

smoothies

CLASSIC BLENDS

16oz REG.

24oz LG.

8.49

10.49

Choose Low-fat Yogurt, Almond Milk or Coconut milk

WILD STRAWBERRY

Strawberries, kiwi lime

CARIBBEAN CRAZE

Bananas, strawberries

MAUI MANGO Protein

Mango, strawberries, bananas

TROPICAL THERAPY

Pineapple, coconut, kiwi lime

MANGO ME CRAZY

Mango, pineapple

BANGIN' BERRY

Pomegranate, raspberries, blueberries, bananas

ACAI ENERGY

Organic Acai, strawberries, bananas, blueberries, granola

ORANGE SUNRISE

Pineapple, strawberries, bananas, orange juice & yogurt

PEACH ON THE BEACH

Peaches, strawberries, mango, orange juice & yogurt

BANANA BERRY

Strawberries, bananas & yogurt

PURPOSE BLENDS

REG. 16 oz.

10.49

GOIN' GREEN

Fresh kale, spinach, mango & pineapple, yogurt
Energy Boost

PB PROTEIN

Peanut butter, bananas, cocoa, yogurt &
Protein Boost

BOOSTERS 1.49 each

(Can be added to Classic Blends)

* Energy * Protein *Immunity

YOGURT & FRUIT PARFAIT CUP \$6.95

Greek yogurt, blueberries, granola & honey

breakfast wraps & more

Our wraps are made with thin BakeSense, Lavash Roll-Ups

(120 Cal, 12g Carbs, 10g Protein, 7g Fiber)

Bacon, egg, & American cheese \$7.95

Pastrami, egg & Swiss cheese \$8.95

Sausage with salsa, egg & Cheddar cheese \$8.95

Onion, egg, peppers & Mozzarella cheese \$7.95

PANINI'S of the DAY \$7.95

Grilled on Gino's Fresh Italian Bread
(Coming Soon)

Hash Brown Potato \$1.50

Quiche Lorraine \$12.95

Classic French recipe with Bacon, eggs, onion, cream and Gruyere cheese in an individual pastry crust

Spinach Soufflé \$ 9.95

Individual serving of Spinach, egg, bacon, heavy cream and 4 cheeses baked inside puff pastry

acai bowls \$10.95 (Gluten free available upon request, additional fee)

Neto Granola, banana, strawberry, blueberry, coconut flakes and honey

Cheena Granola, strawberry, mango, kiwi, coconut flakes and honey

Nutty Granola, blueberry, banana, peanut butter and NUTELLA

salads, flatbreads & soup

SWEET PETE \$10.95

Arugula, toasted almonds, golden raisins, Parmesan cheese, lemon & olive oil

BEET SALAD 10.95

Mixed Greens with beets & mushrooms dressed in blood orange dressing

KALE SALAD \$10.95

Chopped kale with green olives, shallot, honey, basil, Pecorino Romano cheese, lemon & olive oil

SPINACH SALAD \$12.95

Chopped Spinach with tomatoes, shallots, chopped jalapenos, toasted pumpkin seeds, oil & vinegar

JULIETA SALAD \$13.95

Mixed greens, Italian tuna, kalamata olives, capers, red onion, tomatoes dressed with balsamic vinegar

CLASSIC \$9.95 Tomato Sauce & Mozzarella

ROSA MAURGHERITA \$9.95 Fresh Mozzarella, tomato sauce & basil

TARTUFO \$16.95 Fontina cheese, Tartuffe slices topped with arugula

PAPS \$7.95 White with Mozzarella, choice of bacon or sausage, and a cracked egg

SMOKED SALMON AVOCADO \$11.95 Topped with goat and cream cheese, dill, red onion and arugula

SOUP of the DAY priced accordingly