

WRAPS \$12 * GF * add \$2

THE NUKA - Wild Caught Salmon, Cream Cheese, Cucumber, Capers, Avocado, Tomatoes, Red Onion & Local Greens

THE YOSHI - Steamer Scrambled Eggs, Cheddar, Pesto, Avocado OR Ham, Tomatoes & Local Greens

THE CAPRESE - Fresh Mozzarella, Vine Ripe Tomatoes, Pesto, Balsamic Glaze & Local Greens

THE MARIA- Roast Turkey, Black Forest Ham, Swiss Cheese, Island Pickled Red Onions, Tomatoes, Tangy Mustard & Local Greens

THE HONEY GIRL- Roast Turkey, Crisp Apples, Brie Cheese, Local Honey Vinaigrette & Local Greens

THE CHARLIE- Albacore Tuna in a Caper Mayo with Cucumbers, Thin Red Onion, Tomatoes & Local Greens

THE JOJO- Roast Beef, Cheddar Cheese, Thin Red Onion, Tomatoes, KICKING Horseradish Sauce & Local Greens

THE GG'S Reuben- Roast Turkey, Swiss Cheese, Caraway Beet Kraut, Russian Dill Dressing & Local Greens

THE VALERIE *vegan*- Hummus, Cucumbers, Avocado, Tomatoes, House Tropical Ginger Dressing & Local Greens

ASK ABOUT OUR DAILY WRAP SPECIALS

BOWLS \$10

MERMAID BOWL - *V*GF
Coconut Milk, Bananas, Spirulina, Vanilla Protein Smoothie, Local Fruit, Granola, Chia Seeds inside of a Papaya

GIRL IN THE CURL *V*GF
Local Acai, Granola, Chia Pudding, Fresh Fruit,

COCONUT BOWL
Greek Yogurt, Granola, Fresh Fruit & Local Honey, Toasted Coconut

SWEET POWER BOAT *V*GF
Baked Sweet Potato, Almond Butter, Bananas, Berries, Real Maple Syrup & Pumpkin Seeds

CHILI BOWL *V*GF
Homemade Bean & Veggie Chili with Spices, Scoop Rice, Avocado & GF Chips

VEGAN POKE' BOWL *V*GF
Marinated Roasted Beets, Scoop Rice, Small Salad, Avocado, Veggies

TOFU SCRAMBLE *V*GF
Tofu, Tahini, Seasonal Veggies, Scoop of Rice, Avocado & Balsamic Drizzle

BUDDHA BOWL *V*GF
Changes Daily

SOUP & SALAD COMBO *V*GF
Changes Daily

AVOCADO TOAST *V *GF upon request
2 pieces of NAAN bread with Fresh Avocado Choose Topping; *Strawberries & Balsamic * Everything Bagel Seeds
*Housemade Bruschetta

DRINKS (hot or cold) & EXTRAS

ESPRESSO BAR *Organic* \$5
Lattes,, Cappucino, Mocha,

HOUSE COLD BREW & LAVENDER COLD BREW *Organic* \$4
Organic Pour Over \$3

RED VELVET LATTE *V \$5
Beet Root, Vanilla, Unsweetened Cocoa

GOLDEN MILK LATTE *V \$5

CHAI LATTE *V \$5

ASK TO ADD A SHOT OF ESPRESSO ^

MATCHAS *V \$5
Green/ Pink/ Blue

ICED TEAS \$3
Mint, Hibiscus, Earl Gray, Seasonal

FRESH LEMONADES \$6

FRESH SMOOTHIE BAR \$8

SIDE FRESH PICKLES \$5
SIDE HUMMUS w/ Chips \$6
SIDE FRESH SALSA & CHIPS \$5

Prices are subject to change

Daily Vegan & GF Baked Goods