

12 oz. \$4.95

## JUICE BASED SMOOTHIES

16 oz. \$5.95

	calories	small	large
<b>Strawberry Banana</b> (Strawberries, Bananas, Orange Juice)	210	210	270
<b>Strawberry Mango</b> (Strawberries, Mango, Orange Juice)	210	210	270
<b>Mango Mint</b> (Mango, Mint Leaves, Orange Juice)	210	210	270
<b>Mango Banana</b> (Bananas, Mango, Orange Juice)	210	210	270
<b>Cherry Berry</b> (Cherries, Blueberries, Strawberries, Apple Juice)	210	210	270
<b>Cherry Pom</b> (Cherries, Strawberries, Pomegranate juice, Apple Juice)	180	180	230

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## COCONUT WATER SMOOTHIES

16 oz. \$5.95

<b>Pink Lemonade</b> (Lemon Juice, Strawberries, Peaches, Coconut Water)	110	110	140
<b>Pineapple Coconut</b> (Coconut, Bananas, Pineapple, Coconut Water)	210	210	270
<b>Tropical Fruit</b> (Pineapple, Mango Bananas, Coconut Water)	210	210	270

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## SOY MILK SMOOTHIES

16 oz. \$5.95

<b>Simply Green</b> (Mint, Wheatgrass, Kale, Spinach, Mango, Soy Milk)	170	170	255
<b>Wild Blueberry Chia</b> (Chia seeds, Ginger, Bananas, Blueberry, Pomegranate Juice, Soy Milk)	240	240	355
<b>Mango Carrot</b> (Mango, Carrot, Orange Zest, Soy Milk)	200	200	260

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## ALMOND MILK SMOOTHIES

16 oz. \$5.95

<b>Chocolate Almond</b> (Cocoa Powder, Almonds, Bananas, Almond Milk)	220	220	300
<b>Honey Almond</b> (Almonds, Orange Zest, Honey, Bananas, Almond Milk)	220	220	300
<b>Pineapple Peach Almond</b> (Almonds, Pineapple, Peaches, Almond Milk)	140	140	240

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## FRUIT JUICES AND BLENDS

16 oz. \$5.95

<b>Fuji Apple</b> (Fresh Pressed Fuji Apple Juice)	200	200	260
<b>Fresh Valencia Orange</b> (Fresh Pressed Valencia Orange Juice)	160	160	210
<b>Fresh Sweet Carrot</b> (Fresh Pressed Carrot Juice)	160	160	210
<b>Green Apple</b> (Granny Smith Apples, Spinach, Grapes, wheatgrass, Parsley)	190	190	250
<b>Golden Carrot</b> (Pineapple, Carrots, Orange Juice)	190	190	250



**ALLERGY NOTICE:** We are now serving smoothies that contain tree nuts. We use the same preparation areas and equipment for items with and without nuts. If you have nut allergies, please be advised that cross-contact could occur.

2000 calories per day is used for general nutrition advice, but calorie needs vary.  
Additional nutritional information available upon request.

## Hot Drinks

	Tall	Cal.	Grande	Cal.	Venti	Cal.
Hot Coffee of the Day	\$1.95	5	\$2.40	5	\$2.60	5
Coffee Refills	\$1.50	5	\$1.50	5	\$1.50	5
Teavana Hot Tea	\$2.20	0	\$2.40	0	\$2.60	0
Matcha Latté	\$4.20	70-220	\$4.80	120-280	\$5.00	160-370
Caramel Macchiato	\$3.90	150-190	\$4.70	200-260	\$5.10	250-310
Caffé Mocha	\$3.70	170-200	\$4.40	200-260	\$4.70	280-340
White Chocolate Mocha	\$3.90	270-310	\$4.70	350-400	\$5.10	450-510
Caffé Latte	\$3.20	100-150	\$3.90	130-190	\$4.20	170-240
Cappucino	\$3.20	60-90	\$3.90	80-120	\$4.20	110-150
Caffé Americano	\$2.40	10	\$2.90	15	\$3.20	25
Chai Tea Latte	\$3.60	160-190	\$4.20	210-240	\$4.60	260-310
Hot Chocolate	\$2.90	190-220	\$3.40	240-290	\$3.60	320-380
White Hot Chocolate	\$3.40	240-350	\$3.90	320-390	\$4.10	400-540
Espresso	\$1.90	5	\$2.10	10		

## Iced Drinks

	Grande	Cal.	Venti	Cal.
Iced Tea	\$2.60	0-80	\$3.20	0-120
Custom Tea Lemonade	\$3.20	-	\$3.70	-
Iced Coffee	\$2.70	5-80	\$3.10	5-120
Iced Caramel Macchiato	\$4.70	200-250	\$5.20	290-350
Iced Caffé Mocha	\$4.40	200-230	\$5.00	300-340
Iced White Chocolate Mocha	\$4.70	310-340	\$5.20	450-500
Iced Caffé Latte	\$4.20	90-130	\$4.40	130-180
Iced Caffé Americano	\$2.90	15	\$3.20	25
Iced Chai Tea Latté	\$4.20	200-240	\$4.40	300-350
Iced Tea Refresher (Strawberry Açai or Very Berry Hibiscus)	\$3.75	70-140	\$4.25	90-200
Refresher Lemonade	\$4.25	120-170	\$4.75	140-200
Iced Matcha Latté	\$4.35	100-230	\$4.85	140-330
Matcha Lemonade	\$3.55	120	\$3.95	170

## Blended Drinks

	Grande	Cal.	Venti	Cal.
Coffee Frappuccino	\$4.25	220-230	\$4.75	310-330
Caramel Frappuccino	\$4.75	390-410	\$5.25	470-500
Mocha Frappuccino	\$4.75	260-290	\$5.25	340-390
Matcha Frappuccino	\$4.75	270-430	\$5.25	370-550

## Additions

- + Flavor Syrup (\$.70)
- + Espresso Shot (\$.80)
- + Whipped Cream (\$.00)
- + Soy, Almond or Coconut Milk (\$.60 ea)



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# BREAKFAST

## sandwiches

on bagel or naan

- egg & cheese | 440 cal | \$3.95
- bacon, egg & cheese | 480 cal | \$4.25
- sriracha bacon, egg & cheddar | 680 cal | \$4.25
- turkey bacon, egg whites & baby spinach | 245 cal | \$4.30

## bowls

served with your choice of toppings & fruit

- greek yogurt bowl | 405 cal | \$3.95
- hot oatmeal bowl | 435 cal | \$3.95

## snacks

- Empanadas served with veggie mayo | \$3.50**
- beef & potato | 200 cal
- roasted poblano & corn | 240 cal **V**
- chipotle chicken & sweet potato | 230 cal
- chipotle chicken & cheese | 220 cal
- vegetable samosas (6) | 330 cal | \$3.50 **V****
- served with tamarind ketchup
- vegetable egg rolls (3) | 210 cal | \$3.50 **V****
- served with sweet & sour sauce

## salads

- spring garden (tomato, cucumbers, onions, carrots, raisins, olives) | 245 cal | \$5.75 **VG****
- caesar (romaine, parmesan, croutons) | 240 cal | \$5.75 **V****
- chicken caesar (romaine, chicken, parmesan, croutons) | 430 cal | \$6.25**
- chicken blt (chicken, cheddar, bacon, cucumbers, tomatoes) | 555 cal | \$6.75**
- greek salad (romaine, feta, onions, olives, croutons) | 150 cal | \$6.25 **V****
- antipasto entrée salad (romaine, ham, pepperoni, onions, tomatoes, pepperoncini, olives) | 420 cal | \$6.50**

## snacks

- breakfast empanada \$3.50**
- chorizo, egg & potato | 220 cal
- black bean, egg & cheese | 250 cal
- Served with veggie mayo
- bagel | 270 cal | \$1.50**
- add peanut butter | 90 cal | \$.50
- add cream cheese | 80 cal | \$.50

# LUNCH

## soup

- 12 oz. | 80-340 cal | \$3.75

## pasta

- mac & cheese | 540 cal | \$5.95 **V**

## sandwiches

on ciabatta or naan

- chicken caesar (chicken, romaine, parmesan, caesar dressing) | 430 cal | \$5.95**
- four cheese (cheddar, american, swiss, provolone) | 720 cal | \$5.75 **V****
- ham, swiss & honey mustard (ham, swiss, honey mustard) | 500 cal | \$5.50**
- b.i.t. (bacon, lettuce, tomato) | 685 cal | \$5.50**
- spicy Italian (ham, capicola, salami, pepperoni, provolone) | 710 cal | \$6.25**
- turkey bacon club (turkey, swiss, bacon, lettuce, tomato) | 480 cal | \$6.25**
- turkey tacchino (turkey, pesto mayo, provolone) | 460 cal | \$5.95**
- chicken blt (chicken, bacon, lettuce, tomato) | 580 cal | \$6.25**
- greek salad flatbread (romaine, feta, onions, olives) | 310 cal | \$6.25 **V****

# DUOZ

- 8 oz. soup & small salad | 275-420 cal | \$6.95**
- 8 oz. soup & half sandwich | 135-340 cal | \$6.95**
- small salad & half sandwich | 290-640 cal | \$6.95**

All DuoZ include infused water

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