

TAKE-OUT & DELIVERY MENU

BOWLS

Fiesta Bowl- Grilled Chicken, brown rice, vegetarian Cuban black beans, corn, cheddar cheese, salsa, sour cream...\$10

Cheese Steak Rice Bowl- Grass fed beef, brown rice, sautéed onions, peppers, mushrooms, topped with cheddar cheese... \$10

Teriyaki Rice Bowl- Grilled chicken, brown rice, shredded carrots, chopped spinach, and a low sodium teriyaki sauce...\$10

Cilantro Lime Bowl- Grilled chicken, brown rice, freshly chopped spinach, feta cheese, homemade cilantro lime sauce... \$10

Body Builder Bowl- Grilled chicken, brown rice, broccoli... \$10

Napa Bowl- Mahi Mahi with Napa cabbage and carrot slaw over quinoa, drizzled with a balsamic soy reduction... \$10

Sesame Chicken Bowl- Grilled chicken, Napa cabbage and carrot slaw, brown rice, crispy noodles, and a sesame dressing... \$10

Veggie Noodle Bowl- Fresh Zucchini, yellow squash, and carrot cut into a unique vegetable noodle and sautéed in our homemade Thai peanut sauce... \$10



Cheesesteak Rice Bowl

WRAPS & SALADS

Mediterranean- Grilled chicken, spinach, tomatoes, red onions, cucumbers, feta cheese, balsamic vinaigrette... \$8.75

Cilantro Lime- Grilled chicken, brown rice, spinach, feta cheese, and our homemade cilantro lime dressing... \$8.50

Buffalo Chicken- Grilled chicken, tossed in our homemade buffalo sauce, mixed greens, tomatoes, and spicy ranch dressing... \$8.75

Chicken Bacon Avocado- Grilled chicken, bacon, avocado, mixed greens, cheddar cheese, marinated red onion, tomatoes, and our homemade BBQ ranch dressing... \$8.95

Chicken Cesar- Grilled chicken, mixed greens, parmesan cheese, and our creamy Cesar dressing... \$8.25

Balsamic Steak- Seared grass-fed beef, spring mix, tomatoes, feta cheese, balsamic reduction... \$9.50

Blackened Mahi- Blackened or grilled Mahi, spring mix, homemade pico de gallo, and our savory Remy sauce... \$8.95

Turkey or Ham- Sliced turkey or low sodium ham, cheddar cheese, spring mix, tomatoes with your choice of dressing... \$7.95

Hummus & Veggie- Our famous, freshly made hummus, spring mix, red onion, tomatoes, cucumbers, carrots, bell pepper blend... \$8.50

Grilled Shrimp Avocado- Grilled shrimp, spring mix, carrots, cucumbers, avocado, and our homemade lemon mustard dressing... \$9.85



Mediterranean Salad

TAKE-OUT & DELIVERY MENU

SANDWICHES

Grilled Chicken-Grilled chicken, spring mix, and tomatoes on a ciabatta bun... \$7.95

Grilled Chicken Bacon Avocado – Grilled chicken, bacon, cheddar cheese, spring mix, avocado, tomatoes, BBQ ranch dressing... \$9.00

Blackened Mahi- Blackened or grilled Mahi, spring mix, tomatoes, and our savory Remy sauce, served on a ciabatta bun... \$8.95

Grilled Shrimp Po Boy- Grilled shrimp, spring mix, tomatoes, and our savory Remy sauce, served on a ciabatta bun... \$9.75

California Club- Hand carved turkey and ham, bacon, cheddar cheese, spring mix, tomatoes, and our homemade BBQ ranch dressing, served on honey berry bread... \$9.50

Vegan Machine- Zucchini, yellow squash, spring mix, hummus, cucumber, tabouli, on a whole wheat wrap... \$8.00



California Club

TACOS

Mahi Tacos (3)- Blackened or grilled Mahi, topped with chopped spinach, homemade Remy sauce, topped with our own pico de gallo... \$11.50

Grilled Shrimp Tacos (3)- Blackened or grilled shrimp with chopped spinach with chopped spinach, our own Remy sauce, and homemade pico de gallo... \$11.50

Grilled Chicken Tacos (3)- Grilled chicken with chopped spinach, our homemade Remy sauce, and homemade pico de gallo... \$10.95

Grilled Steak Tacos (3)- Grilled steak with chopped spinach, our homemade Remy sauce, and homemade pico de gallo... \$10.95



Grilled Shrimp Tacos

FRESH SMOOTHIES & SHAKES

Vanilla or Chocolate Gorilla- Banana peanut butter, vanilla or chocolate protein... \$5.95

Tropical Greens- Mango, pineapple, kale, spinach... \$4.95

Cocoa Chimp- Banana, peanut butter, chocolate... \$4.95

Very Berry – Strawberry, blueberry, blackberry, and raspberry... \$4.95

Strawberry Banana- Strawberries & banana... \$4.95

Mango Mania- Mango, pineapple, and banana... \$4.95

Pineapple Paradise- Pineapple, coconut, banana... \$4.95

Blueberry Madness- Blueberries and banana... \$4.95

Almond Milkshake- Almond milk with vegan soy or whey protein... \$4.95

Chocolate Milkshake- Cocoa, almond milk with soy or whey protein... \$4.95

APPS

Caprese Salad- Fresh mozzarella, tomato, fresh basil, and a balsamic reduction... \$8.00

Guacamole- Freshly made guacamole made to order... \$6.00

Homemade Hummus- Garbanzo, tahini, olive oil, served with veggie straws or pita chips... \$5.00

Side Salad- Spinach, garden or Cesar



Chocolate Milkshake