

HEALTHY HABIT

BREAKFAST

Breakfast Bagel 8.95 

JUST egg, Beyond sausage, spinach, red pepper, "pepperjack" cheez on an everything bagel.

Huevos Rancheros 10.95  

Potatoes, poached eggs, black beans, cheddar, corn salsa, cotija aioli, avocado, tortilla strips, salsa verde.

Sunrise Wrap 9.95 

JUST egg, Beyond sausage, pepper, onion, spinach, sweet potato, "pepperjack" cheez, vegan aioli.

Smoked "Lox" Bagel 7.95 

Smoked carrots, onion, capers, scallion "cream cheeze" on an everything bagel.

The Cinnabun 7.95  

The legendary cinnamon roll but we made ours vegan and gluten free topped with our vegan signature frosting.

Sunrise Yogurt Bowl 7.95 

Vanilla greek yogurt, organic berry jam, topped with organic granola, strawberries, banana, honey drizzle.

TOASTS 10.95

Very Berry  

Two pieces of Udi's gluten free bread, greek vanilla yogurt, organic berry jam, organic granola, blueberries and honey drizzle.

Chocolate Strawberry  

Two pieces of Udi's gluten free bread, chocolate-hazelnut spread, fresh strawberries, organic cacao nibs and coconut.

Caprese  

Two pieces of Udi's gluten free bread, tomato jam spread, arugula, fresh mozzarella, basil pesto with a balsamic glaze drizzle.

Mediterranean  

Two pieces of Udi's gluten free bread, house made hummus, cucumbers, Kalamata olives, pickled onion, feta cheese.

Mashed Avocado  

Two pieces of Udi's gluten free bread, mashed avocado, pickled onions, tomato, pumpkin & chia seeds.

ACAI BOWLS 10.95

The Acai 

Organic acai, vegan and organic granola, coconut, strawberry, banana, almond butter drizzle.

Tropic Acai 

Organic acai, vegan and organic granola, pineapple, coconut, blueberries, and chia seeds.

Chocolate Paradise 

Organic acai, vegan and organic granola, cacao nibs, strawberries, blackberries, coconut, nutella drizzle.

Beachy Bee 

Organic acai, vegan and organic granola, pineapple, mango, banana, honey, bee pollen.

SMOOTHIES

Berrylicious 9.95  

Blueberry, banana, blackberry, orange juice, strawberry.

The Hulk 9.95  

Kale, spinach, banana, almond butter, agave, almond milk.

HH Colada 9.95  

Pineapple, mango, orange juice, banana, agave, coconut milk.

Almond Joy 9.95  

Cacao powder, almond butter, banana, agave, coconut & almond milk.

Healer 11.95 

Organic coconut milk, banana, almond butter, super greens, probiotics, prebiotics, 20g chocolate pea protein.

Rejuvenate 11.95 

Strawberry, mango, banana, orange juice, agave, organic pitaya, 20g collagen, 19g vanilla whey protein.

Vitamin Sea 11.95 

Blueberry, pineapple, banana, organic coconut milk, orange juice, 20g collagen, 19g vanilla whey protein, organic blue spirulina.

Espresso 11.95 

Cold brew espresso, banana, cocoa, almond milk, agave, cacao nibs, 20g chocolate protein, 19g vanilla whey protein, 20g collagen.



Vegan



Vegetarian



Gluten free

SALADS

10.95

Dynasty



Romaine lettuce, edamame, cabbage, carrots, toasted almonds, crispy noodles served with asian sesame ginger dressing.

Yummus



Spring mix topped with hummus, red peppers, chickpeas, cucumbers, tomatoes, almonds and pickled onions served with Mediterranean red wine dressing.

Taverna



Romaine lettuce, cucumber, kalamata olives, red onion, grape tomato, feta cheese, served with Mediterranean red wine dressing.

Arcadia



Mixed greens, wild arugula, quinoa, lentils, edamame, grape tomato, avocado served with green goddess dressing.

Sedona



Mixed greens, romaine lettuce, black beans, roasted corn, red onion, grape tomato, cotija cheese and tortilla strips served with honey chipotle ranch.

Kale Caesar



Romaine, kale, sunflower seeds, tomato, "parmesan" cheez, croutons, avocado served with our vegan caesar dressing.

Americana



Romaine lettuce, baby spinach, grape tomato, roasted corn, hard boiled egg, bleu cheese crumble, dried cranberries, pecans, served with ranch dressing.

PANINIS

Beyond Philly

11.95



Beyond Sausage, sautéed mushrooms, peppers, onions, "pepperjack" cheez, vegan aioli on ciabatta bread.

The Veggie

10.95



Roasted portobello, red peppers, onions, spinach, fresh mozzarella, basil sunflower pesto pressed panini style on ciabatta bread.

WRAPS

Latin

9.95



Cilantro-lime rice, avocado, black beans, red bell pepper, cucumber, roasted corn, grape tomato, wrapped in a flour tortilla.

Asian

9.95



Brown rice quinoa blend, cucumber, Korean aioli, spring mix, pickled carrot, peanuts, edamame, and teriyaki in a flour wrap. (ask to make it vegan)

Greek Falafel

9.95



Falafel, hummus, spring mix, squash, tomato, cucumber, pickled carrots and Mediterranean red wine wrapped in a spinach tortilla.

Buffalo Chick'N

11.95



Vegetarian "chick'N", romaine lettuce, "pepperjack" cheez, celery, cucumbers, tomato, pickled carrots and pickled onions, in a flour wrap with buffalo ranch.

BUILD YOUR OWN BOWL

9.95

1. Foundation

Brown Rice Quinoa Blend, Mixed Greens, Kale, Romaine, Baby Spinach, Wild Arugula

2. Essentials

Choose 4 /\$.50 Each Additional

Apple, Beets, Bell Pepper, Black Bean, Carrot, Celery, Chickpea, Crispy Noodles, Croutons, Cucumber, Dried Cranberries, Edamame, Fresh Fruit, Grape Tomato, Jalapeno, Lentil, Quinoa, Red Onion, Raw Broccoli, Squash/Zucchini, Sweet Potato, Tortilla Strips, Roasted Corn, Roasted Broccoli, Roasted Mushroom

3. Extras

Cheese

+ 1.50

Bleu, Feta, Cotija, Mozzarella, Cheddar
Vegan Cheddar (+1.50), Vegan Parmesan (+1.50)

Extras

+ 1.50

Almonds, Avocado, Hard Boiled Egg, Kalamata Olive, Pecans, Peanuts, Sunflower Seeds

Plant Based Proteins

Baked Falafel, Marinated Roasted Tofu, Breaded Chick'N'

4. Dressing

Asian Sesame Ginger (V), Bleu Cheese (VG,GF), Buttermilk Ranch (VG,GF), Cilantro-Lime Chili (V,GF), Green Goddess (V), Herbed Balsamic (V,GF), Honey-Chipotle Ranch (VG,GF), Mediterranean Red Wine (V,GF), Vegan Buffalo Ranch (V,GF), Vegan Caesar (V,GF)

+\$ Each additional dressing

5. Preparation

Chopped, Tossed or Wrapped?

HOT BOWLS

10.95

Baja Fajita



Red peppers, onions, black beans, corn, avocado, cilantro lime dressing and served over a brown rice quinoa blend.

The Korean



Brown rice quinoa blend, roasted mushrooms, broccoli, carrot, cabbage, sesame seeds, finished with teriyaki and Korean chili aioli. (ask to make it vegan)

The Buddha



Quinoa, roasted mushroom, zucchini, squash, sweet potato, arugula, sesame cucumber, avocado with green goddess dressing.

Coco Curry



Brown rice quinoa blend, red bell pepper, carrots, broccoli, red potatoes, tossed in a coconut curry with coconut flakes.