



## GREAT FOOD STARTS HERE!

Try one of our recipes, or create your own below

enjoy as a  
**SALAD**  
**\$6.95**  
(freshly-tossed)

vegetable broth  
**BOWL**  
**\$7.95**  
(like a hot soup)

in a tortilla  
**WRAP**  
**\$7.95**  
(buritto-esque)

## FARM FRESH FAVORITES

### THE SUNSET

Avocado, kale, corn, baby spinach, grilled zucchini, roasted red peppers, feta cheese & fresh herbs with mango vinaigrette

### THE HAIGHT

Spinach, chicken, chickpeas, feta cheese, brown rice, broccoli, grape tomatoes & fresh herbs with lemon tahini sauce

### THE MISSION

Chunked tuna, with romaine hearts, avocado, roasted potatoes, corn, jicama & red onions with a lemon-herb vinaigrette

### THE CASTRO

Quinoa, kale, spinach, squash, black beans, grape tomatoes, feta cheese & fresh herbs with a mild harissa sauce

### THE FILLMORE

Romaine hearts, with chicken, mandarin oranges, celery, carrots, fresh herbs, red onions, wontons and sesame ginger dressing

### THE RICHMOND

Lentils, brown rice and kale, with roasted red peppers, roasted zucchini, carrots, feta cheese & fresh herbs in lemon tahini sauce

### THE MARINA

Spring mix, romaine hearts, with chicken, cherry tomatoes, red onions, bacon, hard-boiled egg & ranch dressing

## BUILD YOUR OWN

**SALAD**  
**\$6.95**

**BOWL**  
**\$7.95**

**WRAP**  
**\$7.95**

**FARM FRESH UNDERGROUND**  
Choose up to Eight (8) Items to Create your own:  
**SALAD**  **WRAP**  **HOT BOWL**

<b>GREENS</b>	<b>FRUITS &amp; VEGGIES</b>
<input type="checkbox"/> Spinach	<input type="checkbox"/> Carrots
<input type="checkbox"/> Kale	<input type="checkbox"/> Cucumbers
<input type="checkbox"/> Spring Mix	<input type="checkbox"/> Mandarin Oranges
<input type="checkbox"/> Romaine	<input type="checkbox"/> Red Bell Peppers
<input type="checkbox"/> Arugula	<input type="checkbox"/> Red Onions
<b>GRAINS, SEEDS, &amp; LEGUMES...</b>	<input type="checkbox"/> Jicama
<input type="checkbox"/> Quinoa	<input type="checkbox"/> Roasted Beets
<input type="checkbox"/> Brown Rice	<input type="checkbox"/> Roasted Peppers
<input type="checkbox"/> CROUTONS	<input type="checkbox"/> Roasted Potatoes
<input type="checkbox"/> Lentils	<input type="checkbox"/> Butternut Squash
<input type="checkbox"/> Black Beans	<input type="checkbox"/> Grilled Zucchini
<input type="checkbox"/> Chickpeas	<input type="checkbox"/> Apples
<input type="checkbox"/> Edamame	<input type="checkbox"/> Avocado
<input type="checkbox"/> Wontons	<input type="checkbox"/> Broccoli
<input type="checkbox"/> Pumpkin Seeds	<input type="checkbox"/> Cherry Tomatoes
<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Dried Cranberries
<b>DRESSINGS</b>	<input type="checkbox"/> Kalamata Olive
<input type="checkbox"/> LIGHT	<input type="checkbox"/> Celery
<input type="checkbox"/> Mild Harissa	<input type="checkbox"/> Fresh Herb Blend
<input type="checkbox"/> Sesame Ginger	<b>DAIRY</b>
<input type="checkbox"/> Classic Caesar	<input type="checkbox"/> Feta Cheese
<input type="checkbox"/> Classic Ranch	<input type="checkbox"/> Blue Cheese
<input type="checkbox"/> Garlic Vinaigrette	<b>EXTRAS</b>
<input type="checkbox"/> Mango Vinaigrette	<input type="checkbox"/> Chicken \$2.00
<input type="checkbox"/> Lemon Tahini	<input type="checkbox"/> Tuna \$2.00
<input type="checkbox"/> Lemon Herb	<input type="checkbox"/> Baked Egg \$1.00
	<input type="checkbox"/> Tofu \$1.75

**Step 1:** Grab an order form and a pen



**Step 2:** Choose to have a Salad, Wrap or Hot Bowl

**Step 3:** Select any array of up to Eight (8) items from the list

**Step 4:** Add on any EXTRAS and turn in your form

## PANINI SANDWICHES

Cast-Iron grilled on ciabatta bread  
With a side salad or small soup | Add \$2.95

**Tuscan Grilled Cheese \$5.50**  
Three cheeses with a sun-dried tomato spread

**Italian Chicken \$6.95**  
Chicken, with provolone cheese, tomatoes, red onions & basil pesto

**Turkey, Bacon & Brie \$6.95**  
Turkey breast, with bacon, melted brie, arugula & house dressing

**Portobello & Fontina \$6.95**  
Thick-sliced portobello mushrooms, basil presto & fontina cheese

## FRESH JUICES & JUICE BLENDS

12oz **\$3.95** 16oz **\$4.50**

**Apple, Carrot, or Orange | Carrot & Apple | Pineapple, Orange & Carrot**

12oz **\$4.50** 16oz **\$5.50**

**Sweet Beet** | Carrot, Pineapple, Apple & Beet  
**Spiced Citrus** | Pineapple, Orange, Apples, Carrot, Lemon & Ginger  
**Strawberry Fields** | Strawberries, Orange, Apples & Lemon  
**Green Zing** | Kale, Parsley, Celery, Apple, Carrot, Lemon, Cucumber & Ginger

## SOUPS

**Always Serving Vegan and Vegetarian options!**

Check with the Barista for today's choices

**Large Bowl with Bread \$4.50 Ala Carte \$2.95**

## GRANOLA BOWLS

### GIANTS

Whole grain oats, sunflower seeds, raisins, coconuts, almonds, dried cranberries, unsalted butter, honey, cinnamon

### GATORS

Whole grain oats, pumpkin seeds, dried mulberries, coconuts, dried blueberries, agave nectar, maple syrup, and sunflower oil

### WARRIORS

Whole grain oats, dark chocolate, coconuts, almonds, dried cherries, unsalted butter, honey, and maple syrup

With plain Greek or strawberry yogurt, or organic milk (regular, soy or almond) **\$4.50**

**Seasonal Fresh Fruit \$1.00**

## ALL-DAY BREAKFAST SANDWICHES

### Egg & Cheese \$3.95

Two eggs & melted cheddar cheese on ciabatta

### Bacon, Egg & Cheese \$5.50

Two eggs, bacon, and Monterey Jack on ciabatta

### Mediterranean \$4.95

Two eggs, spinach, feta cheese & pesto on ciabatta

### Sausage, Egg & Cheese \$5.50

Two eggs, sausage, and Monterey Jack on ciabatta



**CHECK OUT OUR SPECIALTY COFFEE & TEA MENU**

