



WHOLESOME SALADS

organic greens salad | 15.00

feta cheese, avocado, jicama, shredded carrots, roasted pepitas, chopped tomatoes, corn, sweet potato fries, balsamic vinaigrette
with grilled chicken breast or albacore tuna salad | 19.00

caesar salad | 15.00

hearts of romaine, little gems, spinach, avocado, chopped tomatoes, roasted pepitas, croutons, parmesan cheese, caesar dressing

with grilled chicken breast | 19.00 with albacore tuna salad | 19.00

chopped bbq chicken or tofu salad | 19.00

romaine, shredded cabbage, chopped tomatoes, jicama, roasted corn, black beans, mozzarella, avocado, tortilla strips, buttermilk ranch dressing

chicken mango salad | 19.00

grilled chicken breast, mango, avocado, red onion, jicama, mint, almonds, chia and flax seeds, organic greens, mango chutney vinaigrette

warm cafe salad with grilled chicken breast | 19.00

baby spinach, romaine hearts, avocado, red onion, chopped tomatoes, spanish brown rice, hot sauce, caesar dressing

**with grilled chicken breast or roasted tofu
with tenderloin tips | 21.00**

rosemary turkey burger salad | 19.00

rosemary turkey burger, cheddar, grilled onions on top of our organic greens salad

GREAT SANDWICHES

**choice of french fries, sweet potato fries,
organic greens or caesar salad**

jalapeño turkey burger | 18.50

all natural turkey, jalapeños, avocado, tomato, cheddar, grilled onions, lettuce, chipotle sauce on a whole wheat bun

roasted turkey sandwich | 18.00

all natural turkey breast, avocado, jack cheese, tomato, red onion, lettuce, chipotle sauce on multigrain toast

chicken jalapeño melt | 18.00

grilled chicken breast, melted jack cheese, lettuce, tomato, red onions, jalapeños, chipotle sauce on a ciabatta roll

garden avocado sandwich | 17.50

avocado, shredded carrots, sprouts, tomatoes, red onions, jack cheese, lettuce, mayo on multigrain bread