

chef crafted bowls

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, extra crisp 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, broccoli, tomatoes, mushrooms, parmesan, kale-basil pesto
Dairy Tree Nuts

s sriracha veggie Vg GF DF
brown rice w/ parsley, zucchini noodles, 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, shredded 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

add protein: Gluten Free unless noted

grilled chicken breast
lightly seasoned w/ sea salt & cracked pepper

fire braised chicken thigh
garlic, market herbs, citrus

organic tofu V
seared w/ house seasoning mix
Soy

gulf shrimp
peeled & grilled

s blackened salmon
Responsibly ocean raised w/ blackening seasoning

wild caught ahi*
poké style w/ sesame & soy glaze
Gluten Soy Sesame

USDA choice steak
market herbs, garlic & red pepper

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

NO ANTIBIOTICS EVER
HONEST INGREDIENTS
NO HORMONES-NO STEROIDS

cali V
shown with
grilled chicken breast



salads & wraps

salads available as wraps

signature salad Vg GF
baby spinach, extra crisp 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
extra crisp romaine, shredded 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

wraps & quesadillas

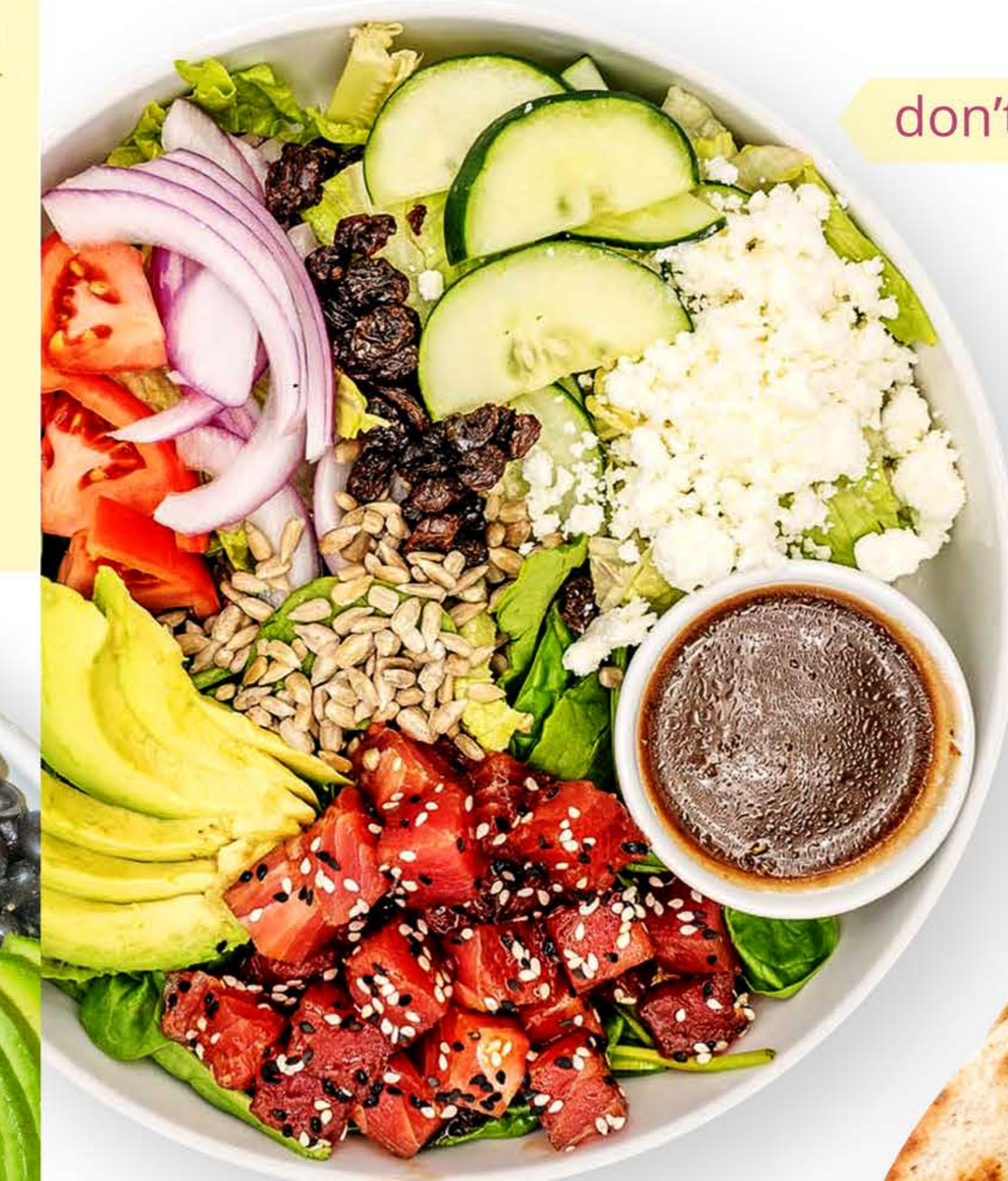
classic wrap V
extra crisp romaine, tomatoes, avocado, citrus agave mustard in a multi-grain tortilla
Gluten

pesto club wrap
extra crisp 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

cheesy quesadilla
mozzarella, multi-grain tortilla
Gluten Dairy



don't forget to add protein

signature salad
shown with
wild caught ahi



tulum quesadilla
shown with
USDA choice steak

design your own

All items on this screen are Gluten Free unless noted

1 CHOOSE A STYLE
warm bowl wrap Gluten
salad

2 CHOOSE 2 BASES
baby spinach
cauliflower chop
extra crisp romaine
brown rice w/ parsley
red quinoa w/ lemon zest
shredded kale
zucchini noodles *

3 CHOOSE 3 MIX-INS
Fuji apple
black beans
broccoli
carrots
chickpeas
corn
croutons Gluten
cucumbers
edamame
green peppers
jalapeños s
mushrooms
onions
raisins
shredded kale
sweet potatoes
sunflower seeds
tomatoes

4 CHOOSE YOUR PREMIUM MIX-INS
avocado
bacon
hard boiled egg
almonds
walnuts
mozzarella
parmesan
feta
goat cheese
wakame salad
strawberries
cauliflower chop

5 ADD A SAUCE
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
avocado creme v

OR DRESSING extra for .79
balsamic vinaigrette v
citrus agave mustard v
caesar Dairy Egg Anchovy Soy
creamy ranch Vg Dairy Egg
lemon wedge v

6 CHOOSE A PROTEIN
grilled chicken breast
lightly seasoned w/ sea salt and cracked pepper
fire braised chicken
garlic, market herbs, citrus
organic tofu v
seared w/ house seasoning mix
Soy

gulf shrimp
peeled & grilled
s blackened salmon
responsibly ocean raised w/ blackening seasoning
wild caught ahi*
poké style w/ sesame & soy glaze
Gluten Soy Sesame
USDA choice steak
market herbs, garlic & red pepper

*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.

smoothies, sides & more

HOMEMADE smoothies

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

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

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

beverages

house made lemonade
crimson berry tea
lemon berry fresca
infused water
bottled juices
bottled beverages

sides & more

chips Vg GF
potato chips, kettle cooked
Dairy
roasted broccoli V GF
roasted sweet potatoes V GF

add raw vegan plant based protein (10g) to smoothies for an additional + 1.99

kids

12 & under, served with apple juice

protein bites GF DF
grilled chicken breast, brown rice w/ parsley & black beans

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

cheesy quesadilla
mozzarella, in a multi-grain tortilla
Gluten Dairy

fruit cup v GF
banana, strawberry, apple

sweets

chocolate chip cookie Vg GF DF
Egg Soy
chocolate chip brownie Vg GF DF
Egg Soy



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