
POWER BOWL

MARINATED GRILLED, SHREDDED, OR BREADED CHICKEN ... 15.95

Roasted Balsamic Brussels Sprouts, Sweet Potatoes, Walnuts, Almonds, Pumpkin Seeds, Black Beans, Chickpeas, Craisins, & Avocado Over Mixed Greens & House Balsamic Honey Mustard

* Cheese \$1.00 Bacon \$2.00 *

MEDITERRANEAN DELIGHT

BAKED FALAFEL WITH SWEET POTATOES, BRUSSELS SPROUTS, & SPINACH, TOPPED WITH BASIL PESTO, BALSAMIC GLAZE, & FETA CHEESE ... 12.95

SPECIAL WRAPS- SERVED WITH A SIDE SALAD OR CHIPS

LILY WRAP ... 11.95

Turkey, Lettuce, Craisins, Goat Cheese, Avocado, Almonds, & House Honey Mustard

FALAFEL WRAP ... 11.95

Oven-baked Falafel, Roasted Peppers, Roasted Brussels Sprouts, Tomato, & Carrots with Tzatziki Sauce

TROPICAL WRAP ... 11.95

Mixed Greens, Shredded Chicken, Fresh Mango, Craisins, Almonds, and Coconut Drizzled with Honey Sriracha Sauce

RANCHER WRAP ... 12.95

Breaded Chicken Cutlet with Sharp Cheddar, Crispy Bacon, Banana Peppers, Black Beans, Lettuce, Tomato, & Black Pepper Ranch

CAPRESE WRAP ... 10.95

Fresh Mozzarella with Tomato, Basil Pesto, Balsamic Glaze, & Fresh Spinach

* Chicken \$2.00 *

SANDWICHES- SERVED WITH A SIDE SALAD OR CHIPS

AVAILABLE ON A ROLL, WHITE, WHEAT, RYE, MULTI-GRAIN, OR WRAP. SERVED WITH LETTUCE & TOMATO ... 10.95

Tuna Salad, Chicken Salad, Fresh Roasted Turkey & Cheese, Ham & Cheese, Grilled or Breaded Chicken Cutlet with Melted Cheese

* Substitute with a freshly baked Croissant \$2.00. Add Bacon, or Avocado for \$2.00 each *

BUILD A SALAD

START WITH MIXED GREENS, CARROTS, TOMATO, & CUCUMBERS ...
12.95

CHOOSE ONE PROTEIN

*Grilled Marinated Chicken, Breaded Chicken, Shredded Chicken, Falafel,
Chicken Salad, or Tuna Salad*

CHOOSE ONE CHEESE

Provolone, Cheddar, Crumled Goat, Crumbled Feta, or Fresh Mozzarella

CHOOSE THREE OF THE FOLLOWING:

*Black Beans, Chickpeas, Walnuts, Almonds, Craisins, Roasted Peppers,
Hard Boiled Egg, Olives, Mango, Pumpkin Seeds, Corn, Banana Peppers*

** Bacon \$2.00, Avocado \$2.00, Sweet Potato \$2.00 **

HOMEMADE DRESSINGS

*Balsamic Vinaigrette, House Balsamic Honey Mustard, Creamy Fajita,
Tzatziki, Black Pepper Ranch, Caesar*