

(v) = vegan
(gf) = gluten free

ARTISANAL SANDWICH OR WRAP

\$12

Customize your own artisanal sandwich. Premium ingredients may be requested for an additional charge. Choices vary per location.

ORGANIC BREAD OR WRAP (CHOOSE 1)

ciabatta	whole wheat	paleo bread (gf).....	\$2
french country	spinach wheat tortilla	gluten free tortilla (v, gf)	\$1.50
olive	collard green wrap (v, gf)	raw wrap.....	\$2
sourdough	gluten free bread (v, gf)		\$2

SPREADS (CHOOSE 2)

organic balsamic vinaigrette	organic hummus	organic vegan pesto	
organic basil pesto	organic mayo	organic veganaise	
organic chipotle mayo	organic olive oil	whole grain mustard	
organic cranberry relish	organic red wine vinegar	organic chimichurri	\$1
dijon mustard	organic tahini		

CHEESE (CHOOSE 1)

organic cheddar	organic jack	fresh mozzarella	\$1
organic feta	organic provolone	vegan chipotle cashew.....	\$2
goat cheese	vegan mozzarella (soy free)		

PROTEIN (CHOOSE 1)

organic avocado	organic roasted turkey	organic grass-fed roast beef	\$2
organic chicken salad	uncured salami	prosciutto	\$2
organic curry chicken salad	vegetable patty	organic grass-fed steak	\$3.50
organic egg salad	wild albacore tuna salad	wild caught salmon.....	\$4
organic grilled chicken	wild mediterranean tuna salad		
organic lentil patty (v)			

ORGANIC VEGETABLES (CHOOSE 5)

arugula	pepperoncini	spinach	
basil	pickles	sprouts	
carrot	pickled jalapeño	tomato	
cucumber	radish	sundried tomato	\$1
kale	red onion	roasted pepper	\$2
mixed greens	romaine lettuce	avocado	\$2.50

* Please inform us of any allergies before placing your order.

LUNCH BURRITO OR BOWL

Served on an organic spinach tortilla or over an organic romaine lettuce bowl.

CILANTRO LIME CHICKEN \$14

organic rotisserie chicken, organic jack cheese, organic cilantro brown rice, organic roasted tomato salsa, organic avocado, organic pico de gallo

WILD CAUGHT SALMON \$15

grilled wild caught salmon, organic cilantro brown rice, organic cabbage, organic avocado, organic pico de gallo

VEGAN \$13

organic zucchini, organic bell pepper, organic red onion, vegan mozzarella (soy free), organic cilantro brown rice, organic roasted tomato salsa, organic avocado, organic pico de gallo

CUSTOM BURRITO OR BOWL

\$12

All custom burritos and bowls come with organic brown rice, black beans, choice of cheese and a side of roasted tomato salsa or tomatillo salsa.

TORTILLA OR BOWL (CHOOSE 1)

organic spinach tortilla

coconut tortilla (gf).....\$1.50

organic romaine bowl

PROTEIN (CHOOSE 1)

organic avocado

grilled seasonal vegetables

organic tofu (v)

organic torizo (v)

bbq jackfruit (v) \$2

organic chicken.....\$2.50

organic flank steak.....\$3.50

organic turkey\$3.50

wild caught salmon.....\$4

CHEESE (CHOOSE 1)

organic cheddar

organic feta

goat cheese

organic jack

organic shredded mozzarella

vegan mozzarella (soy free)

vegan chipotle cashew.....\$2

ORGANIC VEGETABLES (CHOOSE 2)

bell pepper

broccoli

cabbage

cilantro

corn (seasonal)

fermented chili

garlic

green onion

jalapeño

kale

mushroom

pico de gallo

potatoes

red onion

spinach

sweet potato

tomato

zucchini

avocado.....\$2.50

guacamole.....\$2.50

EXTRAS

extra cheese.....\$2

organic guacamole.....\$2.50

organic turkey (2oz).....\$2.50

organic chicken (2oz)\$2.50

organic steak (2oz)\$3.50

wild caught salmon (2oz)...\$4