

SIGNATURE CHOPPED SALADS

★ **BBQ CHICKEN SALAD**
Romaine + Grilled Chicken + Avocado + Fried Onion Straws + Corn + Red Onion + Tortilla + Cheddar Cheese. *Dressing: BBQ Ranch.* 15.5

★ **TEX-MEX SALAD**
Romaine Lettuce + Grilled Chicken + Tomato + Corn + Black Bean + Cheddar Cheese + Cilantro + Red Onion + Tortilla Strips. *Dressing: Chipotle Ranch or Cilantro Lime.* 14.05

GRILLED CHICKEN CAESAR SALAD
Romaine Lettuce + Grilled Chicken + Parmesan + Croutons. *Dressing: Caesar.* 13

CALI SALMON SALAD
Romaine Lettuce + Salmon + Avocado + Tomato + Cucumber + Corn + Red Onion + Crispy Chickpea. *Dressing: Green Goddess.* 20.5

TERIYAKI GLAZED SALMON SALAD
Spinach + Kale + Teriyaki Glazed Salmon + Pickled Red Cabbage + Carrots + Broccoli + Wonton. *Dressing: Sesame Ginger.* 18.5

SANTORINI SUNRISE SALAD
Romaine + Grilled Chicken + Cucumber + Tomato + Lemon Chickpea + Bell Peppers + Olives + Feta Cheese. *Dressing: Balsamic Vinaigrette.* 14.05

★ **MANDARIN CHICKEN SALAD**
Spinach + Grilled Chicken + Pickled Red Cabbage + Carrots + Mandarins + Edamame + Won Ton Strips. *Dressing: Sesame Ginger.* 14.05

COBB SALAD
Romaine + Grilled Chicken + Avocado + Bacon + Hard Boiled Egg + Blue Cheese + Olives + Tomato *Dressing: Blue Cheese.* 17.25

BUFFALO BLUE SALAD
Romaine Lettuce + Panko Fried Chicken + Tortilla Strips + Blue Cheese + Tomato. *Dressing: Blue Cheese + Hot Sauce.* 13.75

★ **AUTUMN HARVEST SALAD**
Romaine & Spring Mix + Grilled Chicken + Cheddar + Corn + Craisins + Apples + Candied Walnuts. *Dressing: Honey Mustard or Balsamic Vinaigrette.* 14.05

★ **FALAFEL SALAD**
Spring Mix + Falafel + Tomato + Cucumber + Red Onion + Quinoa + Feta Cheese. *Dressing: Tzatziki Yogurt or Balsamic Vinaigrette.* 13.75

VIVA VEGAN SALAD
Romaine Lettuce + Spring Mix + Roasted Tofu + Avocado + Crispy Chickpea + Broccoli + Pickled Onion + Tomato + Cilantro. *Dressing: Cilantro Lime Vinaigrette* 15.5

★ MOST POPULAR

All menu items are subject to availability. Prices do NOT include sales tax and are subject to change.

CREATE YOUR OWN BOWL OR WRAP! 14.05

PICK LETTUCE
Single or Mix
Romaine • Spring Mix • Spinach

PICK PROTEIN
Grilled Chicken • Salmon* • Blackened Shrimp*
Bacon • Panko Fried Chicken
Vegan Options
Falafel • Roasted Tofu
All ingredients are prepared in the same equipment and oil.

PICK 4 TOPPINGS
Each additional topping: .75
Apple • Avocado* • Bell Pepper • Black Olives • Black Beans
Broccoli • Carrot • Lemon Chickpeas • Cilantro • Corn
Cucumber • Edamame • Hard Boiled Egg • Jalapeños
Mandarins • Pickled Red Onion • Radish • Red Onion
Pickled Red Cabbage • Sautéed Mushrooms • Tomato

PICK 1 CRUNCH
Each additional crunch: .75
Candied Walnuts • Craisins • Croutons • Crispy Chickpeas
Fried Onion Straws • Quinoa • Tortilla Strips • Won Ton Strips

PICK 1 CHEESE
Each additional cheese: .75
Blue Cheese • Cheddar • Feta • Parmesan

PICK DRESSING
Mixed in or on the Side. Each additional: .50

SIGNATURE SALAD DRESSINGS

- ★Balsamic Vinaigrette ✓
- ★Green Goddess
- BBQ Ranch
- Honey Mustard
- Blue Cheese
- Lemon Agave
- Caesar
- Vinaigrette ✓
- ★Chipotle Ranch
- Sesame Ginger ✓
- ★Cilantro Lime ✓
- Ranch

SLIM SALAD DRESSINGS

- Low Fat Italian ✓
- Low Fat Tzatziki Greek Yogurt

PANTRY

- Balsamic Vinegar ✓
- Hot Sauce ✓
- Olive Oil ✓
- Lemon Juice ✓
- Red Wine Vinegar ✓

✓ = VEGAN. All dressings are gluten-free.

*PREMIUM EXTRAS

- Salmon 5
- Blackened Shrimp 4
- Avocado 2
- Extra Cheese .75
- Extra Topping .75
- Extra Protein 2
- Extra Dressing .50
- Extra Bread .50



Please let us know if you have any allergy concerns. We will do our best to accommodate, but we cannot guarantee there has been no cross-contamination.

SANDWICHES + WRAPS

Served with Sweet Potato Chips

★ **ROASTED TURKEY & AVOCADO BLT**
with Chipotle Mayo on sliced 9-Grain bread. 13

★ **PESTO CHICKEN MELT**
with Mozzarella + Red Onion + Sun Dried Tomato Spread on Ciabatta. 12.75

CHICKEN SALAD
with Cranberry Mayo + Walnuts + Red Onion + Spring Mix on sliced 9-Grain bread. 12

TERIYAKI SALMON WRAP
with Carrot + Pickled Red Cabbage + Sesame Ginger. 13

CALI VEGGIE BURGER
Made from Scratch with Avocado + Chipotle Aioli on Brioche Bun. 12

FALAFEL WRAP
with Tzatziki Yogurt Dressing + Lettuce + Tomato + Onion in a Wheat Wrap. 11

GRILLED CHEESE
Mozzarella on toasted 9-Grain bread. 5



MIX + MATCH COMBO MEALS

- SANDWICH + SALAD* 17.50
- SALAD + SOUP* 16.75
- SANDWICH + SOUP* 10

Turkey & Avocado BLT +.50
BBQ Chicken +2
Cobb Salad +3.75

Cali Salmon Salad +6
Teriyaki Salmon Salad +5
Viva Vegan +2

Teriyaki Salmon Wrap + Falafel Wrap are not available as a combo.

HOUSE MADE SOUPS

SMALL (12 oz) 5 / X-LARGE (32 oz) 9

- ★ TURKEY CHILI
- VEGAN SPLIT PEA
- CHICKEN NOODLE

ASK ABOUT OUR
SEASONAL
SOUP
SPECIALS!

SWEETS + SNACKS

Some items may be subject to availability

- ★ PEANUT BUTTER PROTEIN BITES 4
Coconut Flakes + Agave + Granola

- ★ SWEET POTATO CHIPS 2
House made

- CHEESECAKE BARS 5
- FRESH-BAKED CHOCOLATE CHIP COOKIE
- CHEWY MARSHMALLOW TREAT
- BLONDIE TOFFEE COOKIE

- FALAFEL APPETIZER 5
with Tzatziki Yogurt Sauce

- EDAMAME 5
with Citrus Salt

- FRIED VEGGIE BITES 4
with Chipotle Aioli

- TURKEY CHILI NACHOS 8

FRUIT SMOOTHIES 7.5

CHOICE OF ALMOND MILK or OAT MILK

- NUTTY BANANA
Peanut Butter + Banana

- NUTELLA +
STRAWBERRY

- VERY BERRY
Strawberry + Blueberry + Banana +
Greek Yogurt

ADD-ONS
(+1 except where noted)

- AGAVE
- GREEK YOGURT
- SPINACH
- NUTELLA
- PEANUT BUTTER
- AVOCADO (+2)
- WHEY PROTEIN
Vanilla or Chocolate

FRESH-PRESSED JUICES 7.5

Sold in 12oz bottles

- DRINK YOUR GREENS!
Cucumber + Broccoli + Celery + Apple

- ★ PINEAPPLE + CUCUMBER + LIME JUICE
- CARROT + APPLE + GINGER

VITAMIN
SHOTS!

- MULTIVITAMIN 2.5
Wheatgrass
- DETOX 2.5
Ginger, Lemon, Cayenne + Agave

DRINKS

- RECESS®
CBD-INFUSED
SPARKLING
Peach Ginger, Blackberry Chai,
or Pom Hibiscus

- INFUSED WATER
Cucumber or Lemon

- SARATOGA
MINERAL WATER

- DR. BREW KOMBUCHA
Super Berry, Love,
or Clear Mind

- COKE / DIET COKE
- HOUSE-BREWED
ICED TEA
Unsweetened Green or
Hibiscus Tea

- BAI 5 CALORIE
Mango, Peach, Coconut Lime,
or Pomegranate

- WATER



Chopped Salads +
Craft Sandwiches + Soups +
Smoothies + Fresh Pressed Juices

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