



APPETIZERS

- VEGAN GF RED PEPPER "QUEZO"** 12
 Red pepper cashew "cheez" dip, served with blue corn chips & house Pico de Gallo
 * Contains tree nuts
- Veggie GF CAULI-POWER** 11
 Lightly battered & fried cauliflower topped with fresh lime zest & cilantro, served with a sweet & spicy buffalo sauce, fresh celery & tzatziki sauce
 * Make it vegan - sub Tofu Crème
- Veggie GF CHIPS & DIP** 8
 House-made sweet potato chips & sriracha aioli
 * Make it vegan - sub Tofu Crème

BEVERAGES

- | | | | |
|---------------------------------|------|-------------------------|---------------------------|
| SPARKLING LEMONADE OR LIMEADE | 3.25 | COCONUT WATER | 3.5 |
| COFFEE-NUT | 3.5 | ICED TEA | 2.5 |
| organic coffee with coconut oil | | SPARKLING MINERAL WATER | 2.5 |
| HOUSE-MADE SODA | 3.25 | KOMBUCHA | 8 oz. - 3.00 16oz. - 6.00 |
| ORGANIC COFFEE | 2.99 | Flavors may vary | |

SOUP

SOUP DU JOUR cup 4.99, bowl 6.99

PLEASE INFORM YOUR SERVER OF ALL FOOD ALLERGIES & SENSITIVITIES

SANDWICHES & BURGERS

Served with sweet potato chips. Want something different? Choose a cup of soup or other side item for an up-charge of 1.99. Sub Gluten-free bread for 2.25

AVERAGE TOM	11.50
Roasted turkey panini, Port caramelized onion, swiss, tomato, spinach, sriracha aioli & wheat berry bread	
CHICKEN SALAD SANDWICH	12.50
House-made chicken salad, tomato, cucumber, red onion & dijon. Served on toasted wheat berry bread * Contains Tree nuts	
Veggie → TRIPLE B	12
Black bean burger, spring mix, tomato, red onion, sriracha aioli & wheat bun. * Want it vegan - sub Tofu Crème	
Veggie → BEETS ME	11
Tender roasted beets, a layer of blackberry goat cheese, served on toasted wheat berry bread	
THE BIG D	13
Roasted turkey, spicy cranberry goat cheese spread, walnuts, spinach & wheat berry bread * Make it vegetarian - sub avocado. Contains tree nuts	
THE BELVEDERE	14
A goat cheese stuffed turkey burger, sriracha aioli, red onion, tomato, spring mix & wheat bun	
TURKEY BURGER	12.5
Spring mix, tomato, red onion, sriracha aioli & wheat bun	
Veggie → MEAN GREEN BLACK BEAN	13
Black Bean Burger, avocado, pickled jalapeno, spring mix, cilantro/lime aioli & wheat bun * Want it vegan - sub Tofu Crème	
MEAN GREEN TURKEY	14
Turkey Burger, avocado, pickled jalapeno, spring mix & cilantro/lime aioli & wheat bun	
Our house-made Aioli contains raw egg. Consuming raw or under cooked seafood or eggs may increase your risk of foodborne illness	

SALAD

GF THE WALDO	13
House-made chicken salad nestled in a bed of spring mix, topped with crisp apple slices, toasted walnuts, cucumber, red grapes, red onion & Apple Walnut Vinaigrette * Contains Tree nuts	
VEGAN GF BLACK BETTY	12
Black bean burger, spring mix, cucumber, house Pico de Gallo, avocado & agave lime margarita vinaigrette	
VEGAN GF ORIGINAL KALE	10.5
Kale massaged with lemon vinaigrette, topped with dried cranberry, raw pumpkin seeds & avocado	
VEGAN GF THE CAULI-MATA	12
Fried cauliflower nestled into spring mix topped with house Pico de Gallo & seasoned black beans. Served with buffalo sauce & vegan ranch dressing * Vegan Ranch contains tree nuts	

ENTRÉES

VEGAN GF CREAMY RED PEPPER ZUCCHINI NOODLE 12
 Zucchini noodles, red bell pepper, spinach & creamy red pepper cashew cream sauce, garnished with red pepper flakes
 * Contains tree nuts

TACOS DE PESCADO *uno 13, dos 16.5, tres 20*
 A Quinoa/Flax tortilla with seasoned cod, red & green cabbage, house Pico de Gallo & cilantro lime aioli. Served with house salad, agave lime margarita dressing & sliced avocado. Choose between 1-3 tacos
 * Make it Gluten-free - sub corn tortilla

VEGAN MORITO TACOS *uno 12, dos 15, tres 18*
 A Quinoa/Flax tortilla with fried cauliflower, house Pico de Gallo, red and green cabbage, & Chipotle Chili Lime Sauce. Served with house salad, agave lime margarita dressing & sliced avocado
 * Make it Gluten-free - sub corn tortilla

GF PISCES PIÁTO 18
 8 oz. of Almond crusted cod, served with sweet potato chips, house salad, lemon vinaigrette & curry aioli
 * contains tree nuts

SIDES

VEGAN GF QUINOA TABBOULEH 4.99 **CUP OF SOUP** 4.99

Veggie GF HOUSE SALAD 4.99 **VEGAN GF SWEET POTATO CHIPS** 4

Spring mix, cucumber, red onion, tomato & feta cheese
 * Make it vegan - no feta

Dressing options: Lemon Vinaigrette, Agave Lime Margarita, Balsamic Vinaigrette, Apple Walnut Vinaigrette (contains tree nuts) & Vegan Ranch (contains tree nuts)

SMOOTHIES

VEGAN GF ANTI-OXIDANT REVITALIZER 16oz 6.99 - 20oz 8.99
 strawberry, orange, blueberry, coconut water & agave

VEGAN GF ALLIGATOR PEAR POWER 16oz 6.99 - 20oz 8.99
 avocado, grapes, coconut water, spinach & honey

VEGAN GF PB&J 16oz 6.99 - 20oz 8.99
 house-made peanut butter, blueberry, strawberry, banana, almond milk & agave
 * Contains tree nuts

VEGAN GF THE NUTTER 16oz 6.99 - 20oz 8.99
 house-made almond butter, almond milk, coconut flakes, spinach, blueberry, banana & agave
 * Contains tree nuts

VEGAN GF MAMA J SPECIAL 16oz 6.99 - 20oz 8.99
 mango, yerba maté, date, spinach, house-made almond butter, flax seed & honey
 * Contains tree nuts

EXTRAS

WHEY PROTEIN	1.49	FLAX SEED	1.49	SOY PROTEIN	1.49
CHIA SEED	1.49	SPIRULINA POWDER	1.49	BROWN RICE PROTEIN	1.49

Want a different sweetener? ALTERNATE OPTIONS: dates, organic cane sugar, stevia, honey, agave nectar or maple syrup

JUICES

ON THE WAGON

orange, lemon, beet, spinach, celery & cucumber

* BENEFITS: brain & heart health, anti-inflammatory, anti-aging, benefits kidney health & detoxifying

8oz-6.99 16oz-12.99

ORANGE SUNBEAM

orange, celery, ginger, carrot & lemon

* BENEFITS: reduces fatigue, fights common cold, eye health, digestive tract support & anti-inflammatory

8oz-6.99 16oz-12.99

ALL HOPPED UP

green apple, kale, spinach, cucumber, celery & lemon

* BENEFITS: hydrating, energizing, aids in hemoglobin formation, reduces cholesterol, cleanses & detoxifies

8oz-6.99 16oz-12.99

GINGER RELAXER

green apple, spinach, cucumber, celery, lemon & ginger

* BENEFITS: anti-inflammatory, rich in antioxidants, regulates Ph levels, reduces fatigue & fights common cold

8oz-6.99 16oz-12.99

HEP-A-FILTER

celery, beet, orange, green apple & carrot

* BENEFITS: combats obesity, detoxifies, purifies blood, benefits liver, balances blood glucose & combats anemia

8oz-6.99 16oz-12.99

WELLNESS BOOSTER

celery, green apple, ginger root, cayenne & coconut water

* BENEFITS: Antiviral, anti-inflammatory, immune building, detoxifies the liver, benefits heart & circulatory system

8oz-6.99 16oz-12.99

HULK SMASH JUICE

cucumber, kale, green apple, spinach & lime

* BENEFITS: the heart & circulatory system, anti-aging properties, aid hydration & regulates Ph levels

8oz-6.99 16oz-12.99

DESSERTS

CHECK THE BLACK BOARD FOR DAILY DESSERT OPTIONS