

Fresh & Delicious Chef Designed Gourmet Sandwiches and Salads

SIGNATURE SALADS & SANDWICHES

SALADS \$7.49*

Spinach and Kale Chicken Cesar Salad with croutons, Parmesan cheese & lemon wedge - 392 calories

Goat Cheese & Cranberry Mesclun Salad with Candied Pecans 665 calories

SANDWICHES \$6.49*

Honey Roasted Turkey & Cheddar with Apricot Horseradish & Dijon Spread - 445.8 calories
Without Spread - 399.8 calories

Assorted Grilled Vegetables with Lemon Hummus Spread 386.8 calories

Grilled Cheese Sandwich on your choice of bread 352 calories

Bread Choice:

Vegan Wheat Pullman
7 Grain Pullman
Sour Dough Pullman
Wheat and Gluten Free wraps



ON THE MOVE

TMP Lemon Hummus 4 1/2 oz serving 215 calories **\$5.13***

TMP Greek Yogurt Parfait 348 calories **\$4.50***

Duo of Hard Boiled Eggs 156 calories **\$2.50***



Assorted Fruit Cups & Bowls 106-210 calories **\$3.50* SM - \$5.99* LG**

all sandwiches can be served panini style or deli style

JUICING FOR LIFE

SMOOTHIES \$5.89*

Vitamin C - Pineapple, Orange, Banana & fresh squeezed Orange Juice served with Greek Yogurt or Coconut Water

Very Berry - Blueberries, Banana, Strawberries, served with Greek Yogurt or Coconut Water

PB&J - Raspberries, Blueberries, Banana, Strawberries, Peanut Butter & Protein Powder

Additional featuring: all smoothies & protein builders can be customized accordingly

Protein can be added to smoothies and builders

FRESH PRESSED \$6.89*

Stressless - Carrots, Green Apples and Ginger

All Red Flush - Red Beets, Pineapple, Carrots and Apples
All Green Detox - Spinach, Celery, Kale, Colards, Green Apple, Ginger & Lemon

Green Life - Mint, Wheatgrass, Kale, Green Apple, Celery & Lemon
Sweet Wheatgrass - 1oz. or 2oz. shot **\$2.50* per oz.**

Additional featuring: all pressed juices can be customized accordingly



FRESH SQUEEZED \$4.25*

Enjoy fresh squeezed fruit juice made to order.

Orange
Pear
Apple
Carrot
Pineapple

Add a shot to your drink: **\$2.50***
Dr. Oz Brain Shot
Flax Seed
Dr. Oz Anti-Oxidant
Berry Blend
Pro Endorphin
Vivaxyl



DAILY ARRIVALS

Assorted Muffins, Scones, Croissants, Bagels, Coffee and Tea Cakes

** all prices do not include sales tax*



CUSTOMIZED CHOPPED SALADS

SPINACH AND KALE MIX 24oz.

With Three Toppings **\$7.49***
Additional Toppings **\$1.50 each**

Avocado

Corn

Chopped Grilled Chicken

Chopped Tomato

Egg (1 whole)

Raisins

Black Beans

Chopped Cucumber

Shredded Carrots

Goat Cheese

Parmesan Cheese



Add 1oz. of any of the above top to your custom salad

SALAD DRESSING:

Caesar

Balsamic

French

Extra Virgin Olive Oil

Red Wine Vinegar



QUICK SNACKS & COUNTERPICKS

Organic Chocolate Bars Gourmet Oatmeal Raisin

Pop Chips

Chocolate Chip Cookies

Organic Popcorn

Wheat Free Oat Bars

Assorted Nut Mixtures

Vegan Oat Bars

Assorted Dried Fruit

Cliff Bars

Chocolate Covered Fruit

Luna Bars

SOUPS:

Fine Gourmet Soups provided by Hale and Hearty

