

# SALADS

*turn any salad into a wrap*

**bacon \$1 tofu \$2 chicken \$3 turkey \$3 shrimp \$3.5 seared tuna \$4**

▶ **SOUTHWEST** \$8.95 **GF** **V**

avocado, black beans, corn, tomato, shaved onion, pepper jack, blue corn chips, romaine, mixed greens, jalapeño lime dressing 600 cal

**SPINACH CLUB** \$9.25 **GF**

avocado, shaved onion, egg, bacon, white cheddar, spinach, creole honey mustard dressing 493 cal

**CAPRESE** \$9.25 **V**

grape tomatoes, mozzarella, croutons, basil, arugula, mixed greens, lemon basil vinaigrette, balsamic reduction 363 cal

**CHOPPED COBB** \$9.25 **GF**

avocado, tomato, bacon, egg, cucumber, blue cheese, romaine, dijon aioli 399 cal

**QUINOA, KALE & CORN** \$8.95 **GF** **V**

carrot, corn, roasted brussel sprouts, quinoa, sheep's milk feta, kale, arugula, roasted tomato vinaigrette 476 cal

**VEGAN QUINOA, KALE**

**& CORN** \$8.95 **GF** **VE**

ditch the feta for baked tofu 459 cal

**BEET STREET** \$8.95 **GF** **V**

roasted beets, carrot, goat cheese, honey roasted walnuts, mixed greens, romaine, citrus vinaigrette 429 cal

▶ **TRUFFLE CAESAR** \$7.25

parmesan-reggiano, croutons, romaine, truffle caesar dressing 283 cal

▶ favorite

**V** vegetarian

**VE** vegan

**GF** gluten free



## WRAPS

*choice of whole wheat, spinach or tomato tortilla*

**bacon \$1 tofu \$2 chicken \$3 turkey \$3 shrimp \$3.5 seared tuna \$4**

### ► **THAI PEANUT: CHICKEN**

**OR SHRIMP \$8.5/\$9.5**

roasted chicken or gulf shrimp, basil, cilantro, carrot, cucumber, peanuts, spinach, spicy thai peanut sauce 526/480 cal

**BBQ CHICKEN \$8.95**

roasted chicken, pepper jack, jicama, corn, tomato, blue corn chips, romaine, pineapple bbq sauce and dijon aioli 700 cal

**TURKEY & AVOCADO \$9.5**

sliced turkey, avocado, bacon, shaved onion, romaine, mixed greens, dijon aioli

553 cal

**AVOCADO HUMMUS:**

**TOFU OR CHICKEN \$8.25/9.25**

housemade hummus, avocado, tomato, cucumber, romaine, lemon basil vinaigrette, with baked tofu **VE** or croutons and roasted chicken 654/725 cal



## SOUPS AND MORE

### SOUPS

visit our website for weekly specials

### SNACKS

seasonal fruit, pesto pasta, seaweed salad & more

### CHIPS & COOKIES

freshly baked Willa Jean cookies, pop chips, pita chips & more

### DRINKS

housemade lemonades, freshly brewed iced tea & more

## COLD PRESSED JUICE

*\$8 each | our juices contain only 100% raw vegetables and fruits* **GF** **VE**

### GENERATION KALE

kale, grapes, apple, orange, cucumber, lemon

### 24 CARROT GOLD

carrot, apple, orange, ginger, beet, lime local raw sugar

# SEASONAL

## **CURRY SHRIMP** \$9.95 **GF**

gulf shrimp, edamame, carrots, mango, roasted red bell peppers, red onions, peanuts, cilantro, basil, spinach, coconut curry dressing

## **SUMMER HOUSE** \$8.95 **GF** **V**

alabama peaches, dried cranberries, goat cheese, honey roasted walnuts, mixed greens, fig balsamic vinaigrette

## **MISO SALMON BOWL** \$11.95

misoyaki salmon, soba noodles, carrots, cucumber, edamame, cilantro, furikake, ginger scallion pesto and sesame oil, Hawaiian chili aioli

## **YES YUZU** \$12.95

sesame seared tuna, mango, pickled red onion, avocado, cucumber, pepitas, cilantro, mixed greens, romaine, yuzu chili dressing

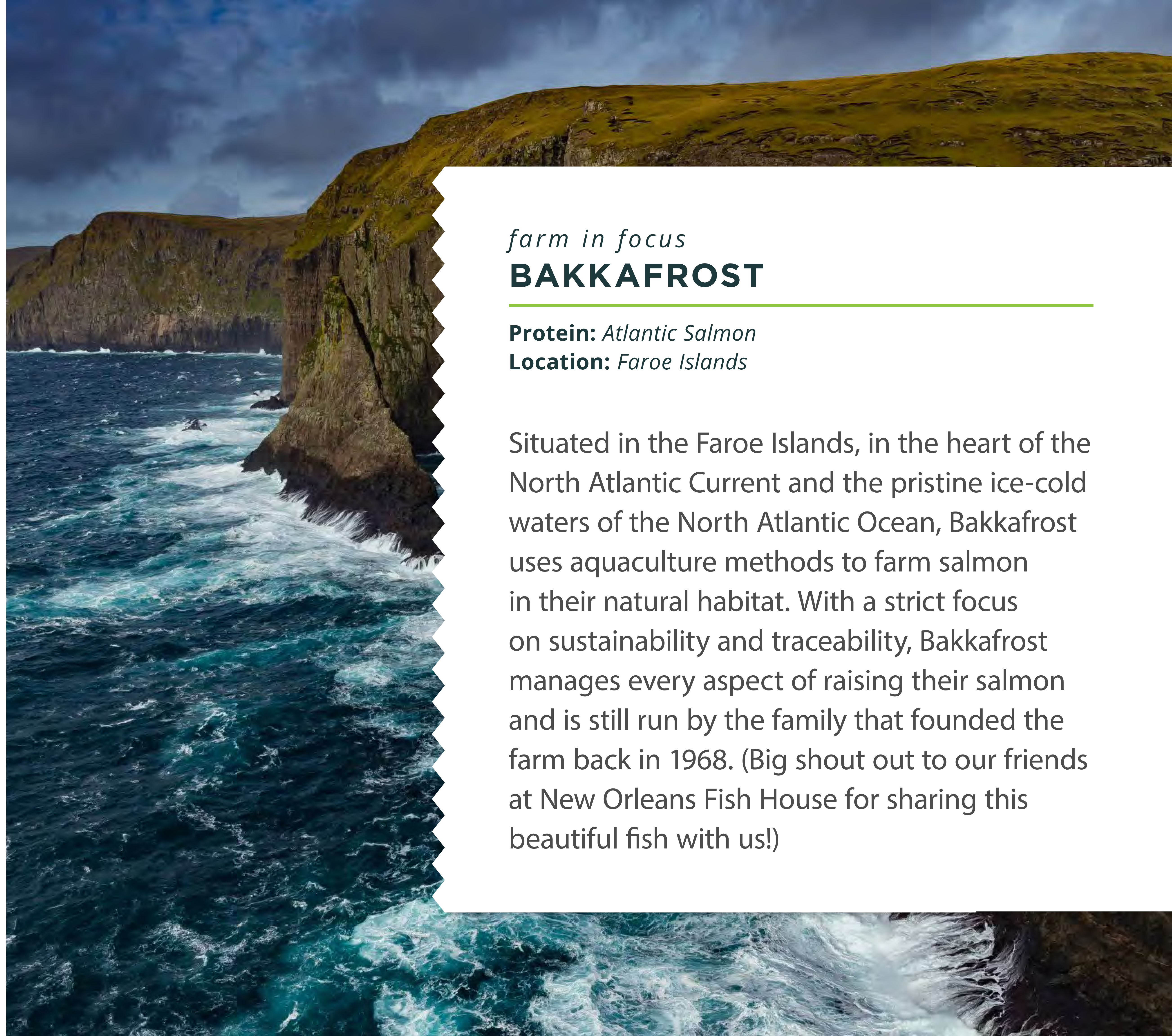
*farm in focus*

## **BAKKAFROST**

**Protein:** *Atlantic Salmon*

**Location:** *Faroe Islands*

Situated in the Faroe Islands, in the heart of the North Atlantic Current and the pristine ice-cold waters of the North Atlantic Ocean, Bakkafrost uses aquaculture methods to farm salmon in their natural habitat. With a strict focus on sustainability and traceability, Bakkafrost manages every aspect of raising their salmon and is still run by the family that founded the farm back in 1968. (Big shout out to our friends at New Orleans Fish House for sharing this beautiful fish with us!)



# BUILD YOUR OWN

\$8.75 | salad or wrap

## PICK SOME GREENS

arugula kale \$1 romaine  
baby spinach mixed greens

## MAKE IT SPECIAL

*select up to 4 - \$1 each additional*

avocado	cucumbers	🌱 peaches	<b>CHEESE</b>
beets, roasted	🌱 edamame	peanuts	blue
black beans	egg	🌱 pepitas	feta
blue corn chips	🌱 furikake	red peppers, roasted	goat
brussels, roasted	jicama	seaweed salad	mozzarella
carrots	🌱 mango	tomatoes	parmesan-reggiano
corn	🌱 onion, pickled	tomatoes, grape	pepper jack
cranberries, dried	onion, red	walnuts, honey roasted	white cheddar
croutons	onion, white		

## ADD SOME PROTEIN & PREMIUMS

bacon \$1	hummus \$2	tofu, baked \$2
chicken \$3	quinoa \$2	tuna, seared \$4
gulf shrimp \$3.5	🌱 salmon, misoyaki \$4	turkey \$3

## DRIZZLE SOME DRESSING

citrus vinaigrette GF VE  
🌱 coconut curry dressing GF VE  
creole honey mustard GF V  
dijon aioli GF V  
fig balsamic vinaigrette GF VE  
🌱 ginger scallion pesto GF VE  
🌱 hawaiian chili aioli GF  
jalapeño lime dressing GF V  
lemon basil vinaigrette GF VE  
pineapple bbq sauce GF V  
roasted tomato vinaigrette GF VE  
spicy thai peanut sauce V  
truffle caesar dressing GF  
🌱 yuzu chili dressing VE

## KEY

🌱 seasonal V vegetarian  
VE vegan GF gluten free