## Smoothies

<table>
<thead>
<tr>
<th>Smoothie</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>EMBARCADERO</td>
<td>Fresh kale, strawberries, blueberries, raspberries, &amp; cranberry juice</td>
</tr>
<tr>
<td>GREEN GATOR</td>
<td>Fresh spinach, banana, peanut butter &amp; almond milk</td>
</tr>
<tr>
<td>ALCATRAZ</td>
<td>Strawberries, bananas &amp; passion-orange-guava juice</td>
</tr>
<tr>
<td>PACIFIC</td>
<td>Strawberries, raspberries, blueberries, &amp; cranberry juice</td>
</tr>
<tr>
<td>GHIRARDELLI</td>
<td>Bananas, strawberries, &amp; low fat milk</td>
</tr>
</tbody>
</table>

## Fresh Squeezed Juices

<table>
<thead>
<tr>
<th>Juice</th>
<th>Small</th>
<th>Medium</th>
<th>Large</th>
</tr>
</thead>
<tbody>
<tr>
<td>SAFARI COOLER</td>
<td>5.25</td>
<td>6.25</td>
<td>7.25</td>
</tr>
<tr>
<td>DESERT BREEZE</td>
<td>5.25</td>
<td>6.25</td>
<td>7.25</td>
</tr>
<tr>
<td>LEMONADE</td>
<td>3.75</td>
<td>4.25</td>
<td>4.95</td>
</tr>
<tr>
<td>CREATE YOUR OWN</td>
<td>4.25</td>
<td>5.25</td>
<td>6.25</td>
</tr>
</tbody>
</table>

**Additions**

- Ginger: 1 oz - $2.00
- Lemon: 1 oz - $0.55
- OJ Chaser: 2 oz - $0.55

## Salads

(No substitutions)

<table>
<thead>
<tr>
<th>Salad</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>CAESAR</td>
<td>7.25</td>
</tr>
<tr>
<td></td>
<td>Romaine, croutons, parmesan &amp; Caesar dressing</td>
</tr>
</tbody>
</table>
### Bagels

**Choose a Bagel**
- Plain
- Asiago Cheese
- Jalapeno
- Whole Wheat

<table>
<thead>
<tr>
<th>Bagel</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bagel with cream cheese</td>
<td>2.75</td>
</tr>
<tr>
<td>Avocado, feta cheese, pesto &amp; tomato</td>
<td>5.25</td>
</tr>
<tr>
<td>Turkey, avocado, tomato &amp; lettuce</td>
<td>6.75</td>
</tr>
<tr>
<td>Eggs, cheddar cheese &amp; turkey sausage or turkey bacon</td>
<td>5.75</td>
</tr>
</tbody>
</table>

### Ciabattas

(No substitutions)

<table>
<thead>
<tr>
<th>Ciabatta</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Spicy Chicken</strong></td>
<td>8.00</td>
<td>Chicken breast, red onion, tomato, cheddar cheese &amp; spicy aioli</td>
</tr>
<tr>
<td><strong>Vegetarian</strong></td>
<td>7.50</td>
<td>Avocado, lettuce, tomato &amp; cucumber</td>
</tr>
<tr>
<td><strong>Turkey Pesto</strong></td>
<td>8.75</td>
<td>Turkey, tomato, feta, avocado &amp; pesto</td>
</tr>
<tr>
<td><strong>Chipotle Chicken</strong></td>
<td>8.75</td>
<td>Chicken breast, jack cheese, sautéed onion, jalapeno, lettuce, tomato &amp; chipotle aioli</td>
</tr>
<tr>
<td><strong>T-BLT</strong></td>
<td>8.00</td>
<td>Turkey bacon, lettuce, tomato &amp; mayo</td>
</tr>
<tr>
<td><strong>Melt</strong></td>
<td>5.00</td>
<td>Melted cheddar cheese</td>
</tr>
</tbody>
</table>

### Breakfast Sandwiches

- **Breakfast Ciabatta**: 7.00 Eggs, turkey bacon & cheddar cheese on a ciabatta roll
- **Breakfast Bagel**: 5.75 Eggs, turkey sausage & cheddar cheese on any bagel

### Bowls

(No substitutions)

<table>
<thead>
<tr>
<th>Bowl</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Berrylicious</strong></td>
<td>5.50</td>
<td>Greek yogurt, granola, seasonal berries &amp; honey</td>
</tr>
<tr>
<td><strong>PBJ</strong></td>
<td>5.00</td>
<td>Greek yogurt, peanut butter, jam &amp; roasted peanuts</td>
</tr>
<tr>
<td><strong>Classic</strong></td>
<td>8.50</td>
<td>Acai, strawberry, banana, granola &amp; honey</td>
</tr>
</tbody>
</table>