

chef crafted bowls & salads

warm bowls available as wraps

superfood V GF
red quinoa w/ lemon zest, brown rice w/ parsley, broccoli, tomatoes, walnuts, avocado, balsamic vinaigrette
Tree Nuts

teriyaki stir fry V
brown rice w/ parsley, broccoli, carrots, onions, green peppers, teriyaki
Gluten Soy

bbq Vg GF
brown rice w/ parsley, onions, corn, black beans, mozzarella, bbq sauce
Dairy

cali GF DF
red quinoa w/ lemon zest, chopped romaine, black beans, tomatoes, avocado, bacon, citrus agave mustard

poke V
brown rice w/ parsley, wakame salad, edamame, carrots, cucumber, avocado, poke sauce
Gluten Soy Sesame

skinny Vg GF
zucchini noodles w/ garlic, broccoli, tomatoes, mushrooms, parmesan, kale-basil pesto
Dairy Tree Nuts

S sriracha veggie Vg GF DF
brown rice w/ parsley, zucchini noodles w/ garlic, onions, green peppers, mushrooms, house-made sriracha
Egg

greek Vg GF
brown rice w/ parsley, baby spinach, onions, tomatoes, chickpeas, cucumbers, feta, tzatziki
Dairy Coconut

power Vg GF
red quinoa w/ lemon zest, brown rice w/ parsley, carrots, kale, toasted almonds, raisins, goat cheese, kale-basil pesto
Dairy Tree Nuts

comfort Vg GF
red quinoa w/ lemon zest, brown rice w/ parsley, sweet potatoes, cauliflower, broccoli, goat cheese, kale-basil pesto
Dairy Tree Nuts

V Vegan GF Gluten Free S Spicy
Vg Vegetarian DF Dairy Free

*CONSUMER ADVISORY: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs, may increase your risk of foodborne illness, especially if you have certain medical conditions.

cali ▶
shown with
grilled citrus chicken

salads available as wraps

signature salad Vg GF
baby spinach, chopped romaine, onions, cucumbers, tomatoes, sunflower seeds, raisins, avocado, goat cheese, balsamic vinaigrette
Dairy

mediterranean Vg GF
baby spinach, chopped romaine, green peppers, tomatoes, chickpeas, onions, cucumbers, feta, balsamic vinaigrette
Dairy

kale caesar
chopped romaine, baby kale, hardboiled egg, croutons, lemon wedge, parmesan, caesar
Gluten Dairy Egg Soy

strawberry Fuji Vg GF
baby spinach, strawberries, Fuji apple, toasted almonds, feta, citrus agave mustard
Dairy Tree Nuts

add protein:

All protein is Gluten Free

garlic herb chicken

organic tofu V Soy

gulf shrimp

Beyond Sausage® V

S blackened salmon

wild caught ahi* Gluten Soy Sesame

grass-fed steak



wraps & more

wraps & quesadillas

classic wrap V
chopped romaine, tomatoes, avocado, citrus agave mustard in a multi-grain tortilla
Gluten

pesto club wrap
chopped romaine, tomatoes, mozzarella, bacon, kale-basil pesto in a multi-grain tortilla
Gluten Dairy Tree Nuts

S boca fiesta wrap Vg
brown rice w/ parsley, baby spinach, onions, corn, tomatoes, jalapeños, mushrooms, goat cheese, sweet chili sauce in a multi-grain tortilla
Gluten Dairy

tulum quesadilla Vg
mozzarella, brown rice w/ parsley, black beans, corn, green peppers, tomatoes, creamy ranch
Gluten Dairy Egg

don't forget to add protein

HOMEMADE

smoothies

kale & apple smoothie V GF
kale, spinach, apple, banana, lemon

strawberry & banana V GF
strawberry, banana, agave, almond milk
Tree Nuts

banana & date smoothie V GF
banana, date, almond milk, peanut butter
Nuts

add raw vegan plant based protein (10g) to smoothies for an additional cost



tulum
quesadilla
shown with
grass fed steak

pesto
club wrap
shown with
garlic herb chicken



sides & more

fruit cup V GF
banana, strawberry, apple

chips Vg GF
potato chips, kettle cooked w/ vegan sea salt
Dairy

house salad V GF
baby spinach, chopped romaine, cucumbers, tomatoes, balsamic vinaigrette

zucchini noodles V GF

roasted broccoli V GF

roasted sweet potatoes V GF

broth bowl V GF
zucchini noodles w/ garlic, carrots, corn, onions, veggie stock

kids

12 & under, served with apple juice

protein bites GF DF
garlic herb chicken, brown rice w/ parsley & black beans

kung fu (bowl or wrap) DF
brown rice w/ parsley, broccoli, carrots, garlic-herb chicken, teriyaki
Gluten Soy

cheesy quesadilla
mozzarella, garlic-herb chicken (optional) in a multi-grain tortilla
Gluten Dairy

sweets

chocolate chip cookie Vg GF DF
Egg Soy

chocolate chip brownie Vg GF DF
Egg Soy

design your own

All items on this page are Gluten Free unless noted

1 CHOOSE A STYLE

warm bowl

salad

2 CHOOSE 2 BASES

baby kale

baby spinach

cauliflower chop

chopped romaine

brown rice w/ parsley

3 CHOOSE 3 MIX-INS

baby kale

black beans

broccoli

carrots

cauliflower

chickpeas

corn

croutons Gluten

cucumbers

edamame

4 ADD A SAUCE

avocado creme V

S house-made sriracha Vg Egg

kale-basil pesto Vg Dairy Tree Nuts

teriyaki V Gluten Soy

tzatziki Vg Dairy Coconut

sweet chili V

bbq sauce V

veggie broth V

poke sauce V Gluten Soy Sesame

OR DRESSING

balsamic vinaigrette V

citrus agave mustard V

caesar Dairy Egg Anchovy Soy

creamy ranch Vg Dairy Egg

lemon wedge V

oil & vinegar V

wrap Gluten

quesadilla Gluten
w/ mozzarella

red quinoa

w/ lemon zest

zucchini noodles *

w/ garlic

* does not pair w/ wraps or quesadillas

Fuji apples

green peppers

S jalapeños

mushrooms

onions

raisins

strawberries

sweet potatoes

sunflower seeds

tomatoes

5 CHOOSE A PROTEIN

garlic herb chicken

market herbs, garlic, red pepper, no antibiotics EVER

organic tofu V Soy

seared w/ house seasoning mix

gulf shrimp

peeled & grilled

Beyond Sausage® V

plant based sausage, no nitrates or soy

S blackened salmon

responsibly ocean raised w/ blackening seasoning

wild caught ahi* Gluten Soy Sesame

w/ sesame & soy glaze

grass-fed steak

market herbs, garlic & red pepper

extras

avocado

bacon

hard boiled egg

almonds

walnuts

mozzarella

vegan mozzarella V

parmesan

feta

goat cheese

wakame salad

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