

## Paninis

- Burger Panini** ..... \$14.99  
Choice Of Beef Burger Beyond Burger Tuna Burger or Veggie Burger Lettuce, Tomato, Cheddar or Mozzarella Cheese.
- Chicken Salad Panini** ..... \$14.99  
Chicken Salad, Tomato, Onion, Lettuce, Mozzarella Cheese.
- Deli Turkey Panini** ..... \$14.99  
Thinly Sliced Pan Roasted Turkey, Salami, Mayonnaise, Tomato, Avocado, Mozzarella or Cheddar Cheese.
- Greek Tuna Panini**..... \$14.99  
Albacore Tuna, Feta Cheese Onion, Avocado, Tomato, Parsley
- Main Squeeze Panini**..... \$14.99  
Grilled Chicken, Pesto, Lettuce, Tomato, Onion, Avocado.
- Vegetarian Panini** ..... \$12.99  
Spinach, Tomato, Olive, Onion, Avocado, Mushrooms, Bell Peppers, Feta Cheese, or Mozzarella Cheese.

## Bowls

- Burger Bowl** ..... \$19.99  
Choice Of Beef Burger Beyond Burger Tuna Burger or Veggie Burger, Brown Rice Chickpeas, Avocado, Onion, Peppers, Tomato, Parsley.
- Falafel Veggie Bowl**..... \$19.99  
Falafel, Brown Rice, Chickpeas, Avocado, Sautéed Onion, Peppers, Broccoli Mushrooms, Carrots, Sweet Potatoes.
- Jerk Chicken Bowl \$19.99 | Jerk Salmon Bowl \$23.99 | Jerk Shrimp Bowl \$23.99**  
Your choice of either Jerked Chicken, Salmon or Shrimp, on A Bed of Brown Rice Avocado Onion Peppers and Pineapple
- Keto Bowl**..... \$19.99  
Mushrooms Chard Green Been Broccoli Red Onion Brussels Sprouts Peppers Carrots Avocado Chickpeas Tomato Sweet Potato.
- Mediterranean Bowl**..... \$19.99  
Grilled Chicken Avocado Cucumber Chickpeas Brown Rice
- Quinoa Bowl**..... \$19.99  
Quinoa Sweet Potato Garlic Mushrooms and Kale Top with Mozzarella Cheese
- Roasted Veggie Bowl**..... \$19.99  
Brown Rice And Quinoa Roasted Broccoli Onion Green Beans Brussel Sprouts and Sweet Potato.
- Seared Tuna Bowl**..... \$23.99  
Seared Tuna on A Bed of Quinoa Carrots Red Onion Cucumber Avocado Topped with Sesame Seeds
- Triple Protein Bowl**..... \$23.99  
Grilled Chicken Turkey Gyro Brown Rice Chickpeas Peppers Onion Mozzarella Cheese
- Tofu Asian Bowl**..... \$19.99  
Brown Rice Chickpeas Spicy Tofu Sweet Potato Carrots Suntan Peppers Tomato Cilantro Soy Sauce

## Starters and Sides

- Almond Butter Toast**..... \$13.99  
Homemade Almond Butter Toast Topped with Two Choices of Sliced Bananas Sliced Strawberries or Blueberries.  
▼ Add Chia Seeds or Hemp Seeds for An Extra Boost.
- Avocado Bruschetta** ..... \$13.99  
Fresh Avocado Mashed with Lemon Juice Topped with Tomato.  
▼ Add Egg or Scrambled Tofu for \$2
- Appetizer Sampler Platter**..... \$15.99  
5 Falafel Hummus Stuffed Grape Leaf Feta Cheese Served with White or Whole Wheat Pita.
- Beef Taco \$12.99 | Chicken Taco \$12.99 | Shrimp Taco \$14.99 | Fish Taco \$14.99**
- Vegan Taco** ..... \$13.99  
3 Toasted Flour Tortilla Stuffed with Lettuce Onion Peppers and Corn Topped with Freshly Chopped Tomato
- Deep Fried Brussel Sprouts**..... \$6
- Falafel** ..... \$6  
Chickpeas Cilantro Parsley Garlic and Spices Served with White or Whole Wheat Pita Bread.
- Hummus** ..... \$6  
Freshly Made Hummus Topped with Garbanzo Beans Parsley Spices and Extra Virgin Olive Oil. Served With White or Whole Wheat Pita.
- Stuffed Grape Leaf**..... \$6  
Middle Eastern Grape Leaf Stuffed with Seasoned Rice Served with Warm Whole Wheat or White Pita Bread.
- Seasoned Fries | Garlic Fries | Ranch Fries | Jerk Fries | Sweet Potato Fries \$6**

## Pita Melts

- Grilled Cheese Melt** ..... \$9.99  
Pita Stuffed With Cheddar Or Mozzarella Cheese Grilled To Perfection Served With Your Choice Of Fries
- Pesto Chicken Melt**..... \$13.99  
Grilled Chicken, Pesto, Sun-Dried Tomato, Avocado, Onion, Tomato, Olives, Shredded Mozzarella
- Stir-Fry Melt**..... \$13.99  
Grilled Chicken, Gyro, Turkey, Onion, Peppers, Tomato, Spinach, Shredded Mozzarella
- Tuna Melt**..... \$13.99  
Sun-Dried Tomato, Tuna, Cranberries, Spices, Shredded Mozzarella
- Veggie Melt** ..... \$13.99  
Sun-Dried Tomato, Broccoli, Tomato, Onion, Sweet Peppers, Mushrooms, Corn, Olives, Mozzarella Cheese

## Wraps or Pita Sandwiches

- Your Choice of Wrap or Whole Wheat or White Pita Bread. Includes a side salad.*
- Chicken** ..... \$13.99  
Grilled Chicken, Avocado, Lettuce, Tomato, Cucumber, Carrots.
- Chicken Salad** ..... \$14.99  
Chicken Salad, Lettuce, Tomato, Cucumber, Carrots, Onion, Avocado.
- Falafel** ..... \$14.99  
Lettuce, Tomato, Cucumber, Hummus, Micro Sprouts.
- Greek Gyro** ..... \$14.99  
Grilled Gyro, Lettuce, Tomato, Tzatziki, Cucumber, Carrots, Feta Cheese.
- Seafood Wrap** ..... \$15.99  
Choice Of Salmon Snapper or Seared Tuna, Onion, Peppers, Lettuce, Tomato, Cucumber, Carrots.
- Triple Protein** ..... \$15.99  
Grilled Chicken, Gyro, Onion, Peppers, Spinach, Mushrooms.
- Turkey**..... \$13.99  
Sliced Turkey, Lettuce, Tomato, Mozzarella Cheese, Sun-Dried Tomato Spread.
- Tuna Salad** ..... \$14.99  
Albacore Tuna, Lettuce, Tomato, Cucumber, Carrots, Alfalfa Sprout.
- Vegan Beyond Wrap** ..... \$14.99  
Grilled Beyond Burger, Tofu, Onion, Peppers, Avocado and Spinach.

## Platters

*All Served with White or Whole Wheat Pita Bread*

- Burger Platter**..... \$18.99  
Choice Of Beef Burger Beyond Burger Tuna Burger or Veggie Burger Served With Brown Rice and Chickpeas with A House or Israeli Salad.
- Chicken Salad Platter**..... \$19.99  
Chicken Salad Served with Brown Rice and Chickpeas with A House or Israeli Salad.
- Falafel Platter**..... \$19.99  
Falafel, Brown Rice, Chickpeas Served with A House or Israeli Salad.
- Grilled Chicken Platter**..... \$16.99  
Grilled Chicken (Spicy, Teriyaki or Jerk), Brown Rice and Chickpeas with A House or Israeli Salad.
- Gyro Platter** ..... \$18.99  
Grilled Gyro, Brown Rice, and Chickpeas, Feta Cheese with A House or Israeli Salad.
- Middle Eastern Platter** ..... \$18.99  
Israeli Salad, Falafel, Hummus and Chickpeas, Spices, Grape Leaf, Feta Cheese.
- Seafood Platter** ..... \$19.99  
Salmon, Snapper, Shrimp (Spicy, Teriyaki or Jerk) Served with Brown Rice and Chickpeas with A House or Israeli Salad.
- Tuna Salad Platter**..... \$19.99  
Tuna Salad Served with Brown Rice and Chickpeas with A House or Israeli Salad



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*Green Juice*  
\$8.99 16oz | \$9.99 24oz

**Daily Vitamins**

Orange Pineapple Lemon Grapefruit Ginger

**Fat Burner**

Celery Mint Pineapple Grapefruit

**Green Detox**

Spinach Parsley Apple Cucumber Ginger Lemon Paprika

**Green Giant**

Celery Cucumbers Pineapple Lemon Mint Spinach Kale

**Green Garden**

Spinach Kale Celery Pineapple Cucumber Lemon

**Ginger Cleanse**

Apple Celery Cucumber Ginger Lemon

**Rise & Shine**

Pineapple Orange Ginger

**Salad In A Cup**

Carrots Cucumber Ginger Spinach Beet

Apple Pineapple Parsley Celery

**Spicy Apple**

Apple Ginger Cinnamon Pineapple

**System Restart**

Apple Carrots Beet Ginger

**SUPPLEMENT ADD ONS**

Almond Butter - Bcaa -Cayenne Pepper - Chia Seeds - Cinnamon - Flaxseeds - Ginger- Ginseng - Hemp Seed - Lemon- Moringa- Multi Vitamin Powder (Vegan) - Protein Powder (Vegan) - Peanut Butter -Shredded Coconut- Spirulina - Turmeric -Wheatgrass

*Acai Bowls \$13.99*

*Drizzle Sweetener: Agave, Honey or Maple Syrup*

**Aloha Bowl**

Acai Strawberry Pineapple Banana Base. Topped with Strawberry Banana Granola and Coconut Shreds

**Passion Fruit Acai Bowl**

Acai Strawberry Banana Passion Fruit Base. Topped with Banana Blueberry Granola and Coconut Shreds.

**PB&J Acai Bowl**

Acai Banana Blueberry Raspberry Strawberry Peanut Butter Base. Topped with Granola Strawberry and a scoop of Peanut Butter

**Create Your Own Acai Bowl**

Acai Strawberry Banana Mango Base.

*Choose 5 Toppings: Banana Strawberry Blueberry Raspberry Pineapple Cranberry Granola Oatmeal and Shredded Coconut.*

*Fruit Smoothies*  
\$7.99 16oz | \$8.99 24 oz

*Pick Sweetener: Honey Agave Dates or Sugar*

**Aventura Cooler**

Blueberry Strawberry Raspberry Banana Orange Juice

**Crushed Berries** Blueberry Strawberry Raspberry.

**Caribbean Twist** Banana Pineapple Mango Coconut Milk

**Colada Breeze** Pineapple Banana Coconut Milk

**Coco Peach** Peach Coconut Milk Mango Banana

**Ginger Berry** Spinach Raspberry Banana Ginger Orange Juice

**House Smoothie** Blueberry Pineapple Banana Strawberry

**Main Squeeze** Strawberry Banana Mango

**Mango Berry** Mango Strawberry Pineapple

**Pink Peach** Peach Mango Pineapple Strawberry

**Pb & J** Blueberry Raspberry Strawberry Peanut Butter

**Papaya Mango** Papaya Mango Coconut Milk

**Passion Fruit** Passion Fruit & Water

**Soursop** Soursop & Coconut Milk

**Sweet Kale** Kale Lemon Mango Apple

**Summer Daiquiri** Strawberry Banana Pineapple Mango

**Tropical Green**

Spinach Coconut Milk Orange Lemon Pineapple Mango

*Protein Shakes \$9.99 24oz*

*\*Vegan Protein Extra Charge*

**Avocado Shake**

Avocado Spinach Coconut Milk Blueberry Chia Seed Cinnamon Protein Powder

**Banana Power Shake**

Banana Coconut Milk Dates Protein Powder

**Berry Shake**

Banana Blueberry Raspberry Strawberry Protein Powder

**Grandma Marie Coffee Shake**

Dates Peanut Butter Coffee Cinnamon Coconut Milk

**Granola Crunch Shake**

Granola Almond Milk Banana Protein Powder

**Meal Replacement Shake**

Banana Dates Peanut Butter Coconut Milk Protein Powder

*Health Shots*

**Booster Shot 4oz** Wheatgrass Mint Pineapple \$6

**Flu Shot 4oz** Ginger Lemon Honey \$6

**Ginger 2oz** \$6

**Hot & Spicy 4oz** \$6

Ginger Lemon Pineapple Cayenne Pepper

**Wheatgrass 2oz** \$6

**Wheatgrass & Ginger 2oz** \$6

*Lemonade*  
\$6.99 16oz | \$7.99 24oz

**Classic Lemonade**

**Blueberry Lemonade**

**Strawberry Lemonade**

**Miami Lemonade**

Apples Lemon Ginger Strawberry Pineapple Orange Juice

**Tropical Lemonade**

Lemon Orange Mango Pineapple

*Breakfast*

*All Breakfast Is Served with Once Choice Of Either: Israeli Salad, House Salad or French Fries*

**Breakfast Wrap..... \$12.99**

Three Eggs, Mozzarella Cheese, Avocado, Tomato, Pesto.

**Breakfast Panini ..... \$12.99**

Three Eggs, Tomato, Avocado, Mozzarella Cheese, or Cheddar Cheese.

**Egg Pita Sandwich ..... \$12.99**

3 Eggs, Tomato, Mozzarella Cheese in White or Whole Wheat Pita.

**Green Eggs Omelette Wrap ..... \$13.99**

4 Egg White, Spinach, Broccoli, Kale, Ginger, Parsley, Avocado in Whole Wheat, or White Pita.

**Main Squeeze Omelet..... \$13.99**

Three Eggs, Tomato, Peppers, Onion, Turkey, Feta Cheese with White or Whole Wheat Pita.

**Middle Eastern Breakfast Platter..... \$14.99**

Falafel, Hummus, Eggs Made Your Way and White or Whole Wheat Pita Bread.

**Power Wrap..... \$14.99**

4 Egg White, Spinach, Turkey, Avocado.

*Pasta*

**Alfredo Chicken Pasta \$17.99 | Alfredo Shrimp \$23.99 | Alfredo Salmon \$23.99**

Sautéed Bell Peppers Classic Alfredo Sauce Penne Pasta

**Double Alfredo Pasta ..... \$29.99**

Pick two out of Chicken Shrimp Salmon Bell Peppers Classic Alfredo Sauce Penne Pasta

**Jerk Chicken Pasta \$17.99 | Jerk Shrimp \$23.99 | Jerk Salmon \$23.99**

Sautéed Bell Peppers Jerk Alfredo Sauce Penne Pasta

**Double Jerk Pasta ..... \$29.99**

Pick two out of Chicken Shrimp Salmon Bell Peppers Jerk Alfredo Sauce Penne Pasta

*Burgers*

*All Burgers are Served with a Side of French Fries*

**BBQ Burger..... \$16.99**

Beef Burger on A Brioche Bun Cheddar Cheese Bacon BBQ Sauce Jalapenos and Crispy Onion

**Beyond Vegan Burger ..... \$16.99**

Beyond Burger on A Brioche Bun Vegan Mayonnaise Red Onion Lettuce Tomato Vegan Cheese.

**Mind Blown Vegan Crab Cake Burger .. \$14.99**

Mind Blown Vegan Crab Cake on a Brioche Bun Lettuce Tomato Pickle and Chipotle Sauce

**Chicken Burger..... \$16.99**

Grilled Or Crispy Chicken Tender Lettuce Tomato Onion Mayonnaise on A Brioche Bun

**Classic Cheeseburger ..... \$16.99**

Beef Burger on A Brioche Bun American Cheese Tomato Onion Pickles Ketchup Mustard and Mayonnaise

**Main Squeeze Burger ..... \$16.99**

Beef Burger on A Brioche Bun Lettuce American Cheese Tomato Onion Pickles Mayonnaise Bacon Jalapeno Mushroom Avocado.

**Spicy Chipotle Burger ..... \$16.99**

Beef Burger Crispy Onion Bacon Lettuce Tomato Chipotle Cheddar Cheese on A Brioche Bun

**Veggie Burger ..... \$16.99**

Veggie Vegan Burger Mayo Mustard Lettuce Tomato Onion on A Brioche Bun