

Bagels

1 CHOOSE A BAGEL \$ 1.25

- Plain
- Whole Wheat
- Raisin
- Garlic
- Onion
- Asiago Cheese
- Blueberry
- Sesame
- Poppy
- Multi Seed
- Chocolate
- Jalapeño

2 CHOOSE A SPREAD

- Cream Cheese \$.95
- Low Fat Cream Cheese
- Hummus

Flavored Cream Cheese \$ 1.25

- Smoked Salmon
- Sun-Dried Tomato
- Jalapeño
- Strawberry
- Honey Raisin
- Herb

3 CHOOSE YOUR ADDITIONS

- Pesto \$.55
- Lettuce
- Olives
- Cucumber
- Red Onion
- Spinach
- Sprouts
- Capers
- Tomato
- Banana
- Butter
- Honey
- Jam
- Nutella
- Peanut Butter
- Falafel \$.95
- Feta Cheese
- Sun-Dried Tomato
- Cheddar Cheese
- Avocado \$ 1.25
- Roasted Pepper
- Roasted Eggplant
- Tofu \$ 2.25
- Egg Salad
- Chicken Salad
- Smoked Salmon
- Roast Beef
- Turkey
- Tuna Salad
- Mayonnaise
- Pepperoncini
- Mustard
- Hot Sauce

SPECIALTY BAGELS

(No Substitutions)

- A** Tofu, hummus \$ 4.95
& sun-dried tomato
- B** Herb cream cheese, . . \$ 3.95
sun-dried tomato & spinach
- C** Roasted eggplant, . . . \$ 3.95
pesto, feta & tomato
- D** Tofu, spinach, \$ 4.75
tomato & lettuce
- E** Sun-dried tomato, . . . \$ 3.95
lettuce, pesto & feta
- F** Hummus, falafel, \$ 3.95
tomato & lettuce
- G** Tuna, Herb \$ 5.55
cream cheese, tomato & lettuce
- H** Avocado, feta cheese, \$ 4.25
pesto & tomato
- I** Chicken salad, \$ 4.45
tomato & lettuce
- J** Turkey, avocado, . . . \$ 5.55
lettuce & tomato
- K** Tuna Melt, \$ 4.45
tuna & cheddar
- L** Roast Beef, cheddar, . \$ 5.55
lettuce & tomato

Belgian Waffles

Original Waffle \$ 4.75

Blueberry Waffle \$ 5.50

Strawberry & Nutella Waffle \$ 6.50

Banana & Nutella Waffle \$ 6.50

Triple Chocolate Waffle \$ 6.50

Toppings \$ 1.25

Mixed berries, banana, vanilla frozen yogurt,
fruit salad, fresh strawberry (seasonal)

More Toppings \$ 0.75

Granola, almonds, chocolate chips, Nutella,
chocolate sauce, sprinkles (chocolate or rainbow)

Condiments...

Syrup, whipped cream, powdered sugar

Fresh Squeezed



**ORANGE, CARROT, PINEAPPLE,
APPLE, BEET & CUCUMBER**

SINGLE OR BLEND OF 2 JUICES

Small \$ 3.25 Medium \$ 3.75 Large \$ 5.25

ADDITIONAL BLENDS \$.50 *more per juice*

EXTRAS

Ginger 1oz shot \$ 1.50

Lemon 1oz shot \$.50

WHEAT GRASS (shots)

Single \$ 1.95 Double \$ 3.50

ORANGE JUICE CHASER 2oz shot \$.50

COFFEE

Small \$ 1.75 Large \$ 2.00

HOT TEA (organic) \$ 1.75

Frozen Yogurt

Small	\$ 2.25	Medium	\$ 2.75	Large	\$ 3.25
WAFFLE CONE				\$ 2.75
FRESH FRUIT w/ FROZEN YOGURT	..				\$ 4.50
TOPPINGS				\$.75
Oreo bits, sprinkles (rainbow or chocolate), chocolate raisins, granola, chocolate chips, M&M's, peanut butter cups, almonds, cookie dough, gummy bears, brownie bites, mochi, chocolate sauce					
MIXED BERRIES				\$1.25

Fro-Yo Shakes

Small	\$ 3.25	Large	\$ 4.25
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Whips

ORANGE	Small	\$ 3.75	Large	\$ 4.75
Fro-yo and fresh orange juice				
PINEAPPLE	Small	\$ 3.75	Large	\$ 4.75
Fro-yo and pineapple juice				

Pita Pocket

(no substitutions)

- 1 Falafel Pita \$ 4.95**
Falafel, hummus, tomato & cucumber tahini salad
- 2 Roasted Veggie Pita \$ 6.50**
Roasted tomato w/ garlic, roasted eggplant and roasted bell pepper
- 3 Veggie Pita \$ 6.50**
Avocado, sprouts, lettuce, tomato and cucumber
- 4 Tuna Salad Pita \$ 6.75**
Tuna salad, lettuce and tomato
- 5 Chicken Salad Pita \$ 6.75**
Chicken salad, lettuce and tomato
- 6 Turkey Pita \$ 6.75**
Turkey, avocado, lettuce, tomato and onion
- 7 Roast Beef Pita \$ 6.75**
Roast beef, lettuce, tomato and onion

Smoothies

\$ 4.75

Haight Ashbury

Spinach, wheat grass, celery, ginger, pineapple and orange juice

Sausalito

Pineapple, mango, Greek yogurt and pineapple juice

Embarcadero

Fresh kale, strawberries, blueberries, raspberries, pomegranate and cranberry juice

Green Gator

Fresh spinach, banana, peanut butter, and almond milk

Golden Gate

Pineapple, coconut, bananas and orange juice

Cable Car

Bananas, strawberries and orange juice

Ghirardeli

Bananas, strawberries, low fat milk, and nonfat frozen yogurt

Chinatown

Cantaloupe, honeydew, strawberries, bananas, cran-raspberry and apple juice

Wharf

Strawberries, bananas, low fat milk, carob powder, almonds

Alcatraz

Strawberries, bananas, and passion-orange-guava juice

Sunset

Raspberries, blueberries, apricots, peaches and cranberry juice

Coit Tower

Peanut butter, bananas, chocolate milk, nonfat frozen yogurt

The Mission

Mangoes, bananas, nonfat frozen yogurt, passion-orange-guava juice

Baker Beach

Peaches, raspberries, bananas, orange juice, and nonfat frozen yogurt

Lombard

Raspberries, blueberries, apricots, peaches, cranberry juice, soy milk and nonfat frozen yogurt

Pacific

Strawberries, raspberries, blueberries, pomegranate and cranberry juice

Victorian

Strawberries, bananas, orange juice, soy milk and nonfat frozen yogurt

Additions

Boosts	\$.65
Granola	\$.65
Greek Yogurt	\$ 1.25
Peanut Butter	\$.75
Frozen Yogurt	\$.75
Fresh Spinach	\$ 1.00
Fresh Kale	\$ 1.00
Ginger Shot	\$ 1.50
Almond Milk	\$.65
Soy Milk	\$.65
Celery	\$ 1.00
Ginger	\$ 1.25
Wheat Grass	\$ 1.25
Wheat Grass Shot	\$ 1.95
Avocado	\$ 1.00
Cucumber	\$ 1.00
Beet Juice	\$.75
Acai	\$ 1.95

Combo Plates

(no substitutions)

ARAM COMBO \$ 5.95

Choice of two kinds of arams w/small salad (add chicken \$1)

1/2 PITA & SOUP COMBO \$ 6.95

Choice of Pita Sadwich and Soup of the Day

PIE COMBO \$ 6.50

Choice of toasted savory pie w/small salad

DELUXE MAZZA PLATE \$ 6.50

Hummus, falafel, dolmas, feta cheese, tabouli, greek salad and pita bread

Toasted Savory Pies

\$ 4.95

MIXED VEGGIES

SPINACH & FETA

SPINACH & MUSHROOM

BROCCOLI & MUSHROOM

MUSHROOM, PESTO & FETA

Aram Wraps

TURKEY \$ 4.95

Herb cream cheese, sliced turkey, lettuce, tomato and cucumber

SUN DRIED TOMATO TURKEY \$4.95

Sun dried tomato cream cheese, turkey, lettuce, cucumber & sun dried tomato

TOFU (VEGAN) \$ 4.95

Tofu, red cabbage, carrots, cucumber, jalapeno, cilantro and sesame ginger dressing

VEGETARIAN \$ 4.25

Herb cream cheese, lettuce, tomato, cucumber and spinach

JALAPEÑO TURKEY \$ 4.95

Jalapeño cream cheese, sliced turkey, lettuce and tomato

ROAST BEEF \$ 4.95

Herb cream cheese, Roast Beef, lettuce, tomato and cucumber

FALAFEL \$ 4.95

Falafel, tahini sauce, hummus, tomato, cucumber and lettuce

ROASTED VEGGIES \$ 4.95

Roasted eggplant, hummus, tomato, bell pepper, carrot and zucchini (seasonal)

CHICKEN CAESAR \$ 5.95

Chicken breast, romaine, parmesan cheese and caesar dressing

BUFFALO CHICKEN \$ 5.95

Chicken breast, romaine, sharp and jack cheese, ranch and buffalo sauce

Yogurt Bowls

\$4.50

(no substitutions)

SWEET

- **BERRYLICIOUS**

Greek yogurt, granola, seasonal berries, honey

- **PB&J**

Greek yogurt, peanut butter, cherry jam, roasted peanuts

- **GO BANANAS**

Greek yogurt, bananas, candied walnuts, maple syrup

- **TROPIC THUNDER**

Greek yogurt, pineapple, coconut, almonds, agave

- **STRAWBERRY SHORTCAKE**

Greek yogurt, strawberry, shortbread crumble, agave

SAVORY

- **MARGARITA**

Greek yogurt, tomato, basil, olive oil

- **MANGO TANGO**

Greek yogurt, avocado, mango, jalapeño, lime, olive oil

- **THE GREEK**

Greek yogurt, cucumber, kalamata olives, feta, tomato, olive oil

- **THE ITALIAN**

Greek yogurt, sun-dried tomato, feta, pine nuts, oregano, olive oil