

## APPETIZERS

- ✓ **Vegan Ceviche** 14  
hearts of palm, trumpet mushrooms, spring onions, blistered tomatoes, peppers, cilantro, three chili oil
- ✓ **Guacamole Verde** 12  
ancient grains, shaved vegetables, zatar, sourdough croutons
- ✓ **Tropical Bowl** 14  
mango, pineapple, grapefruit, orange, pomegranate, mint glaze
- ✓ **Smashed Avocado** 16  
cucumber, sheep milk feta, preserved lemon, cilantro, cress lettuce, artisan bread

## SALADS + SANDWICHES

- ✓ **Artisan Bowl** 18  
shaved brussels sprouts, pomegranate, corona beans, blistered tomatoes, cracked freekeh & little gems, red wine dressing
- ✓ **Chopped Cauliflower Wrap** 16  
charred cauliflower, artichokes, grilled onions, romaine, green garlic verde  
Add-ons  
Chicken 10, Avocado 3
- ✓ **Vegetarian Caesar Salad** 16  
baby romaine, butternut squash purée, macadamia nuts, pickled mustard seeds, pecorino, sunflower dressing, sourdough croutons
- ✓ **Plant Club** 18  
bbq trumpet mushrooms, mike's tomatoes, manchego, roasted balsamic onions, arugula, pepper aioli
- Vegetable Poke** 22  
sushi rice, mushrooms, sliced carrot, sliced peppers, cauliflower, hearts of palm, soy dressing, cilantro aioli  
Add-ons  
Shrimp 14, Avocado 3

### ✓ Blue Zones® Inspired

Blue Zones Project® is a community-led initiative that makes healthy choices easier to find. Look for the blue checkmark for great tasting items. Learn more at [bluezonesproject.com](https://bluezonesproject.com)

\*consuming raw or undercooked meat, eggs, poultry, or seafood increases your risk of contracting a foodborne illness, especially if you have certain medical conditions. If you have any concerns regarding food allergies, please alert your server prior to ordering.

## **SALAD BAR 22**

### **Leaves**

- Little Gems
- Seasonal Greens
- Arugula
- Romaine

### **Vegetables**

- Heirloom Roasted Carrots
- Grilled Asparagus
- Shaved Hearts of Palm
- Mike's Tomatoes
- Charred Cauliflower

### **Enhancements**

- Crispy Ancient Grains
- Shaved Red Onions
- Raw Almonds
- Avocado 3

### **Cheeses**

- Pecorino
- Sheep Milk Feta
- Manchego

### **Dressings**

- Sunflower
- Green Garlic Verde
- Red Wine Vinaigrette
- Lemon Vinaigrette

### **Additional Items**

- Chicken 10
- Shrimp 14
- Hard Boiled Egg



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## COCKTAILS 16

### Mango Bellini

prosecco, mango nectar

### Fresh Piña Colada

bacardi rum, coconut sorbet, fresh pineapple

### Frozen Cucumber + Basil

square one cucumber vodka, sliced cucumber, lime juice, basil leaves, simple syrup, ice, garnish with cucumber slice

### Ginger Cocktail

bacardi rum, pineapple juice, simple syrup, ginger ale, ginger, lemon slice

### Classico Mojito

bacardi limón, muddled mint, lime juice, simple syrup



(\$9 each)

**ADD TO YOUR  
DRINK**

Stoli Razberi or Chambord to your Awake or Temptation

Bacardi Limón to your mango

Malibu Rum to your Banana

## WINES

Nautilus, Sauvignon Blanc 16

Sean Minor, Chardonnay 15

Miraval, Rosé 15

San Giorgio, Pinot Grigio 15

Adelsheim, Pinot Gris 18

Melville, Pinot Noir 18

## BEERS

### Domestic 7

michelob ultra

coors light

bud light

### Imported 8

corona extra

corona light

### Craft 8

sailfish white marlin wit

funky buddha vibin'

## BLENDING SMOOTHIES 10

### Green

pineapple, avocado, spinach, banana, coconut water

### Temptation

pineapple, kiwi, orange, coconut water, ginger, strawberry

### Mango

mango, mango purée, mango juice, vanilla yogurt, honey, passion fruit sorbet

### Banana

banana, vanilla yogurt, coconut sorbet

### Awake

blueberry, raspberry, strawberry, banana, coconut water, vanilla whey

### Recovery

iced coffee, soy milk, banana, chocolate whey

## REJUVENATING FRESH JUICES 12

### Envy

wheat grass, spinach, kale, parsley, cucumber, celery, mint, lemon

### Refresh

carrot, red apple, orange, celery, spinach, ginger

### Purple Rain

red beet, carrot, cucumber, lemon, kale

### ✓ Acai Bowl 12

acai, blueberries, banana, blackberry purée, honey, almond butter

toppings:

granola, coconut shreds, blueberries, banana, strawberries

## ENHANCE YOUR

(\$2 each) **BEVERAGE**

Ginseng Root

Vitamin C

Creatine

Glutamine

Turmeric

Bee Pollen

All-in-one Multi-Vitamin

Chia

Vanilla Whey Protein

Chocolate Whey Protein

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