**(add cheese for $1.00)**

**Wraps**

**SMOKIN’ CHIPOTLE SALMON WRAP │$11.49**

*Cajun grilled salmon with seasonal greens, tomatoes, onions, carrots, cucumbers, and chipotle-ranch ranch dressing on a toasted tomato basil wrap.*

**GRILLED CHICKEN MOZZARELLA │$8.49**

*Grilled chicken breast with caramelized onions, mozzarella cheese, and low-fat ranch on a toasted garlic herb wrap.*

**GRILLED CHICKEN SPINACH │$8.49**

*Grilled chicken breast with sautéed spinach, cheddar cheese, and honey mustard on a toasted spinach herb wrap.*

**GRILLED CHICKEN CAESAR │$7.99**

*Grilled chicken breast with seasonal greens, parmesan cheese, croutons, and caesar dressing on a garlic herb wrap.*

**ROCK’N TUNA │$8.49**

*Low fat white albacore tuna salad with seasonal greens, tomatoes, onions, carrots, oregano, oil and vinegar and mayo on a garlic herb wrap.*

**CHICKEN CHEESE STEAK │$7.49**

*Sautéed pressed chicken breast with grilled onions, cheddar and mozzarella cheese with ketchup and mayo on a tomato basil wrap.*

**CLASSIC GRILLED CHICKEN │$7.49**

*Grilled chicken breast with seasonal greens, tomatoes, carrots, cucumbers, onions, and low-fat ranch dressing on a garlic herb wrap.*

**SOUTHWEST BBQ CHICKEN │$7.99**

*Grilled chicken breast with seasonal greens, tomatoes, onions, BBQ and low-fat ranch dressing on a tomato basil wrap.*

**THE ULTIMATE TURKEY BURGER │$7.49**

*Fat free turkey burger with seasonal greens, tomatoes, onions, and specialty sauce on a tomato basil wrap.*

**THAI CHICKEN │$7.99**

*Grilled chicken breast with seasonal greens, carrots, onions, thai and low-ranch dressing on a garlic herb wrap.*

**Vegetarian Wraps**

**HERB CHIC’N AND CHEDDAR │$10.49**

*Soy chic’n with sautéed spinach, cheddar cheese and honey mustard on a toasted spinach herb wrap.*

**SOY CHIC’N MOZZARELLA │$9.25**

*Soy chic’n with caramelized onions, mozzarella cheese, and low-fat ranch dressing on a garlic herb wrap.*

**HONEY BBQ SOY CHIC’N │$9.25**

*BBQ soy chic’n with seasonal greens, tomatoes, onions, and low-fat ranch dressing on a tomato basil wrap.*

**SOY THAI CHIC’N │$9.25**

*Soy chic’n with seasonal greens, carrots, onions, thai and low-ranch dressing on a toasted garlic herb wrap*.

**TOFU │$7.49**

*Deep fried tofu with tomatoes, seasonal greens, carrots, onions, low fat ranch and reduced balsamic dressing, on a toasted garlic herb wrap*

**SOY CHIC’N CAESAR │$10.25**

Soy chic’n with *seasonal greens*, parmesan cheese, croutons, and caesar dressing on a garlic herb wrap.

**EDEN │$7.25**

*Seasonal greens with tomatoes, onions, carrots, cucumbers, cheddar cheese and honey mustard on a spinach herb wrap.*

**Salads**

**SMOKIN’ CHIPOTLE SALMON │$12.49**

*Cajun grilled salmon with seasonal greens, tomatoes, onions, carrots, cucumbers, and chipotle-ranch dressing.*

**THAI CHICKEN │$9.85**

*Grilled chicken with seasonal greens, carrots, onions, and thai dressing.*

**GRILLED CHICKEN CAESAR │$9.85**

*Grilled chicken breast with seasonal greens, croutons, parmesan cheese, and caesar dressing.*

**GRILLED CHICKEN SALAD │$9.85**

*Grilled chicken breast with seasonal greens, tomatoes, onions, cucumbers, oregano, cheddar cheese, and choice of dressing\*.*

**BBQ CHICKEN SALAD │$9.85**

*Grilled BBQ chicken breast with seasonal greens, tomatoes, onions, cucumbers, cheddar cheese, and choice of dressing\*.*

**Vegetarian Salads**

**SOY THAI │$10.49**

*Soy chic’n with seasonal greens, carrots, onions, thai and ranch dressing.*

**GARDEN │$7.49**

*Seasonal greens with tomatoes, carrots, cucumbers, and choice of dressing****\*****.*

**TOFU │$8.49**

*Deep fried Tofu with seasonal greens, tomato, onions, carrots, cucumbers, and choice of dressing****\*****.*

**SOY CHIC’N CAESAR │$10.49**

*Soy chic’n with seasonal greens, croutons, parmesan cheese, and caesar dressing.*

**SOY BBQ CHIC’N SALAD │$10.49**

*BBQ Soy chic’n with seasonal greens, tomatoes, onions, cucumbers, cheddar cheese, and low-fat ranch dressing.*

***\*Dressing***

*Balsamic, Ranch, Honey Mustard, Caesar, Thai*

**Bowl**

1. **Choose your protein**

***Chicken Breast*****│ $12.25*****Soy Chicken*****│$13.99*****Salmon Filet*****│$13.99** ***Soy Citrus Spare Ribs*****│$13.99**

1. **Choose two sides**

***Sweet Corn Spinach Leaf  
Kale Broccoli***

***Fresh Cut Fries Sweet Potato Fries***

***Brown Rice Soup (Seasonal)***

1. **Choose a sauce**

***BBQ***

***Thai***

***Honey Jerk***

**Sides**

**$3.99**

**Sweet Potato Fries Fresh Cut Fries  
House Salad Spinach  
Sweet Corn Kale**

**Soup │$6.99 *Turkey Sausage & Kale* Banana Pudding** **│$5.95**

**Smoothies & Shakes**

**(add ginger for $.50)**

**$6.99**(24 Oz.)

**PINEAPPLE MANGO TANGO**  
*Pineapple, mango, and organic cane juice.*

**STRAWBERRY BANANA**  
*Strawberries, banana, and organic cane juice.*

**MIXED BERRY MANTRA**  
*Strawberries, blackberries, raspberries, blueberries, banana, and organic cane juice.*

**MO BAY**  
*Pineapple, mango, strawberries, and organic cane juice.*

**SPICY ICY**  
*Mango, banana, ginger, and organic cane juice.*

**PINEAPPLE BANANA BANGER**  
*Pineapple, banana, and organic cane juice.*

**COOKIE IN A CUP**  
*Cinnamon, raisins, banana, oat, organic almond milk, and organic cane juice.*

**ITAL NUT │$7.49**  
*Raw cashews, raisins, banana, organic almond milk, and organic cane juice.*

**GOOD DAY │ $7.49**  
*Apple juice, strawberries, banana, oatmeal, cinnamon, organic almond milk, and organic cane juice.*

**RISE AND SHINE │$7.49**

*Carrot, banana, strawberries, oatmeal, organic almond milk, orange juice and organic cane juice.*

**Organic Orange Juice │$5.99**(24 Oz.)

**Spring Water** **│$1.75**

**Fresh Squeezed Juices**

**WHEATGRASS SHOT │$3.00 PER Oz.**

**VITAMIN AWESOME │$7.99**(24 Oz.)  
*Kale, carrot, and apple*

**GREEN DREAM │$7.99**(24 Oz.)  
*Kale, cucumber, and apple*

**VEGGIE LOVE │$7.99**(24 Oz.)

*Kale, cucumber, and carrot*

**SUPREME GREEN │$11.50**(24 Oz.)  
*Wheatgrass, kale, cucumber, and apple*

**CARROT│$6.99**(24 Oz.)

**APPLE │$6.99**(24 Oz.)

**Wrap Platters (Catering)**

**(Feeds up to 12 people)**

**REGULAR WRAP PLATTER │$65.00**  
*Choose up to 5 different items from the wraps section*

***(does not include salmon wraps)***

**PREMIUM WRAP PLATTER │$80.00**  
*Choose up to 5 different items from the wraps section above*

***(includes salmon wrap - limited to 4 per platter)***

**VEGETARIAN WRAP PLATTER │$75.00**

**VEGETARIAN + REGULAR WRAP PLATTER │$65.00**