

PASTRIES

CROISSANT \$5.5

ALMOND CROISSANT \$7

CHOCOLATE CROISSANT \$7

BAGEL \$5

SCONE \$5.5

ENERGY BAR \$5

COOKIES \$4

CINNAMON ROLL \$6

BANANA BREAD \$6

BROWNIE (GF) \$5.5

ZUCCHINI MUFFIN (GF) \$6

QUINOA VEGAN MUFFIN \$6

BREAKFAST

AVOCADO TOAST \$13

12 grain, Keauhou avocado,
Kalamata olives, feta cheese

CROISSANT SANDWICH \$9

Ham, Swiss & egg

BREAKFAST BURRITO ✕ \$10.5

Flour tortilla, scrambled eggs, cheddar cheese
Portuguese sausage, tomato & onions

FRESH FRUIT

Melons \$9.5 | Berries \$10

BAGEL SANDWICH ✕ \$10.5

Scrambled eggs, cheddar cheese & bacon
on a toasted plain bagel

BREAKFAST PANINI ✕ \$10.5

Sausage, scrambled eggs & cheese on an English Muffin

EGG WHITE WRAP (V) ✕ \$9.5

Whole-wheat tortilla, egg whites, cheddar cheese
spinach & roasted red peppers

QUICHE ✕ \$8

Choice of **Spinach, Onion, Mushroom (V)**
or **3 Cheese & Ham**

CUPS & BOWLS

COCONUT CHIA PUDDING (VGN, GF) \$9.5

Choice of: **Blueberries,**
Strawberries or **Banana**

OVERNIGHT OATS W/FRUIT (VGN) \$9.5

Rolled oats, flax seed chia & almond milk

YOGURT PARFAIT (V, GF) \$9.5

Layers of yogurt, fruit, and granola topped
with your choice of **Honey** or **Agave**

THE CLASSIC ACAI BOWL (VGN, GF) \$17

Acai sorbet blended with strawberries and
blueberries, topped with house made granola, coconut & agave.

PB&J ACAI BOWL (V, GF) \$17

Acai sorbet blended with almond milk & peanut butter. Topped with
house made granola, banana, honey & chia seeds

POWER COCO ACAI BOWL (V, GF) \$17

Acai sorbet blended with coconut water, spirulina & protein powder.
Topped with house made granola, banana, coconut flakes & chia seeds

LUNCH

All sandwiches & wraps are served with a **PICKLE WEDGE** & bag of **CHIPS**

SANDWICHES

PESTO CHICKEN PANINI \$17

Roasted chicken, tomato & basil
buffalo mozzarella on Ciabatta

ROASTED TURKEY HOAGIE \$17

Roasted turkey, lettuce, tomato, shaved
red onion, mayo, red wine vinaigrette
pepperoncini & provolone

PASTRAMI SANDWICH \$17

Telera roll, Swiss cheese, pastrami,
sauerkraut with Dijon mustard

FAVORITES ✕ \$14

Tuna salad or **egg salad (V)** with lettuce
on whole wheat

WRAPS

CHICKEN CAESAR ✕ \$14

Baby romaine lettuce, chicken &
Parmesan cheese with
Caesar Cardini dressing

CHICKEN CURRY \$14

Mixed greens, yellow curried chicken
& papaya

HUMMUS & VEGGIE (VGN) \$13

Bell Pepper, baby greens, tomato cucumber,
oil & vinegar, herbs

TURKEY CLUB ROLL UP \$15

Roast turkey, Applewood smoked bacon
lettuce, tomato, avocado, chipotle aioli

CHALLAH DOG \$11

Eisenberg Kosher beef, challah braid

SALADS

ASIAN CHOP ✕ \$19

Mixed greens, cabbage, grilled chicken &
crispy wontons with a creamy soy dressing

CAESAR (GF) ✕ \$19

Grilled lemon chicken
crisp baby romaine, Parmesan cheese
with Caesar dressing

SOUTHWEST COBB (GF) \$19

Blackened chicken breast, romaine
black beans, corn, grape tomato, green
beans, avocado, pepper jack cheese
red pepper ranch dressing

SPINACH & KALE (VGN, GF) \$19

Baby spinach & kale, shredded carrots
hearts of palm, toasted Macadamia nuts,
dried cranberries, cherry tomato cucumber,
Tahini lime vinaigrette