



DAILY SPECIALS

CHECK IN DAILY TO VIEW OUR HOMEMADE SPECIALS

VEGAN FOGRITTO 9.25

SWEET POTATO, CARROTS, BLACK BEANS, PINEAPPLE, GUACAMOLE, RED CABBAGE, CILANTRO RICE, PAPRIKA-LIME VEGANAISE

CHICKEN PHILLY 9.25

ROASTED CHICKEN, CARAMELIZED ONION, SAUTEED PEPPERS AND MUSHROOMS, JACK CHEESE, BLACKENED GARLIC AIOLI | SERVED WITH SIDE OF TORTILLA CHIPS

SOUP OF THE DAY: ROASTED BELL PEPPER 3.95

BREAKFAST

SERVED ALL DAY

BREAKFAST PLATE 7.50

3 ORGANIC FREE RANGE EGGS (OMELETTE OR SCRAMBLED), CHOICE OF A CHEESE AND TWO VEGGIES, CHOICE OF AVOCADO, BACON, OR ORGANIC TURKEY SAUSAGE, MULTIGRAIN
3 ORGANIC FREE RANGE EGGS (EXTRA EGG +\$1.00) OMELETTE OR SCRAMBLED (EGG WHITE UPGRADE +\$1.00)
CHOICE OF A CHEESE CHEDDAR FETA JACK CHEDDAR SWISS FRESH MOZZARELLA (+\$1.00) GOAT CHEESE (+\$1.00)
CHOICE OF TWO VEGGIES BROCCOLI JALAPENO MUSHROOM RED AND GREEN PEPPERS TOMATO SPINACH
CHOICE OF AVOCADO, BACON, OR ORGANIC TURKEY SAUSAGE MULTIGRAIN TOAST INCLUDED

THE STANDARD 5.95

THREE ORGANIC FREE-RANGE EGGS, CHEDDAR, TOASTED MULTIGRAIN BAGEL

AVOCADO TOAST 5.95

SMASHED AVOCADO WITH FLAX, CHIA, CAYENNE, SEA SALT, MULTIGRAIN TOAST, OPTION TO ADD EGG

POWER BAGEL 6.95

THREE ORGANIC FREE-RANGE EGG WHITES, ROASTED TURKEY, SWISS CHEESE, SCOOPED AND TOASTED MULTIGRAIN BAGEL, SIDE OF SRIRACHA

CALIFORNIA WRAP 6.95

THREE ORGANIC FREE-RANGE EGG WHITES, AVOCADO, FRESH MOZZARELLA, TOMATOES, SPINACH WRAP

GREEK EGG WRAP 5.95

THREE ORGANIC FREE-RANGE EGG WHITES, SPINACH, FETA, SPINACH WRAP

MEXICAN WRAP 5.95

THREE ORGANIC FREE-RANGE EGGS, JACK CHEDDAR, SALSA, JALAPENO, WHOLE WHEAT WRAP

SALADS

ALL SALADS CAN BE MADE INTO A WRAP. ONE DRESSING INCLUDED. EACH ADDITIONAL DRESSING \$0.55 EACH ADDITIONAL GARNISH \$0.55 ONE COMPLIMENTARY SUBSTITUTION

CREATE YOUR OWN SALAD 7.95

CHOOSE YOUR BASE, PREMIUM ADD-ONS, UP TO 8 GARNISHES (EXTRA +\$0.55), AND A DRESSING (EXTRA +\$0.55)

CHOOSE LETTUCE BASE (UP TO 2; EXTRA +\$0.55) ROMAINE BABY FIELD GREENS KALE SPINACH ARUGULA
CHOOSE PREMIUM ADD-ONS ROASTED CHICKEN BREAST TURKEY BREAST ROAST BEEF PROSCIUTTO
APPLEWOOD-SMOKED BACON WALDORF CHICKEN SALAD TUNA SALAD AVOCADO BAKED FALAFEL FRESH
MOZZARELLA HUMMUS GOAT CHEESE ASPARAGUS PORTOBELLO MUSHROOM CHOOSE UP TO 8 GARNISHES
(EXTRA +\$0.55) ALFALFA SPROUTS BLACK BEANS BROCCOLI CANDIED WALNUTS CARROT CELERY CHERRY
TOMATO CORN CRAISINS CUCUMBER EDAMAME EGG FETA FIRE-ROASTED ARTICHOKE GARBANZO BEANS
GOLDEN RAISINS GORGONZOLA GRANNY SMITH APPLE HEARTS OF PALM HOMEMADE CROUTONS JACK CHEESE
JALAPENO KALAMATA OLIVES MUSHROOMS ORGANIC QUINOA PARMESAN RED AND GREEN PEPPERS RED
CABBAGE RED ONION ROASTED BEETS ROASTED BRUSSEL SPROUTS ROASTED BUTTERNUT SQUASH ROASTED
CAULIFLOWER SLICED ALMONDS SUNDRIED TOMATO SUNFLOWER SEEDS WALNUTS CHOOSE YOUR DRESSING
(EXTRA +\$0.55) HOUSE BALSAMIC BASIL HONEY BBQ RANCH BUTTERMILK RANCH CITRUS VINAIGRETTE CREAMY
CAESAR GINGER SOY GREEK DRESSING HERB BLEU CHEESE HONEY MUSTARD LIGHT BALSAMIC CARROT GINGER
EVOO (EXTRA VIRGIN OLIVE OIL) FRESH-SQUEEZED LEMON JUICE BALSAMIC VINEGAR RED WINE VINEGAR EVOO
AND FRESH SQUEEZED LEMON JUICE EVOO AND BALSAMIC VINEGAR EVOO AND RED WINE VINEGAR

CHICKEN CAESAR 9.25

ROMAINE, ROASTED CHICKEN, HOMEMADE CROUTONS, PARMESAN, CREAMY CAESAR

BBQ CHICKEN 9.25

BABY FIELD GREENS, ROMAINE, ARUGULA, ROASTED CHICKEN, AVOCADO, CORN, BLACK BEANS,
RED ONION, TOMATO, JACK CHEDDAR, CRUSHED TORTILLA CHIPS, BBQ RANCH

FULL OF LIFE 9.25

ARUGULA, SPINACH, ROASTED CHICKEN, QUINOA, CRAISINS, ROASTED ALMONDS, CHERRY
TOMATO, MINT, FETA, FRESH-SQUEEZED LEMON JUICE & EXTRA-VIRGIN OLIVE OIL

CLASSIC COBB 9.25

ROMAINE, TURKEY, EGG, APPLEWOOD-SMOKED BACON, AVOCADO, CHERRY TOMATO,
GORGONZOLA, HOUSE BALSAMIC

ASIAN QUINOA SALAD 9.25

ORGANIC TRI-COLOR QUINOA, AVOCADO, RED CABBAGE, CARROTS, RED AND GREEN PEPPER,
SPROUTS, EDAMAME, SUNFLOWER SEEDS, GINGER SOY DRESSING

GREEK 9.25

ROMAINE, ROASTED CHICKEN, CUCUMBER, FIRE-ROASTED ARTICHOKE, RED ONION, GARBANZO
BEANS, KALAMATA OLIVES, CHERRY TOMATO, FETA, GREEK DRESSING

KALE-2-CAESAR 9.25

KALE, ROASTED CHICKEN, HOMEMADE CROUTONS, ROASTED ALMONDS, CRAISINS, PARMESAN,
CREAMY CAESAR

MARKET 9.25

ARUGULA, ROASTED BEETS, GRANNY SMITH APPLE, CANDIED WALNUTS, GOAT CHEESE, HONEY DRIZZLE, CITRUS VINAIGRETTE

TUSCAN 9.25

BABY FIELD GREENS, ROASTED CHICKEN, ASPARAGUS, PORTOBELLO MUSHROOM, SUNDRIED TOMATO, WALNUTS, GOAT CHEESE, HOUSE BALSAMIC

PEAR ME UP 9.25

ROMAINE, ROASTED CHICKEN, APPLEWOOD-SMOKED BACON, PEAR, CANDIED WALNUTS, GORGONZOLA, HOUSE BALSAMIC

SANDWICHES AND WRAPS

SANDWICHES AND WRAPS ARE SERVED WITH A SIDE OF CHIPS (EXCLUDES AVOCADO GRILLED CHEESE AND HALF SANDWICH AND SOUP)

CREATE YOUR OWN SANDWICH 9.25

CHOICE OF BREAD OR WRAP, ONE PREMIUM TOPPING INCLUDED, CHEESE, AND 3 GARNISHES. MAYO OR MUSTARD INCLUDED

CHOOSE BREAD OR WRAP (GLUTEN FREE WRAP +\$1.00) FRENCH BAGUETTE MULTIGRAIN COUNTRY WHITE WHOLE WHEAT WRAP SPINACH WRAP GLUTEN FREE WRAP CHOOSE ONE PREMIUM TOPPING (ADDITIONAL AT EXTRA COST) ROASTED CHICKEN BREAST TURKEY BREAST ROAST BEEF PROSCIUTTO APPLEWOOD-SMOKED BACON WALDORF CHICKEN SALAD TUNA SALAD AVOCADO BAKED FALAFEL FRESH MOZZARELLA HUMMUS GOAT CHEESE ASPARAGUS PORTOBELLO MUSHROOM CHOOSE A CHEESE CHEDDAR SWISS CHOOSE UP TO 3 TOPPINGS (EXTRA TOPPINGS +\$0.55) LETTUCE TOMATO ALFALFA SPROUTS CARROT CUCUMBER RED ONION MAYO AND MUSTARD INCLUDED

CHICKEN CAESAR WRAP 9.25

ROMAINE, ROASTED CHICKEN, CROUTONS, PARMESAN, CREAMY CAESAR, SPINACH WRAP

FALAFEL WRAP 9.25

BAKED FALAFEL, MEDITERRANEAN SALSA, HUMMUS, CILANTRO SAUCE, PICKLED TURNIPS, PICKLES, ROMANE, GLUTEN-FREE WRAP

PESTO CHICKEN 9.25

PESTO CHICKEN, CRISY PROSCIUTTO, FRESH MOZZARELLA, TOMATO, ARUGULA, LEMON GARLIC AIOLI, FRENCH BAGUETTE

COUNTRY TURKEY CLUB 9.25

TURKEY BREAST, AVOCADO, BACON, ROMANE, TOMATO, CRANBERRY JAM, MAYO, MULTIGRAIN BREAD

GRILLED SOUTHWEST WRAP 9.25

ROASTED CHICKEN, CORN, RED ONION, BLACK BEANS, RED AND GREEN PEPPERS, JALAPENO, JACK CHEDDAR, BBQ RANCH, WHOLE WHEAT WRAP

AVOCADO GRILLED CHEESE AND TOMATO SOUP 9.25

CHEDDAR, SWISS, AVOCADO, COUNTRY WHITE BREAD, CUP OF CREAMY TOMATO WITH BASIL OIL DRIZZLE

TUNA 9.25

TUNA SALAD, SWISS, ROMAINE, TOMATO, FRENCH BAGUETTE

WALDORF 9.25

CHICKEN SALAD MIXED WITH RAISINS, WALNUTS, CELERY, AND GRANNY SMITH APPLES, ROMAINE, ALFALFA SPROUTS, MULTIGRAIN BREAD

GOBBLER 9.25

TURKEY BREAST, FRESH MOZZARELLA, SUNDRIED TOMATO, BABY FIELD GREENS, HOUSE BALSAMIC, WHOLE WHEAT WRAP

THE DIP 9.25

ROAST BEEF, SWISS, CARAMELIZED ONION, HORSERADISH CREAM, FRENCH BAGUETTE, AU JUS

HAMPTON 9.25

TURKEY BREAST, BRIE, GRANNY SMITH APPLE, ARUGULA, FIG JAM, FRENCH BAGUETTE

HALF SANDWICH AND SOUP 9.25

CHOICE OF ANY SANDWICH (WRAPS NOT INCLUDED) AND CUP OF SOUP

SOUP

CHICKEN NOODLE 3.95

VEGAN SPLIT PEA 3.95

CREAMY TOMATO 3.95

VEGAN CHILI 3.95

SOUP OF THE DAY SPECIAL 3.95

ACAI

REEF ROAD 9.00

STRAWBERRY, BANANA, KIWI, PINEAPPLE, LOCAL GRANOLA, SAMBAZON ORGANIC ACAI, ORGANIC COCONUT, HONEY DRIZZLE

LIL REEF ROAD 5.50

STRAWBERRY, BANANA, KIWI, PINEAPPLE, LOCAL GRANOLA, SAMBAZON ORGANIC ACAI, ORGANIC COCONUT, HONEY DRIZZLE

FLAG BOWL 9.00

STRAWBERRY, BANANA, BLUEBERRY, LOCAL GRANOLA, SAMBAZON ORGANIC ACAI, ORGANIC COCONUT, HONEY DRIZZLE

LIL FLAG BOWL 5.50

STRAWBERRY, BANANA, BLUEBERRY, LOCAL GRANOLA, SAMBAZON ORGANIC ACAI, ORGANIC COCONUT, HONEY DRIZZLE

ROOT TRAIL 10.00

Strawberry, Banana, Nutella, Almond Butter, Local Granola, Sambazon Organic Acai, Organic Coconut, Honey Drizzle

LIL ROOT TRAIL 6.00

Strawberry, Banana, Nutella, Almond Butter, Local Granola, Sambazon Organic Acai, Organic Coconut, Honey Drizzle

SMOOTHIES

CREATE YOUR OWN SMOOTHIE 5.95

CHOOSE A BASE AND 4 INGREDIENTS (ADDITIONAL +\$.55)

CHOOSE A BASE ALMOND MILK APPLE JUICE ORANGE JUICE WATER CHOOSE 4 INGREDIENTS (EXTRA +\$.55)

SPINACH KALE APPLE BANANA BLUEBERRY DATES KIWI MANGO PINEAPPLE STRAWBERRY AGAVE HONEY

PREMIUM ADD-ONS VEGAN CHOCOLATE PROTEIN VEGAN VANILLA PROTEIN CACAO SPIRULINA CHIA FLAX MACA

HEMP HOMEMADE ALMOND BUTTER PEANUT BUTTER

PINK BANANA 5.95

STRAWBERRY, BANANA, APPLE JUICE

GREEN GODDESS 5.95

SPINACH, KALE, PINEAPPLE, BANANA, MEDJOO DATES, ALMOND MILK

DR. SMOOTH 5.95

BANANA, MANGO, PINEAPPLE, GINGER, TURMERIC, ALMOND MILK

ALMOND BROTHERS 5.95

STRAWBERRY, BLUEBERRY, MEDJOO DATES, HOMEMADE ALMOND BUTTER, ALMOND MILK

SUNSHINE 5.95

MANGO, PINEAPPLE, FRESH-SQUEEZED OJ

PROTEIN SHAKES

THE PUMP 6.95

BANANA, PEANUT BUTTER, VEGAN CHOCOLATE PROTEIN, MACA, ALMOND MILK

SPIN MY APPLE 6.95

APPLE, PINEAPPLE, SPINACH, KALE, MEDJOO DATES, VEGAN VANILLA PROTEIN, ALMOND MILK

POWER MOCHA 6.95

BANANA, CACAO, COLD-BREW COFFEE, MACA, VEGAN CHOCOLATE PROTEIN, ALMOND MILK

POST-WORKOUT 6.95

STRAWBERRY, BANANA, VEGAN VANILLA PROTEIN, FLAX, ALMOND MILK

BERRY STRONG 6.95

BLUEBERRY, STRAWBERRY, SPINACH, FLAX, VEGAN VANILLA PROTEIN, ALMOND MILK

DESSERT

CHOCOLATE CHIP COOKIES (PACK OF 2) 2.95

HOMEMADE AND DELICIOUS

BFO COOKIE 3.75

CACAO, ALMOND MILK, VEGAN BUTTER, VANILLA EXTRACT, BROWN SUGAR, FLOUR, SALT

COCONUT MACAROONS 3.75

COCONUT, ALMOND FLOUR, ALMOND MILK, COCONUT MILK, ORGANIC AGAVE, SUGAR, VANILLA EXTRACT, SEA SALT

FOGRAW BROWNIES 3.75

MEDJOO DATES, WALNUTS, CACAO POWDER, CACAO NIBS, SEA SALT

JUICE

F.O.G. 6.00

SPINACH, KALE, CUCUMBER, APPLE, CELERY, LEMON, GINGER (12 OZ.)

CLEANSER 6.00

BEET, CARROT, APPLE, CELERY, ORANGE (12 OZ.)

IMMUNE BOOSTER 6.00

ORANGE, GRAPEFRUIT, LEMON, GINGER (12 OZ.)

REBOOT 6.00

ORANGE, APPLE, CARROT, GINGER, TURMERIC (12 OZ.)

NAMASTE 6.00

SPINACH, KALE, CUCUMBER, PINEAPPLE, APPLE, MINT (12 OZ.)

QUENCHER 5.00

WATERMELON, MINT (12 OZ.)

ORANGE JUICE 4.95

FRESH-SQUEEZED ORANGE JUICE (16 OZ.)

GRAPEFRUIT JUICE 4.95

FRESH-SQUEEZED GRAPEFRUIT JUICE (16 OZ.)

SHOTS

WHEATGRASS 2.95

GINGER 2.95

DEFENDER 5.95

TURMERIC, LEMON, GINGER, BLACK PEPPER

SWEETGRASS 5.95

WHEATGRASS, PINEAPPLE, GINGER

COFFEE AND TEA

HOT COFFEE 2.25

ICED COFFEE 2.25

ICED ORGANIC BLACK TEA 1.95

HOT TEA 2.95

BEVERAGES

WATER 2.25

ZEPHYRHILLS, DASANI, ESSENTIA

ARNOLD PALMER 1.95

ORGANIC BLACK TEA | GINGER-ADE

GINGER-ADE 2.25

HOMEMADE GINGER LEMONADE

HEALTH-ADE KOMBUCHA 6.50

POMEGRANATE, POWER GREENS, PINK LADY APPLE

CALIFA COLD BREW COFFEE WITH ALMOND MILK 3.75

COKE 2.25

COKE ZERO 2.25

DIET COKE 2.25

GINGER ALE 2.25

GREEN TEA (OI OCHA) 2.65

HONEST TEA 2.65

HALF AND HALF (TEA AND LEMONADE), HONEY GREEN, PEACH, POMEGRANATE

HUBERT'S LEMONADE 2.65

MARTINELLI'S APPLE JUICE 2.75

PERRIER 2.50

LEMON, LIME

RABBIT COLD BREW COFFEE 5.95

SPINDRIFT 1.95

GRAPEFRUIT, LEMON, RASPBERRY-LIME

SPRITE 2.25

SPRITE ZERO 2.25

VITAMIN WATER 2.25

LEMONADE, POWER-C, RISE, XXX

YERBA MATE 2.95

PANTRY

COMING SOON

THANK YOU FOR YOUR PATIENCE

CATERING

WE OFFER CATERING FOR PARTIES OF 6 OR MORE. AVAILABLE FOR DELIVERY OR PICKUP. \$9.50 PER PERSON. DON'T WORRY, WE'VE GOT YOU COVERED.

PLATTER FOR \$9.50 PER PERSON

MINIMUM 6 PEOPLE

CATERING SALAD 35.95

FEEDS 10-12 PEOPLE

CHOCOLATE CHIP COOKIES

CATERING PLATTER OF OUR FAMOUS HOMEMADE CHOCOLATE CHIP COOKIES

MINIMUM 6 PEOPLE

FIESTA CHILI POT

HALF POT FEEDS 10-15 PEOPLE, FULL POT FEEDS 20-25. CALL TO ORDER.

OPTIONAL FIXINGS INCLUDE: SOUR CREAM, JACK CHEDDAR CHEESE, JALAPENO, CORN TORTILLA CHIPS

PREMIUM ADD ONS

ROASTED CHICKEN BREAST 2.95

TURKEY BREAST 2.95

ROAST BEEF 2.95

PROSCIUTTO 2.95

APPLEWOOD-SMOKED BACON 2.95

WALDORF CHICKEN SALAD 2.95

MADE WITH APPLE, GOLDEN RAISINS, WALNUTS, AND CELERY

TUNA SALAD 2.95

MADE WITH CELERY

AVOCADO 1.95

BAKED FALAFEL 2.95

FRESH MOZZARELLA 1.95

HUMMUS 1.95

GOAT CHEESE 1.95

ASPARAGUS 1.95

PORTOBELLO MUSHROOM 1.95

GARNISHES

ALFALFA SPROUTS .55

BLACK BEANS .55

BROCCOLI .55

CANDIED WALNUTS .55

CARROT .55

CELERY .55

CHERRY TOMATO .55

CORN .55

CRAISINS .55

CUCUMBER .55

EDAMAME .55

EGG .55

FETA .55

FIRE-ROASTED ARTICHOKE .55
GARBANZO BEANS .55
GOLDEN RAISINS .55
GORGONZOLA .55
GRANNY SMITH APPLE .55
HEARTS OF PALM .55
HOMEMADE CROUTONS .55
JACK CHEESE .55
JALAPENO PEPPERS .55
KALAMATA OLIVES .55
MUSHROOMS .55
ORGANIC QUINOA .55
PARMESAN .55
RED AND GREEN PEPPER .55
RED CABBAGE .55
RED ONION .55
ROASTED BEETS .55
ROASTED BRUSSEL SPROUTS .55
ROASTED BUTTERNUT SQUASH .55
ROASTED CAULIFLOWER .55
SLICED ALMONDS .55
SUNDRIED TOMATO .55
SUNFLOWER SEEDS .55
WALNUTS .55

DRESSINGS

NO DRESSING

HOUSE BALSAMIC .55

BASIL HONEY .55
BBQ RANCH .55
BUTTERMILK RANCH .55
CARROT GINGER .55
CITRUS VINAIGRETTE .55
CREAMY CAESAR .55
GINGER SOY .55
GREEK DRESSING .55
HERB BLEU CHEESE .55
HONEY MUSTARD .55
LIGHT BALSAMIC .55
EVOO (EXTRA VIRGIN OLIVE OIL) .55
FRESH-SQUEEZED LEMON JUICE .55
BALSAMIC VINEGAR .55
RED WINE VINEGAR .55
EVOO AND FRESH-SQUEEZED LEMON JUICE .55
EVOO AND BALSAMIC VINEGAR .55
EVOO AND RED WINE VINEGAR .55

ACAI ADD ONS

HOMEMADE ALMOND BUTTER 1.00
PEANUT BUTTER 1.00
NUTELLA 1.00
GOJI BERRIES 1.00
CHIA 1.00
FLAX 1.00
BEE POLLEN 1.00
HEMP 1.00

CACAO NIBS 1.00

SMOOTHIE ADD ONS

VEGAN CHOCOLATE PROTEIN 1.50

1 SERVING= 10G PROTEIN

VEGAN VANILLA PROTEIN 1.50

1 SERVING= 10G PROTEIN

CACAO 1.00

SPIRULINA 1.00

CHIA 1.00

FLAX 1.00

MACA 1.00

HEMP 1.00

SPINACH .55

KALE .55

DATES .55

HOMEMADE ALMOND BUTTER 1.00

PEANUT BUTTER 1.00