

# JUICE & SMOOTHIES

## GREENISH (ORGANIC)

spinach, mizuna, chard, kale, grape, orange, banana, ginger, agave nectar

## FRESH SQUEEZED ORANGE JUICE

organic orange

## SUPERSEED SMOOTHIE

cocoa, banana, flax, chia, hempseed and coconut

## POWER PROTEIN

whey protein, apple juice, mixed berries

## STRAWBERRY BANANA SMOOTHIE

## PEACH & MANGO SMOOTHIE

## ACAI SMOOTHIE

## ACAI BOWL

banana, blueberry, strawberry, coconut flakes and granola

## LIARD SUPERFOOD SMOOTHIE

Almond milk, peanut butter, superfood, banana

# SANDWICHES

## MALIBU SANDWICH

avocado, cream cheese, cucumbers, tomatoes, mixed greens and lemon pepper

## CALIFORNIA CLUB SANDWICH

turkey, ham, bacon, cheddar, swiss, mixed greens, tomato, mustard and mayo

## ★ BIG BIRD

turkey, avocado, cucumbers, muenster, tomatoes, mixed greens, mayo and mustard

## HUMMUS SANDWICH

avocado, cucumbers, tomatoes, mixed greens, ground pepper

## GRILLED CHEESE

muenster, swiss, provolone and cheddar. (add avocado, bacon or garlic onion jam \$1.50 each)

## CAPRESE

fresh mozzarella cheese, basil pesto, tomatoes on sourdough

## ★ CHICKEN PESTO

chicken, artichokes, tomatoes, provolone and pesto

## TURKEY CLUB HAVARTI

grilled cheese, turkey, bacon, garlic onion jam, with mixed greens

## AVOCADO GRILLED CHEESE

havarti, muenster, swiss, mixed greens & pesto



FRESH SQUEEZED OJ



GREENISH



STRAWBERRY BANANA



ACAI BOWL



CHAGACCINO



HONEY LAVENDER  
LATTE



Consumer Advisory: Consumption of undercooked meat, poultry, eggs, or seafood may increase the risk of food-borne illnesses.  
Alert your server if you have special dietary requirements.