

# DRINKS

Coffee	\$2/\$2.20/\$2.40	Cold Brew	\$4.50	Iced Tea	\$4
Latte	\$4.25/\$4.75/\$5.25	Cold Cream Cold Brew	\$5	Homemade Lemonade	\$4
Chai Latte	\$4.25/\$4.75/\$5.25	Iced Latte	\$5.25	Strawberry Lemonade	\$4.50
Hot Tea	\$2/\$2.20/\$2.40	Iced Chai Latte	\$5.25	Italian Soda	\$4
				Flavor Shot	\$0.50

# SMOOTHIE BOWLS

24oz Bowl \$12.99

## Step 1: CHOOSE BASE

### Drew Berrymore

Strawberry, Raspberry & Mango

### Under the Sea

Mango, Banana & Blue Spirulina

### Walking on Sunshine

Mango, Pineapple & Banana

### Pixie

Blueberry & Raspberry

## Step 2: CHOOSE MILK

Whole

Oat (GF)

Coconut

## PROTEIN POWDER \$1.50

Vegan

Whey

## Step 3: CHOOSE TOPPINGS

3 included, additional \$.50 ea.

strawberries, blueberries,  
banana, coconut flakes, chia  
seeds, homemade GF granola,  
peanut butter, chocolate sauce

# SMOOTHIES

20oz \$7.99

## Step 1: CHOOSE FLAVOR

### Blue Monday

Blueberries, Banana, GF Oats, Vanilla

### Kokomo

Raspberries, Strawberries, Mango &

Banana

### Green Day

Mango, Banana & Spinach

### Go Your Own Way

Create your own

## Step 2: CHOOSE MILK

Whole

Oat (GF)

Coconut

## PROTEIN POWDER \$1.50

Vegan

Whey

# YOGURT BOWLS

24oz Bowl \$12.50

Vanilla yogurt topped with strawberries, blueberries, bananas,  
GF granola & honey



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Old Forge, NY

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# SANDWICHES

Served on fresh baked ciabatta or GF bread with a side of chips.

Flour & GF Wraps also available. GF sandwiches whole size only.

<b>It's-A-Meat Mario</b>	Half \$6.25 Whole \$12.50	<b>Herby Husker</b>	Half \$6.25 Whole \$12.50
salami, prosciutto, pepperoni, provolone & pesto		shredded chicken, white cheddar, pickled onions & house made BBQ sauce	
<b>Roman Holiday</b>	Half \$6.25 Whole \$12.50	<b>Jimmy Pesto</b>	Half \$6.25 Whole \$12.50
prosciutto, fresh mozzarella, greens, sundried tomatoes & balsamic vinaigrette		shredded chicken, roasted peppers and onions, fresh mozzarella & pesto	
<b>Salami Be Good</b>	Half \$6.25 Whole \$12.50	<b>Buffalo Chicken Ranch</b>	Half \$6.25 Whole \$12.50
salami, provolone, roasted peppers and onions, greens & garlic aioli		shredded chicken, hot sauce, ranch, fresh mozzarella & greens	
<b>Parisian</b>	Half \$6.25 Whole \$12.50	<b>Snow Patrol</b>	Half \$5.75 Whole \$11.50
Black Forest ham, white cheddar & herb butter		fresh mozzarella, roasted peppers and onions, artichokes, greens & balsamic vinaigrette	
<b>Chicken Dance</b>	Half \$6.25 Whole \$12.50	<b>The Notorious V.E.G.</b>	Half \$5.75 Whole \$11.50
chicken salad made with red grapes, celery & onion		roasted tofu, red cabbage, artichokes, roasted peppers, onions, greens & balsamic vinaigrette	
<b>Mo Honey</b>	Half \$6.25 Whole \$12.50	<b>Vegetarian Vacation</b>	Half \$5.75 Whole \$11.50
shredded chicken, fresh mozzarella, greens & honey mustard		roasted tofu, fresh mozzarella, sundried tomatoes, greens & balsamic vinaigrette	
<b>Caprese</b>	Half \$5.75 Whole \$11.50		
fresh mozzarella, cherry tomatoes, basil & balsamic vinaigrette			

# BREAKFAST BURRITOS

Served until noon

bacon, egg & cheese	\$5
gluten Free	\$6.50

# GRAIN BOWLS AND BURRITOS

Flour or GF Wraps available for Burritos

## Step 1: CHOOSE STYLE

**El Camino** \$12.50 **Cobra Kai** \$11.00

black beans, corn, roasted matchstick carrots, edamame,  
peppers and onions, shredded shredded red cabbage, sesame  
cheddar/Monterrey jack seeds, toasted sesame oil &  
cheese & garlic chili aioli teriyaki sauce

**Buddha Holly** \$12.50 **Darth Tater** \$12.50

hummus, cherry tomatoes, roasted sweet potatoes, black  
matchstick carrots, beans, corn & cilantro jalapeno  
cucumbers, toasted sesame sauce  
oil & sesame seeds

## Step 2: CHOOSE BASE

Select: Bowl or Wrap

With: Rice or Quinoa

## Step 3 (optional):

Shredded Chicken \$3

Tofu \$3

Guacamole \$3

# SALADS

**Cobra Kai Salad** \$11.00

edamame, matchstick carrots, purple cabbage, pickled red onions

with GF teriyaki sauce & sesame oil

Add chicken/tofu \$3

**Chicken Dance Salad** \$12.50

our chicken salad made with red grapes, celery & onion served  
over greens

**Caprese** \$12.50

cherry tomatoes, fresh mozzarella, basil, prosciutto, & balsamic  
vinaigrette