
SALADS



Seared Tuna Salad \$20.50
Romaine lettuce, Red Cabbage, Seared Ahi Tuna, Sesame Seeds, Whole Wheat. Rice, Avocado, String Beans, Teriyaki Dressing



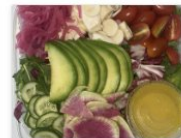
Tuna Salad \$19.50
Romaine Lettuce / Kale, Solid White Tuna, Sweet Potato, Shredded Carrots, Sunflower Seeds, Avocado, Balsamic Ginger Vinaigrette



Caesar Salad \$18.00
Romaine Lettuce, Kale, Ezekiel Croutons, Roasted Sweet Potatoes, Crunchy Chickpeas, Parmesan Cheese, Caesar Dressing



Lentil Salad \$19.50
Romaine Lettuce, Arugula, Veggie Burgers, Shredded Carrots, Craisins, Toasted Almonds, Kohlrabi, Lemon Cumin Vinaigrette



Go Green Salad \$20.00
Romaine lettuce, mesclun greens, fresh hearts of palm, grape tomatoes, cucumber, pickled red onions, watermel



The Karen salad \$20.00
Kale, Feta Cheese/Quinoa/Tuna, Pickled Red Onions, Avocado, Candied Pecans, Craisins, Sweet Potatoes, Honey Balsamic Vinaigrette



Miami Beach Salad \$19.50
Kale, Quinoa, Edamame, Grape Tomatoes, Shredded Carrots, Crunchy Chickpeas, Avocado, Cilantro Lime Dressing



Black Bean Salad \$19.50
Romaine Lettuce, Veggie Burgers, Shredded Carrots, Craisins, Toasted Almonds, Cherry Tomatoes, Lemon Cumin Vinaigrette



Greek Salad \$20.00
Romain Lettuce, Feta, Grape Tomato, Cucumber, Pickled Red Onions, Kalamata Olives, Stuffed Grape Leaves, Lemon-Mint Vinaigrette



Tempeh Salad \$20.00
Romaine Lettuce, Kale, Marinated Tofu, Sweet Potatoes, Shredded Carrots, Sunflower Seeds, Avocado, Balsamic Ginger Vinaigrette



Salmon Miso Salad \$20.50
Romaine lettuce, chili rub salmon, avocado, sweet & spicy pepitas, sweet potato, watermelon radish, sesame seed, miso dressing



Falafel Salad \$19.50

WRAPS



Tuna Wrap \$16.50
Wrap of choice, Romaine Lettuce, Kale, Tuna, Kohlrabi, Shredded Carrots, Avocado, Balsamic Ginger Vinaigrette



Seared Tuna Wrap \$17.50
Wrap of choice, romaine lettuce, red cabbage, seared ahi tuna, Sesame Seeds, avocado, shredded carrots, teriyaki dressing.



Salmon Miso Wrap \$17.50
Wrap of choice, Romaine lettuce, chili rubbed salmon, avocado, Japanese sweet potato, miso dressing



Tempeh Wrap \$17.50
Romaine Lettuce, Kale, Tempeh, Shredded Carrots, Avocado, Caesar Dressing



Lentil Wrap \$16.50
Wrap of choice, romaine lettuce, kale, burger, pickled red onions, shredded carrots, avocado, Caesar dressing



Black Bean Wrap \$16.50
Wrap of choice, Romaine Lettuce, Kale, Burger, Pickled Red Onions, Shredded Carrots, Avocado, Cilantro Lime Dressing.



Greek Wrap \$16.50
Wrap of choice, Romaine Lettuce, Feta Cheese, Grape Tomato, Cucumber, Pickled Red Onion, Kalamata Olives, Oregano, Lemon Mint



The Karen Wrap \$16.50
Kale, Feta Cheese/Tuna, Sweet Potatoes, Pickled Red Onions, Avocado, Honey Balsamic Dressing



Falafel Wrap \$16.50
Wrap of choice, Romaine Lettuce, Kale, Cabbage, Falafel, Israeli Salad, Eggplant, Pickled Red Onions, Maple Tahini Dressing



Bambino Wrap \$17.50
Wrap of choice, Fresh mozzarella, arugula, caramelized onions, avocado, sweet potatoes, arugula aioli, honey balsamic dressing

BOWLS



Curry Bowl \$17.00
(THURSDAY)
quinoa, curry lentils, roasted carrots, arugula & cherry tomato salad, avocado, pickled red onions. Lemon dressing.



Coco Bowl \$17.00
(TUESDAY)
whole wheat rice, curry chickpeas, roasted butternut squash, sauteed bokchoy, avocado, watermelon radish, maple tahini dressing



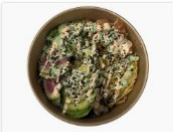
Teriyaki Bowl \$18.50
(MONDAY)
Whole wheat rice, roasted salmon, sauteed French string beans, miso coleslaw, avocado, sesame seeds. Teriyaki glaze



Burrito / Executive Bowl \$17.00
(WEDNESDAY)
Whole wheat rice, black beans, roasted chili corn, pico de gallo, guacamole, Ezekiel corn tortilla chips, cilantro lime dressing

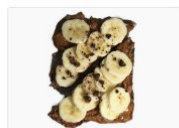


Israeli Bowl \$17.00
(FRIDAY)
Quinoa, falafel, Israeli salad, baked eggplant, pickled red onions, red cabbage slaw, maple tahini dressing.

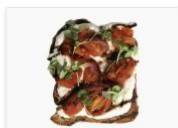


Poke Bowl \$18.50
Whole wheat rice, fresh raw salmon/tuna, avocado, shiitake mushrooms, watermelon radish, Ezekiel corn tortilla chips, pickled cuc

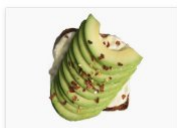
TOASTS



Honey Bunch Toast \$15.50
almond butter, banana, strawberry, cacao nibs, maple drizzle



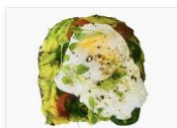
Cherry Ricotta Toast \$17.00
whipped ricotta, roasted cherry tomatoes, balsamic reduction, micro arugula



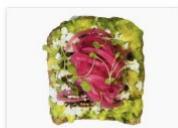
Avocotta Toast \$16.50
whipped ricotta, avocado, truffle honey, red pepper flakes, micro arugula



Avo Avo Toast \$15.50
Ezekiel bread, smashed avocado, sliced avocado, sweet & spicy pepitas, red pepper flakes, arugula sprouts



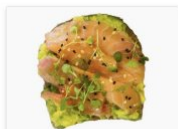
Im Pouched Toast \$15.50
Ezekiel bread, smashed avocado, poached egg, cherry tomatoes, jalapeno peppers, everything but the bagel mix, arugula sprouts.



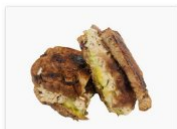
W.T. Feta Toast \$16.50
Ezekiel bread, smashed avocado, feta cheese, pickled red onions, balsamic reduction, arugula sprouts.



I Got Smashed Toast \$16.50
Ezekiel bread, smashed avocado, mozzarella cheese, plum tomatoes, hale, pesto, balsamic dipping sauce.



Truffle Addict Toast \$16.50
Ezekiel bread, smashed avocado, cured salmon, watermelon radish, fresh dill, truffle oil, arugula sprouts.



Tuna Melt \$17.00

SUSHIS



Veggie Sushi \$13.00
Quinoa, Nori seaweed, Shitake mushrooms, carrots, avocado, cucumber, Spicy mayo, Sweet soy sauce, Toasted sesame seeds.



Salmon Sushi \$15.00
Quinoa, Soy paper, Fresh Salmon, Shitake mushrooms, Avocado, Arugula mayo, Sweet soy sauce, Toasted sesame seeds.



Spicy Tuna Sushi \$14.00
Quinoa, Nori seaweed, Spicy tuna, Avocado, Scallions, Toasted sesame seeds, Spicy mayo. Sweet soy sauce



Spring Roll \$7.00
Spring Roll

SOUPS



Soup of the day \$5.50
Monday..... Artichoke.
Tuesday..... Zucchini.
Wednesday. Tortilla.
Thursday..... Tomato.
Friday..... Lentil.

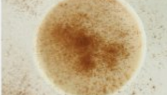
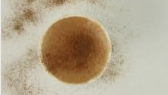
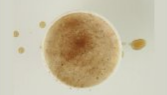
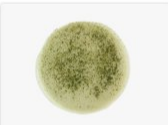
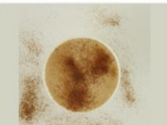
POSTRES

					
Go Nana \$3.50 GF, DF, Soyf, Contains nuts	Cookie Dough \$5.00 GF, DF, Soyf, V, Contains nuts	Walnut Chip \$4.00 2 Pack, GF, DF, Soyf, Contains nuts	Pecan Chip \$4.00 2. pack - GF, DF, Soyf, Contains nuts	Mambanola \$14.00 GF, DF, Soyf, V, Contains nuts	Nutella Brownie \$4.00 GF, DF, Soyf, Contains nuts
					
Twix Bar \$7.00 GF, DF, Soyf, Contains nuts	Acai Bowl Grande \$16.00 GF, DF				

PANCAKES

		
Blueberry Pancake \$16.00	Banana Pancake \$13.00	Pumpkin Pancake \$12.00

DRINKS

	Very Berry Smoothie Very Berry Smoothie	\$7.50		It's a Date Smoothie It's a Date Smoothie	\$7.50		Espresso Espresso / Americano	\$3.00		Vanilla Latte Vanilla Latte	\$5.50		Capuccino Capuccino	\$5.00		Caramel Macchiato Caramel Macchiato	\$5.50
	Chai Latte Chai Latte	\$7.00		Iced Chai Latte Iced Chai Latte	\$7.00		Cold Brew Iced Coffee Cold Brew Iced Coffee	\$5.00		Iced Matcha Iced Matcha	\$7.00		Matcha Latte Matcha Latte	\$7.00		Pumpkin Spiced Latte Pumpkin Spice Latte	\$7.00
	Sparkling Water Agua con gas	\$2.00		Sodas Regular / Light / Zero	\$2.00		Water Botella Agua grande	\$2.00		Hibiscus Lemonade	\$4.50						

OTHER



Falafel Pack (24)
Falafel Pack (24)

\$32.00



Burger Pack (12)
Burger Pack (12)

\$34.00