



## DAILY SPECIALS

CHECK IN DAILY TO VIEW OUR HOMEMADE SPECIALS

## BREAKFAST

SERVED ALL DAY

### THE STANDARD 5.95

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

### 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 8.95**

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

**FULL OF LIFE 8.95**

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

**ASIAN QUINOA SALAD 8.95**

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

**GREEK 8.95**

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

**KALE-2-CAESAR 8.95**

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

**MARKET 8.95**

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

**TUSCAN 8.95**

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

**CLASSIC COBB SALAD 8.95**

ROMAINE, ROASTED CHICKEN, AVOCADO, APPLE-SMOKED BACON, EGG, GORGONZOLA, HERB BLEU CHEESE DRESSING

**PEAR ME UP 8.95**

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

**NANTUCKET BLEU 8.95**

BABY FIELD GREENS, APPLEWOOD-SMOKED BACON, GRANNY SMITH APPLES, CRAISINS, 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)

**CHICKEN CAESAR WRAP 8.95**

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

**COUNTRY TURKEY CLUB 8.95**

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

**GRILLED SOUTHWEST WRAP 8.95**

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

**TUNA 8.95**

TUNA SALAD, SWISS, ROMAINE, TOMATO, FRENCH BAGUETTE

**WALDORF 8.95**

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

**GOBBLER 8.95**

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

**VEGGIE HUMMUS WRAP 8.95**

SPINACH, HUMMUS, SPROUTS, CARROTS, CHICKPEAS, FETA, OLIVE OIL, WHOLE WHEAT WRAP

**HAMPTON 8.95**

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

**CHICKEN CAPRESE 8.95**

ROASTED CHICKEN, FRESH MOZZARELLA HOMEMADE BASIL PESTO, SLICED TOMATO, FRENCH BAGUETTE

**HALF SANDWICH AND SOUP 8.95**

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

**PORTOFINO 8.95**

PROSCIUTTO, FRESH MOZZARELLA, TOMATO, BASIL, BALSAMIC VINEGAR AND EVOO, FRENCH BAGUETTE

**SOUP****VEGAN CHILI 3.95****SOUP OF THE DAY SPECIAL 3.95****ACAI****REEF ROAD 8.50**

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 5.50**

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 4.95**

STRAWBERRY, BANANA, APPLE JUICE

**GREEN GODDESS 5.50**

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

**SUNSHINE 5.50**

MANGO, PINEAPPLE, FRESH-SQUEEZED OJ

**BERRY BERRY GOOD 4.95**

ORGANIC ACAI, BLUEBERRY, PINEAPPLE, SPINACH, FLAX, FRESH-SQUEEZED OJ

## PROTEIN SHAKES

**THE PUMP 6.50**

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

**SPIN MY APPLE 6.50**

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

**POWER MOCHA 6.50**

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

**POST-WORKOUT 6.50**

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

**TROPICAL FITNESS 6.50**

BANANA, APPLE, PINEAPPLE, SPINACH, HONEY, FLAX, VEGAN VANILLA PROTEIN, ALMOND MILK

## DESSERT

**CHOCOLATE CHIP COOKIES (PACK OF 2)**

HOMEMADE AND DELICIOUS

**BFO COOKIE 3.75**

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

## JUICE

**F.O.G. 5.50**

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

**CLEANSER 5.50**

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

**NAMASTE 5.50**

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.)

**YUMMY TUMMY 5.50**

PEAR, CARROT, PINEAPPLE, GINGER

## SHOTS

**DEFENDER 5.95**

TURMERIC, LEMON, GINGER, BLACK PEPPER

**SWEETGRASS 5.95**

WHEATGRASS, PINEAPPLE, GINGER

## COFFEE AND TEA

## BEVERAGES

## 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

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**

PROSCIUTTO **2.95**

APPLEWOOD-SMOKED BACON **1.95**

WALDORF CHICKEN SALAD **2.95**

MADE WITH APPLE, GOLDEN RAISINS, WALNUTS, AND CELERY

TUNA SALAD **2.95**

MADE WITH CELERY

AVOCADO 1.95

FRESH MOZZARELLA 1.95

GOAT CHEESE 1.95

ASPARAGUS 1.95

PORTOBELLO MUSHROOM 1.95

## GARNISHES

ALFALFA SPROUTS .55

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 PEPPERS**

**KALAMATA OLIVES**

**MUSHROOMS**

**ORGANIC QUINOA**

**PARMESAN**

**RED AND GREEN PEPPER**

**RED CABBAGE**

**RED ONION**

**ROASTED BEETS**

**ROASTED BRUSSEL SPROUTS**

**ROASTED BUTTERNUT SQUASH**

**ROASTED CAULIFLOWER**

**SLICED ALMONDS**

**SUNDRIED TOMATO**

**SUNFLOWER SEEDS**

**WALNUTS**

## **DRESSINGS**

**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

PEANUT BUTTER

NUTELLA

GOJI BERRIES

CHIA

FLAX

BEE POLLEN

HEMP

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

SPIRULINA

CHIA

**FLAX**

**MACA**

**HEMP**

**SPINACH**

**KALE**

**DATES**

**HOMEMADE ALMOND BUTTER**

**PEANUT BUTTER**