers, almonds, crasins, balsamic vinaigrette

Portobello

portobello mushrooms, mozzarella cheese, *romaine lettuce, red peppers, red onions, balsamic vinaigrette

Asian Chicken

chicken breast, romaine lettuce, mandarin oranges, sliced almonds, crispy noodles, sesame vinaigrette

Southwestern Fiesta

spicy chicken breast, cheddar cheese, *romaine lettuce, red onions, green peppers, black beans, jalapenos, salsa

Hummus

hummus, feta cheese, *romaine lettuce, tomatoes, cucumbers, red onions, red peppers, chick peas

Tuna Melt

tuna, cheddar cheese, romaine lettuce, tomatoes, fat-free mayo

Mediterranean

chicken breast, feta cheese, *romaine lettuce, green peppers, olives, tzatziki sauce

Turkey Pesto

turkey breast, mozzarella cheese, *romaine lettuce, tomatoes, pesto sauce (contains pignoli nuts)

*Lettuce not on panini.

fresh soup

our soups have less than 5 grams of fat per serving

med **3.89** lg **4.99**

SAVE 10% on soup when added to any menu item!