



COFFEE

Double Espresso	\$3
Espresso	\$2.50
Americano	\$3
Café Latté	\$4.50
Macchiato	\$3.85
Cortado	\$3.85
Cappuccino	\$4
Daily Roast Drip	\$3.50
Pour Over	\$5.50
Café Cubano	\$3

TEA

Chai Tea Latte	\$4.50
Matcha Latte	\$4.75
Green Tea	\$3
Golden Milk Latte	\$4.75
Chamomile Tea	\$3
Mate Cocido	\$3.50
Nltro hibiscus	\$3.50

COLD COFFEE

Iced Americano	\$3.50
Iced Latte	\$4.50
Cold Brew	\$4
Nitro Cold Brew	\$5
Iced Coffee	\$3
Mocha Frappuccino	\$5.50
Caramel Frappuccino	\$5.50

MILKS

Whole	
Skim	
2%	
Half & Half	\$0.75
Almond	\$0.75
oat	\$0.75
Coconut	\$0.75
Soy	\$0.75

SYRUPS

Chocolate	\$0.55
Vanilla	\$0.55
Caramel	\$0.55
Hazelnut	\$0.55
Pure cane	\$0.55










## COOKIES & BISCOTTIS

Choco Chip Cookie	\$3.99	
Almond Cookie	\$3.99	
Oatmeal Cookie	\$3.50	
Almond Biscotti	\$3.99	
Chocolate Chip Biscotti	\$3.99	



## SWEETS

Banana Bread walnut bread	\$3.99	
Poppyseed Cake	\$5.99	
Alfajor de Maicena	\$3.99	
Brownie	\$4.99	
Banana & Walnut Choco-Chip Muffin	\$4.50	
Blueberry Muffin	\$4.50	
Banana & Walnut Muffin	\$4.50	

## QUICHES

Mushroom	\$6.99
Spinach	\$6.99
Ham, bacon, cheese	\$6.99
Four Cheese	\$6.99

## CROISSANTS

chocolate	\$4.50
Ham & Cheese	\$5.50
Cheese	\$4.50
Plain	\$2.00



## EMPANADAS

Beef	\$3.99
Chicken	\$3.99
Buffalo Chicken	\$3.99
Caprese	\$3.99
Spinach	\$3.99
Mushroom	\$3.99
Four Cheese	\$3.99
Onion & Cheese	\$3.99
Corn	\$3.99
Chorizo	\$3.99
Ham & cheese	\$3.99

## PASCUALINAS

Spinach, cheese, & egg	\$9.99
Ham & Cheese	\$9.99

Add a side house or israeli salad for \$3.99, or side or seasonal fruits for \$4.99 to any Pascualina or Quche

Please note, although we offer Gluten free options, we are not strictly a Gluten free kitchen.

Let us know if you have any allergies so we can better assist you.



# SALADS

All protein sold separately

Red & White Quinoa \$14.99

Red & white quinoa, celery, cilantro, parsley, cranberries, sliced almonds, pumpkin and sunflower seeds, and a lemon dressing

Nicoletta \$16.99

Romaine lettuce, tomatoes, avocado, boiled eggs, red onions, black olives, tuna salad and lemon dressing

Caprese \$13.99

Tomatoes, fresh mozzarella, basil, black pepper, over a bed of arugula with olive oil & reduced balsamic

Greek \$15.99

Lettuce, mixed, cherry tomatoes, cucumbers, red onions, artichoke hearts, black olives, feta cheese, and a greek dressing

Gorgonzola & Pear \$15.99

Mixed greens, walnuts, pears, gorgonzola cheese, and a balsamic dressing

# BAGELS

Your choice of everything, sesame, or plain bagel

Cream cheese \$3.50

Cream cheese and lox \$14.99

Red onions, cream cheese, lox salmon, arugula

Prosciutto \$12.99

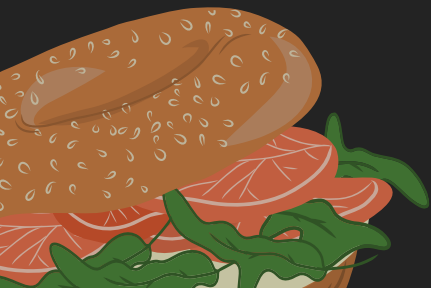
Arugula, prosciutto, tomato, cream cheese

Ham, egg, & cheese \$9.99

Tuna salad \$12.99

Chicken salad \$12.99

Ham, cheese, & tomato \$12.99



# WRAPS

All wraps are served with a side salad or soup of the day

Chicken \$15.99

Chicken, corn, lettuce, tomatoes, red onion, avocado, roasted red peppers, & honey mustard.

Tuna salad \$14.99

Tuna salad, lettuce, cherry tomatoes, scallion, and swiss cheese

Mexican \$13.99

Corn, tomatoes, red and green peppers, black beans, pico de gallo, Guacamole, and Mexican cheese blend

Smoked salmon \$15.99

Smoked salmon, avocado, onion, arugula, tomatoes, and goat cheese

Salmon wrap \$17.99

Herb baked salmon, lettuce, roasted red peppers, avocado, corn, tomatoes, pico de gallo, & pili's spicy mayonnaise

# PANINIS

All wraps are served with a side salad or soup of the day

Mushroom \$13.99

Arugula, Mozzaarella cheese, mushrooms

Pili's \$16.99

Chicken milanese, red onions, tomtaoes, mozzarella cheese, roasted red peppers

Prosciutto \$16.99

Prosciutto, fresh mozzarella, arugula, tomatoes, pesto, sundried tomato paste

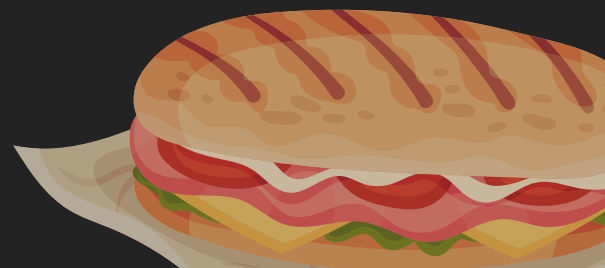
Caprese \$13.99

Fresh mozzarella cheese, tomatoes, basil, marinara

Tuna Melt \$14.99

Albacore Tuna salad, Swiss cheese, scallions

Be sure to ask us what our soup of the day is!







## SMOOTHIES

<b>Chocolate Burst</b>	<b>\$8.99</b>
Whole almonds, dates, cocoa powder & almond milk	
<b>Mixed Berries Açai</b>	<b>\$9.99</b>
Açai, mixed berries, dates, banana & almond milk	
<b>Bone Fortifier</b>	<b>\$10.99</b>
Banana, yogurt, prunes, vanilla, flaxseed and almond milk	
<b>Green Power</b>	<b>\$9.99</b>
Banana, spinach, kale, dates, mint, spirulina, and almond milk	
<b>Tropical Blast</b>	<b>\$8.99</b>
Mango, strawberry, pineapple, passion fruit, kiwi, coconut water	
<b>PB choco dream</b>	<b>\$11.99</b>
Banana, peanut butter, cacao powder, chocolate whey protein,& honey	
<b>Matcha sunrise</b>	<b>\$9.99</b>
Matcha, banana, kale, dates, almond butter, hemp seeds, coconut milk	
<b>Pitaya wonder</b>	<b>\$11.99</b>
Pitaya, strawberries, kiwi, pineapple, mango, and OJ	
<b>Post-workout protein</b>	<b>\$12.99</b>
Mango, Blueberry, almond butter, vanilla whey protein, greek yogurt, and almond milk	

## FRESH JUICES

<b>Orange Juice</b>	<b>\$5</b>
<b>Celery Juice</b>	<b>\$10</b>
<b>Limeade</b>	<b>\$5</b>
<b>The Beet</b>	<b>\$10</b>
Beets, carrot, ginger, orange	
<b>Green Refresher</b>	<b>\$11</b>
Kale, spinach, celery, granny smith, pineapple, ginger	

## WELLNESS SHOTS

<b>Booster Shot</b>	<b>\$4.25</b>
Ginger, turmeric, lime, cinnamon, & honey	
<b>Vitamin C shot</b>	<b>\$4.50</b>
Lime, orange, grapefruit, organic vitamin c supplement	







## SMOOTHIE BOWLS

### Peanut Butter Lovers

\$13.99

Blended Açaí, peanut butter, banana, honey, & almond coconut milk. Topped with granola, cacao nibs, banana, & peanut butter.

### Paradise

\$12.99

Blended Açaí, banana, honey, coconut or milk. Topped with blueberries, raspberries, kiwi, chia seeds, shredded coconut, and granola

### Chocolicious

\$12.99

Blended Açaí, banana, cacao powder, vanilla extract, almond or coconut milk, & honey. Topped with banana, blueberries, shredded coconut, & granola

### Soflo

\$12.99

Blended Açaí, banana, mango, almond or coconut milk, flaxseed, & honey. Topped with banana, strawberries, mango, granola, hemp seeds.

### The Dragon

\$14.99

Blended Pitaya, banana, pineapple, raspberries, honey, & almond or coconut milk. Topped with Blueberries, kiwi, mango, shredded almonds, shredded coconut, & chia seeds.

### Island Breeze

\$14.99

Blended banana, mango, avocado, honey, blue spirulina, & coconut milk. Topped with banana, pineapple, raspberries, blueberries, shredded coconut, & granola.

## ALL SMOOTHIE AND BOWLS ADD-ONS

\$0.75-\$2.00

ASK CASHIER FOR PRICES!

