

Panini



Classics

Half \$5.95 Full \$9.95

Chicken Ranch Club

chicken breast, ranch dressing, bacon, mozzarella cheese, tomato, roasted peppers

Buffalo Chicken

chicken breast, ranch dressing, buffalo sauce, mozzarella cheese, tomato, roasted peppers

Jalapeno Pepper Chicken (full size only)

chicken breast, chipotle sauce, jalapenos, roasted peppers, pepper jack cheese

Vegetarian Panini

Spinach, tomato, roasted peppers, 1/2 avocado, black beans, mushrooms, sun dried tomato pesto, jack cheese

Grilled Cheese \$5.95

American cheese and cheddar cheese grilled on sourdough bread

Grown up Grilled Cheese \$7.95

Sun dried tomato sauce, American, jack, cheddar, provolone, Parmesan cheeses grilled on sourdough bread

Signature

Half \$6.95 Full \$10.95

Jalapeno Sirloin Steak add \$1 (Full Size Only)

sirloin steak, basil pesto, spicy cayenne sauce, garlic mayo, pickles, red onion, tomato, cheddar cheese, spinach, on jalapeno bread

Garlic Chicken Pesto

chicken breast, basil pesto, sun dried tomato sauce, feta cheese mozzarella cheese, red peppers, garlic spread, grilled onion

Mango Chicken Habanero

chicken breast, cream cheese, avocado, garlic mayo, spicy mango sauce, cheddar cheese, jalapenos

Signature

Half \$6.95 Full \$10.95

Chipotle Chicken Avocado

chicken breast, black beans, roasted peppers, avocado, chipotle sauce, buffalo sauce, pepper jack cheese

California Chicken

chicken breast, spinach, tomato, bell pepper, avocado sun dried tomato sauce, jack cheese

Steak & Mushroom Alfredo *(Full size only)

Sirloin steak, mushrooms, Alfredo sauce, basil pesto, grilled onions, mozzarella cheese, Parmesan cheese

Chicken Pesto Avocado

Chicken breast, basil pesto, feta cheese, red onion, tomato, roasted peppers, avocado, spinach on sourdough

Ciabatta Panini

Big Italiano \$12.95

hard salami, spicy pepperoni, turkey breast, sundried tomato, pesto, lettuce, tomato, pickles, red onion, avocado, jack cheese

Turkey Spinach Artichoke \$12.95

turkey breast, feta cheese, honey mustard, tomato, avocado, spinach artichoke spread, baby spinach, red onion, pickles

Garlic Sirloin Steak \$12.95

sirloin steak, bacon, garlic mayo, sundried tomato pesto, grilled onions, tomato, cheddar cheese, pickles

Fresh Salads

Classics

Half \$5.95 Full \$8.95

With chicken \$7.95/\$10.95

Caesar Salad

romaine lettuce, Caesar dressing, Parmesan cheese, croutons

House Salad

cucumber, romaine lettuce, ranch, carrots tomato, croutons, jack & cheddar cheeses

Signature

Half \$8.95 Full \$11.95

With chicken \$10.95/\$13.95

Pesto Salad

romaine, spring mix, feta, dried cranberries, tomato, almonds, basil pesto & Italian dressing, cucumbers

Asian Sesame Salad

spring mix, spinach, power greens, cucumber, carrots, red onion, sesame seeds, Asian dressing

Greek Salad

cucumber, tomato, feta, olives, romaine, red onion, pepperoncini, Italian dressing,

Cranberry Apple Salad

spring mix, raspberry dressing, walnuts, sliced apples, feta cheese, dried cranberries

Raspberry Walnut Salad

spring mix, raspberry vinaigrette, walnuts, cucumber, dried cranberries

Avocado Salads

Half \$9.95 Full \$12.95

With chicken \$11.95/\$14.95

Parisian Avocado Salad

Spring mix, cucumbers, carrots, baby tomato, dried cranberries, almonds, feta cheese

Mango Caesar Avocado Salad

Romaine lettuce, power mix, Caesar dressing, croutons, sliced apples, Parmesan cheese, spicy mango sauce, 1/2 avocado slices



Combos

Half Salad & Sandwich Combo \$12.95

choose any 1/2 panini or 1/2 deli sandwich and any 1/2 classic or signature salads (avocado salads \$1 more)

Add chicken to salad for \$2.00 more

Side Salad and Drink Combo \$4.95

Includes salad & ice tea or canned soda

Chips and Drink Combo \$3.95

Includes bag of chips & ice tea or canned soda

Pizzas

Cheese \$10.95

mozzarella cheese & herbs

Pepperoni \$11.95

pepperoni, mozzarella cheese & herbs

Spicy Pepperoni \$12.95

spicy cayenne sauce, pepperoni, jalapenos

Chicken Pesto \$13.95

basil pesto, feta cheese, mozzarella cheese, olives, tomato, red pepper

Wraps

choice of spinach, whole wheat or chipotle tortilla \$10.95

Black Bean Chicken Avocado

chicken breast, black beans, avocado, mixed cheese, buffalo sauce, tomato, red peppers

Spicy California Caesar

chicken breast, bacon, tomato, romaine, Caesar, buffalo sauce, Parmesan, cream cheese, avocado

Chipotle Chicken

chicken breast, extra chipotle sauce, cream cheese, mixed cheese, brown rice, black beans

Spicy Sirloin Steak (\$1.00 More)

Sirloin steak, corn, black beans, spicy cayenne sauce, tomato, roasted peppers spring mix, avocado

Asian Sesame (chicken or steak \$1.00 more)

choice of chicken breast or steak(\$1.00 more), sesame seeds, cucumber, carrots, spinach, power mix, Asian dressing & optional spicy mango sauce

Turkey Bacon Avocado

turkey breast, bacon, avocado, romaine, baby greens, cream cheese, ranch, tomato

Turkey Bacon Pesto

turkey breast, bacon, artichoke spread, melted mozzarella, Caesar dressing, tomato, red onion, basil pesto, romaine lettuce

Vegetarian Wraps \$10.95

Spinach Artichoke Avocado

spinach artichoke spread, 1/2 avocado, baby spinach, tomato, feta, Caesar dressing, cucumber

Black Bean Hummus Avocado Wrap

Black beans, hummus, 1/2 avocado, chipotle sauce, cream cheese, mix greens, tomato, bell pepper

Deli

Sandwiches

choice of white, wheat, sourdough, or jalapeno bread

Half/Full

Turkey Avocado Club \$5.95/\$10.95

turkey breast, avocado, bacon, garlic mayo, baby greens, tomato,

Turkey Hummus Pesto \$5.95/\$10.95

turkey breast, basil pesto, hummus, tomato, mix power greens, cucumber

Turkey Spinach Avocado \$5.95/10.95

turkey breast, spinach, pickles, red onion, garlic mayo, tomato, 1/2 avocado

Cold Cut Trio \$10.95 full size only

ham, spicy pepperoni, hard salami, tomato, jack cheese, sun dried tomato pesto, mix greens. red onion, pickles

Ham & Cheddar \$5.75/\$9.95

ham, cheddar cheese, mayo, mustard, pickles, onions, tomato, baby greens

Goggie Veggie Avocado \$8.95 full size only

cucumber, tomato, mayo, feta cheese, 1/2 avocado, baby greens

Sandwiches & Wraps

Fit Chicken Avocado Panini \$9.95

4oz chicken breast, 1/2 avocado, mustard, tomato, baby spinach on sqaw bread

Workout Muscle Wrap \$12.95

choice of 6oz steak (\$1.00 more) or chicken, baked quinoa hash browns, spinach, hummus, avocado, tomato, basil pesto, feta cheese

Power Protein Wrap \$11.95

4oz chicken breast, power greens, honey mustard, baby greens, red quinoa, cream cheese, avocado

Mass Builder Wrap \$12.95

6oz chicken breast, brown rice, black beans, avocado, spinach, salsa



Fit 4 Fitness

Fitness Plates & Bowls

Healthy Combination Plate \$10.95

4oz chicken breast, white or brown rice, black beans, spring salad, 1/2 avocado, salsa

Leaning Out Chicken Plate \$8.95

4oz chicken breast or steak(\$1.00 more), white or brown rice, steamed broccoli. choice of side sauce

Power Bowl \$10.95

Red quinoa, brown rice, power greens, 1/2 avocado, chicken breast, vinaigrette dressing, spicy mango sauce optional

Muscle Bowl \$12.95

Power greens, avocado, chicken breast, black beans, hummus, red quinoa, brown rice, vinaigrette dressing, spicy mango sauce optional

Spicy Asian Steak Bowl \$13.95 * Vegan option Available

Brown rice, Asian dressing, spicy mango sauce, power greens, cucumber, red onion, carrots, red quinoa, sirloin steak, roasted almonds, sesame seeds. Add 1/2 Avocado for \$1.75 more

Breakfast Sandwiches & More

Substitute For Egg Whites \$1.00 More

Breakfast Sandwich \$5.95

Choice of bagel or English muffin, choice of meat, scrambled eggs, cheese & mayo

Sourdough Breakfast Sandwich \$8.50

Scrambled eggs, choice of meat, American cheese, choice of sauce, grilled on sourdough bread

Avocado Breakfast Sandwich \$9.95

Scrambled eggs, bacon, avocado, tomato, cheddar cheese & garlic mayo on toasted sourdough bread

Original Breakfast Panini \$9.95

Scrambled eggs, ham, bacon, tomato, roasted bell pepper, American cheese choice of pesto or spicy cayenne sauce

Chipotle Breakfast Avocado Panini \$9.95 Vegetarian

Scrambled eggs, chipotle sauce, black beans, tomato, roasted bell pepper pepperjack cheese, sliced avocado

Big Breakfast Burrito \$11.95

potatoes, eggs, bacon, cheese, sausage, black beans, spicy sauce(optional)

Steak & Egg Breakfast Burrito \$12.95

Scrambled eggs, sirloin steak, sliced avocado, two cheese blend, black beans, tomato, - served with a side of salsa

Breakfast

Fitness Friendly

Egg -White Energy Burrito 10.95 Vegetarian

5 egg whites, baked hash browns with quinoa, spinach, black beans, roasted bell peppers, avocado, choice of pesto or spicy cayenne sauce

Protein Breakfast Bowl \$11.50

3 scrambled egg white omelette, 4oz chicken breast or sirloin steak, baked hash browns with quinoa, black beans, sliced tomato, sliced avocado served with side of salsa

Jalapeno Breakfast Wrap \$10.95 Vegetarian

Baked Hash browns with quinoa, avocado, melted cheese, tomato, eggs

jalapenos, mushrooms, garlic mayo and spicy cayenne sauce

Vegetarian Breakfast Wraps 2 for \$7.00

Spinach, tomato, roasted bell peppers, eggs, cheese & basil pesto

Grilled Breakfast Wraps 2 for 7.00

Eggs, cheese and choice of meat wrapped in two flour tortillas

California Avocado Omelette \$6.95 Vegetarian

3 egg whites, spinach, tomato, bell peppers, sun dried tomato pesto topped with salsa & avocado. Add toast for \$1.50 more.

Acai Bowls

Original Acai \$9.95

Organic acai, chia pudding, honey, organic granola, strawberries, blueberries, banana

Power Acai \$11.95

Organic acai, chia pudding, organic agave, organic granola, strawberries, raspberries, blueberries, banana, hemp seed, chia seed

Cranberry Coconut Almond \$11.95

Organic acai, chia pudding, organic granola, organic agave, cranberries, roasted almonds, blueberries, banana, raspberries coconut shavings

Peanut Butter Cacao \$11.95

Organic acai, chia pudding, peanut butter, peanut butter powder

organic granola, bananas, cacao nibs, and honey

Espresso

Hot or Iced 16oz/24oz only

Americano

Small Med Large

Cafe Latte

\$2.95 \$3.75 \$3.95

Cappuccino

\$4.00 \$4.75 \$5.00

Flat White

\$4.50 \$4.95

Almond Milk Latte

\$4.75 \$5.50 \$5.75

Oat Milk Latte

\$4.95 \$5.75 \$5.95

Caramel Macchiato

\$4.75 \$5.50 \$5.75

Salted Caramel Macchiato

\$4.95 \$5.75 \$5.95

Cafe Mocha

\$4.75 \$5.50 \$5.75

Flavored Latte

\$4.75 \$5.50 \$5.75

vanilla, hazelnut, toffee nut, caramel, white chocolate, peppermint, salted caramel toffee

White Hazelnut Mocha

\$4.95 \$5.75 \$5.95

Lavender Latte

Spanish Caramel Latte

Mexican Mocha

Belgian Truffle Mocha

Hot or Iced 16oz/24oz only

Hand Crafted Drinks 16oz

Shaken Oat Milk Iced Lattes \$6.95

raw sugar caramel, salted caramel toffee

Vanilla Bean Iced Latte with strawberry cold foam \$6.95

Triple Shot Iced Americano \$5.95

with vanilla espresso cold foam & caramel drizzle

Add Flavored Cold Foam \$1.25

caramel-vanilla-strawberry

Add Espresso Cold Foam \$2.25

caramel-vanilla

Coffee & Tea

	Small	Med	Large
Brewed House Coffee	\$2.50	\$2.75	\$2.95
Lemonade (peach, lavender, pomegranate, strawberry)			\$3.95
Infused Teas (cucumber green tea or blackberry hibiscus)			\$4.95
Iced Wake me up (hazelnut, vanilla, caramel)	\$4.75	\$5.25	
Iced Coffee (hazelnut, vanilla, caramel)	\$4.00	\$4.50	
Chai Latte	\$4.95	\$5.95	
Matcha Green Tea Latte	\$4.95	\$5.95	
Hot Tea	\$2.95	\$3.50	\$3.95
Freshly Brewed Iced Tea		\$3.50	\$3.95
Hot Chocolate	\$3.00	\$3.75	\$4.00