



SALADS

\$9.25

CHICKEN CAESAR

Romaine | Roasted Chicken
Parmesan, Croutons, Creamy Caesar

FULL OF LIFE

Arugula & Spinach | Roasted Chicken
Feta, Quinoa, Craisins, Roasted Almonds,
Cherry Tomatoes, Mint, Feta, Fresh-Squeezed
Lemon Juice & Extra-Virgin Olive Oil

CLASSIC COBB

Romaine | Turkey Breast
Applewood-Smoked Bacon, Gorgonzola,
Avocado, Egg, Cherry Tomatoes, House Balsamic

GREEK

Romaine | Roasted Chicken
Feta, Cucumber, Fire-Roasted Artichokes,
Garbanzo Beans, Red Onion, Kalamata Olives,
Cherry Tomatoes, Greek Dressing

TUSCAN

Baby Field Greens | Roasted Chicken
Goat Cheese, Asparagus, Portobello Mushroom,
Sundried Tomatoes, Walnuts,
House Balsamic

MARKET

Arugula | Goat Cheese
Roasted Beets, Granny Smith Apple, Candied
Walnuts, Honey Drizzle, Citrus Vinaigrette

KALE-2-CAESAR

Kale | Roasted Chicken
Parmesan, Homemade Croutons, Roasted
Almonds, Craisins, Creamy Caesar

ASIAN QUINOA

Cabbage & Carrot | Avocado
Quinoa, Alfalfa Sprouts, Red & Green Peppers,
Edamame, Sunflower Seeds, Ginger Soy

BBQ CHICKEN

Romaine, Baby Field Greens & Arugula | Chicken
Jack Cheddar, Avocado, Corn, Black Beans, Red
Onion, Cherry Tomatoes, Tortillas, BBQ Ranch

PEAR ME UP

Romaine | Roasted Chicken
Applewood-Smoked Bacon, Gorgonzola, Pear,
Candied Walnuts, House Balsamic

SANDWICHES & WRAPS

\$9.25

CHICKEN CAESAR WRAP

Spinach Wrap | Roasted Chicken
Croutons, Parmesan, Creamy Caesar

COUNTRY TURKEY CLUB

Multigrain Bread | Turkey Breast
Avocado, Applewood-Smoked Bacon, Romaine,
Tomato, Cranberry Jam, Mayo

WALDORF

Multigrain Bread | Chicken Salad with Raisins
Walnuts, Celery, And Granny Smith Apples,
Romaine, Alfalfa Sprouts

AVOCADO GRILLED CHEESE & TOMATO SOUP

Country White Bread | Cheddar, Swiss
Avocado, Cup of Tomato Basil

HAMPTON

French Baguette | Turkey
Brie, Granny Smith Apple, Arugula,
Fig Jam

TUNA SALAD

French Baguette | Tuna Salad
Swiss, Romaine, Tomato

GOBBLER WRAP

Whole Wheat Wrap | Turkey Breast
Fresh Mozzarella, Sundried Tomatoes,
Baby Field Greens, House Balsamic

THE DIP

French Baguette | Roast Beef
Swiss, Caramelized Onion,
Horseradish Cream, Au Jus

GRILLED SOUTHWEST WRAP

Whole Wheat Wrap | Roasted Chicken
Corn, Red Onion, Black Beans, Red And Green
Peppers, Jalapeño, Jack Cheddar, BBQ Ranch

PESTO CHICKEN

French Baguette | Pesto Chicken
Crispy Prosciutto, Fresh Mozzarella, Tomato,
Arugula, Lemon Aioli

FALAFEL WRAP

Gluten-Free Wrap | Baked Falafel
Mediterranean Salsa, Hummus, Cilantro Sauce,
Pickled Turnips, Pickles, Romaine

CREATE YOUR OWN SALAD

\$7.25

CHOOSE YOUR BASE (UP TO 2)

Romaine
Baby Field Greens
Kale
Spinach
Arugula

PREMIUM ADD-ONS

Roasted Chicken \$2.95
Waldorf Chicken Salad \$2.95
Tuna Salad \$2.95
Baked Falafel \$2.95
Applewood-Smoked Bacon \$2.95
Turkey Breast \$2.95
Goat Cheese \$1.95
Avocado \$1.95
Portobello Mushrooms \$1.95
Asparagus \$1.95

CHOOSE UP TO 8 GARNISHES

*list of garnishes on website
Additional Garnishes + \$.55

CHOOSE YOUR DRESSING

1 Dressing Included
Additional Dressing + \$.55

CREATE YOUR OWN SANDWICH \$9.25

CHOICE OF BREAD

Multigrain, Baguette, French Baguette

CHOOSE 1 PROTEIN

Turkey Breast, Roasted Chicken, Roast Beef,
Applewood-Smoked Bacon

CHOOSE 1 CHEESE

Cheddar Or Swiss

CHOOSE UP TO 3 VEGGIES

Lettuce, Tomato, Cucumber,
Sprouts, Onion, Carrot, Alfalfa Sprouts

MAYO AND/OR MUSTARD

* Substitute Gluten-Free Wrap For
An Additional \$1.00

SOUP & HALF SANDWICH \$9.25

Choice of any 1/2 Sandwich (Wraps Not
Included) and Cup Of Soup
Vegetarian Chili, Split Pea, Tomato Basil,
Chicken Noodle

ASK ABOUT OUR HOMEMADE SOUP OF THE DAY

JUICE

COLD-PRESSED DAILY

\$6.00

FOG

Spinach, Kale, Cucumber, Apple, Celery, Lemon, Ginger

CLEANSER

Beet, Carrot, Apple, Celery, Orange

IMMUNE BOOSTER

Orange, Grapefruit, Lemon, Ginger

REBOOT

Orange, Apple, Carrot, Ginger, Turmeric

NAMASTE

Spinach, Kale, Cucumber, Pineapple, Apple, Mint

QUENCHER \$5.00

Watermelon, Mint

ACAI

REEF ROAD \$9.00

Strawberry, Banana, Kiwi, Pineapple, Local Granola, Sambazon Organic Acai, Organic Coconut, Honey Drizzle

LIL REEF ROAD \$5.50

FLAG BOWL \$9.00

Strawberry, Banana, Blueberry, Local Granola, Sambazon Organic Acai, Organic Coconut, Honey Drizzle

LIL FLAG \$5.50

ROOT TRAIL \$10.00

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

LIL ROOT TRAIL \$6.00

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

SMOOTHIES

\$5.95

ALMOND BROTHERS

Strawberry, Blueberry, Medjool Dates, Almond Butter, Almond Milk

PINK BANANA

Strawberry, Banana, Apple Juice

SUNSHINE

Mango, Pineapple, Fresh-Squeezed OJ

GREEN GODDESS

Spinach, Kale, Pineapple, Banana, Medjool Dates, Almond Milk

DR. SMOOTH

Banana, Mango, Pineapple, Ginger, Turmeric, Almond Milk

SHOTS

WHEATGRASS

1 Oz \$2.95
2 Oz \$4.95

DEFENDER

5 Oz \$5.95
Turmeric, Lemon, Ginger, Black Pepper

PROTEIN SHAKES

\$6.95

THE PUMP

Banana, Peanut Butter, Maca, Chocolate Protein, Almond Milk

SPIN MY APPLE

Apple, Pineapple, Spinach, Kale, Medjool Dates, Vanilla Protein, Almond Milk

POWER MOCHA

Banana, Cacao, Cold-Brew Coffee, Maca, Chocolate Protein, Almond Milk

POST-WORKOUT

Strawberry, Banana, Vanilla Protein, Flax, Almond Milk

BERRY STRONG

Blueberry, Strawberry, Spinach, Flax, Vanilla Protein, Almond Milk

BREAKFAST

SERVED ALL DAY

BREAKFAST PLATE \$7.50

3 Organic Free-Range Eggs (Omelet Or Scrambled), Choice Of 2 Veggies And 1 Cheese, Choice Of Avocado Or Bacon, Multigrain Bread

THE STANDARD \$5.95

3 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

3 Organic Free-Range Egg Whites, Roasted Turkey, Swiss Cheese, Scooped And Toasted Multigrain Bagel, Side Of Sriracha

GINGER

1 Oz \$2.95
2 Oz \$4.95

SWEETGRASS

5 Oz \$5.95
Wheatgrass, Pineapple, Ginger

CALIFORNIA WRAP \$6.95

3 Organic Free-Range Egg Whites, Avocado, Fresh Mozzarella, Tomatoes, Spinach Wrap

GREEK WRAP \$5.95

3 Organic Free-Range Egg Whites, Spinach, Feta, Spinach Wrap

MEXICAN WRAP \$5.95

3 Organic Free-Range Eggs, Jack Cheddar, Salsa, Jalapeño, Whole Wheat Wrap