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 Dressing

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* or *Everything Bagel Seeds* *Housemade Bruschetta

DRINKS (hot or cold) & EXTRAS

ESPRESSO BAR *Organic* $5
Lattes, Cappuccino, 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