

PASTRIES

CROISSANT \$6

ALMOND CROISSANT \$7

CHOCOLATE CROISSANT \$7

BADEL \$6

SCONE \$6

ENERGY BAR \$2

COOKIES \$6

CINNAMON ROLL \$2

BANANA BREAD \$4

CARROT CAKE MUFFIN (2) \$6

VEGAN BLUEBERRY MUFFIN \$6

BROWNIE (2) \$6

BREAKFAST

AVOCADO TOAST (1) \$17

House-made sourdough, avocados, tomatoes, tomatoes, feta, sprouts, balsamic

CROISSANT SANDWICH \$ 6.00

Ham, Swiss cheese, egg

VEGAN CHORIZO BURRITO (1) \$14

Breakfast chorizo, Pasañena cheese, 1/2 cheddar, onions, sprouts, red peppers, veggie cheese, whole wheat tortilla

BREAKFAST

Making \$7.00 | Making \$12

1/2 Pancake \$6



BREAKFAST BURRITO \$14

Sourdough eggs, cheddar cheese

Portuguese sausage, tomatoes, onions, hot sauce

BADEL SANDWICH \$ 6.00

Scram. egg, cheddar cheese, house-made bagen

BREAKFAST SANDWICH \$ 14

Sausage, scrambled eggs, cheddar cheese, English muffin

QUICHE \$ 9

Choice of Spinach, Cheese, Mushroom (2 or 3 Cheese & Ham)

CUPS & BOWLS

COCONUT LIME PUDDING (1) \$17

Choice of Blueberries, Strawberries or Banana

OVERNIGHT OATS WITH FRUIT (1) \$16

Barley oats, Tia Maria drizzle & almond milk

YOGURT PARfait (1) \$12

Layers of yogurt, fruit, and granola topped with your choice of Honey or Agave

THE CLASSIC ACAI BOWL (1) \$17

Hot water, mandarin oranges

Blueberries, topped with house-made granola, coconut & agave

PEACH ACAI BOWL (1) \$17

Acid curdles & peach compote topped with

house-made granola, banana, honey & blue seeds

POWER COOLD ACAI BOWL (1) \$17

Acid curdles blended with coconut water, apple & pomegranate, topped with house-made granola, banana, coconut, honey & blue seeds

LUNCH

All sandwiches & wraps are served with a PICKLE WEDGE & bag of CHIPS

SANDWICHES

TUNA \$18

Tuna, green leaf lettuce, tomatoes, sprouts, 4% mayonnaise, whole wheat roll (not bread)

ANTIPASTO \$22

Sausage, mozzarella, tomato, pepperoni

Sausage, tomatoes, lettuce, feta roll

SOUTH POINT B.L.T. \$20

1/2 cheddar, turkey, turkey, turkey, tomatoes, lettuce, whole wheat roll, garlic aioli, feta roll

MILANRA CLUB \$17

Sausage, ham, turkey, tomatoes, avocados, lettuce, lettuce, pickled red onions, 4% mayo roll, feta roll

PUNA PESTO \$22

Chicken breast, lettuce, cheese, pesto, tomato, onions, avocado, feta, Swiss roll

BOG SALAD (1) \$ 20.00

Boy salad, green leaf lettuce, whole wheat roll (not bread)

WRAPS

CHICKEN CAESAR \$ 18

Chopped romaine lettuce, chicken, Parmesan cheese, Caesar dressing, tomato, tortilla

CHICKEN CURRY \$ 18

Mixed greens, garlic, tomato, chicken & avocado on flour tortilla

GRILLAD DOG \$ 12

Grilling hotdog bun, hotdog, tomato

BURRITO & GRILLED VEGGIE \$18

Roasted red peppers, avocado, pickled red onions, mixed greens, green goddess dressing, whole tortilla

SALADS

CHINESE CHICKEN \$ 22

Chopped romaine, sliced radishes, carrots, sprouts, tomatoes, orange, chicken, olive oil, sesame, soy, sesame dressing

CHICKEN CAESAR (1) \$ 24

Grilled chicken, tortilla

1/2 cheddar, Parmesan cheese

lettuce, tomatoes, Caesar dressing

SOUTHWEST CORN (1) \$ 24

Blackened chicken breast, tomatoes

Hot sauce, corn, green onions, onion, pick dressing, jalapeno dressing

GREEN (1) \$24

Chicago style, cherry tomatoes, balsamic, olive, feta, cucumber, pickled red onion, whole dressing