

### LUNCH



#### **CILANTRO GUACAMOLE**

CILATRO, LIME, PIGO DE GALLO, BLUE CORN CHIP | \$12

#### **ROASTED CREAMY TOMATO SOUP**

QUESO FRESCO, PUMPKIN SEEDS, OIL, TOASTED BREAD | \$10

#### **WILD SUN-DRIED TOMATOES TAPENADE**

MUSHROOMS, OLIVE, BASIL, GARLIC, OIL, TOMATOES, TOASTED BREAD | \$11

#### **BURRATA BRUSCHETTA**

BASIL, RED ONIONS, CUMINO, OYSTER MUSHROOMS MAYO, TOASTED BREAD | \$12



#### **RED DELICIOUS APPLE SPINACH**

BLACKBERRIES, FENNEL, WALNUTS, QUESO FRESCO, APPLE CIDER VINEGAR | \$14

#### THAI RED RUSSIAN KALE

GOAT CHEESE, CARROTS, GREEN BEANS, CUCUMBER, ALMONDS, TAMARIND ASIAN VINAIGRETTE | \$14

#### **BRUSSELS SPROUTS CAESAR**

PISTACHIOS, PARMESAN CHEESE, DRIED CRABERRIES, ANCHOVY DRESSING | \$14

#### **ADD TO YOUR SALAD**

ALTLANTIC SALMON \$12 | CHICKEN BREAST \$10 | CHICKEN SALAD \$ 11 | PRIME USDA FILET MIGNON \$17



#### **WILD BOWL**

WILD RICE, ASPARAGUS, GREEN BEANS, CARROTS, MANGO SALSA | \$13

#### **ADD TO YOUR BOWL**

ALTLANTIC SALMON \$12 | CHICKEN BREAST \$10 | CHICKEN SALAD \$ 11 | PRIME USDA FILET MIGNON \$17

#### **CAPRESE BAGUETTE PANINI**

BASIL PESTO, HEIRLOOM TOMATO, BURRATA CHEESE, ARUGULA, HAND CUT FRIES | \$16

#### **OPEN FACE MAPLE MISO SALMON**

SUN-DRIED TOMATO TAPENADE, ARUGULA, WHOLE GRAIN, HAND CUT FRIES | \$19

#### **TUSCAN FETTUTA FILET MIGNON**

ROASTED RED PEPPER, GOATS CHEESE CURD, WHOLE GRAIN, HAND CUT FRIES | \$22

#### **APPLE CHICKEN SALAD SANDWICH**

HEIRLOOM TOMATO, ARUGULA, BRIOCHE BUN, HAND CUT FRIES | \$14

#### CHIPOTLE AVOCADO CHICKEN SANDWICH

SMOKED GOUDA, HEIRLOOM TOMATO, ARUGULA, BRIOCHE BUN, HAND CUT FRIES | \$16

#### **PEAR CHUTNEY ANGUS BURGER**

SUNNY SIDE EGG, GOAT CHEESE, HEIRLOOM TOMATO, ARUGULA, BRIOCHE BUN, HAND CUT FRIES | \$19

# SMOOTHIES 160Z

SUPER BERRY ACAI, BLUEBERRIES, RASPBERRIES, MINT, HONEY	\$15	
VANILLA BEAN DRAGON FRUIT RED APPLE, BASIL, ASIAN PEAR	\$13	
GREEN BEAUTY	\$13	

STARFRUIT, SPINACH, KIWI, BANANA, ORANGE



## CRAFTED JUICES 160Z

ENERGY BOOSTER CARROTS, APPLES, ORANGE, GINGER, LIME AND HONEY	\$13
THE POPEYE SPECIAL KIWI, SPINACH,APPLE, STRAWBERRY, LIME	\$13
WOKE UP IN PARADISE (SEASONAL) WATERMELON, PINEAPPLE, MINT, LIME	\$13
BEET THE ODDS BEET, APPLES, CARROTS, LIME	\$12
<b>OJ</b> FRESH SQUEEZED VALENCIA ORANGES	\$10
MAKE YOUR OWN CHOICE 4 INGREDIENTS	\$13

### TEAS

HOT	
BLACK	\$4
MINT	\$4
ICED	
HIBISCUS	\$4
BLACK	\$4
PASSION FRUIT	\$4
FRESH GARDEN MINT	\$4

COFFEE
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		GREEN LATTE Match powder with steamed whole milk	\$5	DESSERT COFFEE	
COFFEE		<b>BEET LATTE</b> Beet powder with steamed whole milk	\$5	TOASTED MARSHMALLOW LATTE	Ś'
ESPRESSO 1.5 oz short	\$3	CHAI LATTE Steamed milk with black tea infused with spices topped with cinnamon	\$5	Espresso, milk, chocolate syrup, grahams crackers, marshmallows cream	Ĭ
LATTE Espresso with steamed milk	\$4	AMERICANO (HOT/ICED) Espresso and water	\$4	<b>AFFOGATO</b> Scoop of vanilla ice cream covered in a warm shot of espresso topped with caramel drizzle	\$
<b>CAPPUCCINO</b> Espresso with steamed milk and frothed milk	\$5	CARAMEL MACCHIATO Espresso, steamed milk, milk foam, caramel drizzle	\$5	ICED TIRAMISU COFFEE Milk, cold brew, condensed sweet mascarpone,	\$
<b>CAPPUCCINO BRULÉ</b> Espresso with steamed milk and frothed milk topped with caramelized raw sugar	\$6	MEXICAN HOT CHOCOLATE  Abuelita chocolate var, vanilla extract, cinnamon, milk topped with whipped cream	\$5	cocoa powder, savoiardi biscuit	