

seasonal items

salad

salmon + arugula

\$11.49

arugula, spinach, grape tomato, cucumber, freshly roasted salmon, avocado, fresh basil

we recommend – lime cilantro dressing

warm quinoa bowl

chick pea + chicken

\$9.49

warm quinoa + lentil, kale, freshly grilled vegetables, freshly roasted chickpeas, pita chips, freshly grilled all natural chicken

we recommend – tahini dressing and squeeze of sriracha

grains + arugula

\$9.99

warm quinoa + lentil, brown rice, arugula, corn, freshly roasted chickpeas, grape tomato, red onion, freshly roasted broccoli, freshly grilled all natural chicken

we recommend – pesto vinaigrette

homemade drinks

(made from fresh squeeze juice)

watermelon fresca

soup

chickpea chili

dressing

pesto vinaigrette

grains/greens/toppings

freshly roasted salmon
freshly grilled vegetables

freshly roasted chickpeas
sweet peas