

# Sandwiches & Wraps

<b>Turkey BLT</b>	<b>11.99</b>
Turkey, Lettuce, Tomato and Bacon Served as Wrap or Sandwich	
<b>California Club</b>	<b>12.99</b>
Our Turkey BLT with Avocado Served as Wrap or Sandwich	
<b>Grilled Shrimp Wrap</b>	<b>12.99</b>
Lettuce, Tomato & Dill Mayo	
<b>Chicken Caesar Wrap</b>	<b>11.99</b>
Grilled Chicken, Caesar Salad & Croutons	
<b>Chicken Salad</b>	<b>9.99</b>
Sandwich or Wrap	

## Hummus

served with house made chips, carrots and celery

Traditional Hummus	8.00
Black Bean	9.00
Cilantro Lime	8.00
Roasted Garlic	8.00

## Avocado Toast

<b>Classic</b>	<b>8.99</b>
Fresh Avocado seasoned with lemon juice and crushed red pepper on Sourdough	
<b>Bacon</b>	<b>10.99</b>
<b>Bacan and Tomato</b>	<b>10.99</b>
<b>Fried Eggs</b>	<b>10.99</b>
<b>Fried Eggs &amp; Bacon</b>	<b>11.99</b>

## Kids Menu

<b>Kids Grilled Cheese &amp; Fries</b>	<b>4.95</b>
<b>Kids Chicken Fingers &amp; Fries</b>	<b>4.95</b>
<b>Kids Mac n Cheese</b>	<b>4.95</b>
<b>Kids Smoothie.....</b>	<b>4.50</b>

# Chicken Sandwiches

## Chicken Parm Hoagie

Fried Chicken with Marinara and Mozzarella on Toasted Seeded Italian Bread  
**11.99**

## Chicken Milanese

Fried Chicken topped with Arugula & Cherry Tomatoes served on Sourdough Toast  
**11.99**

## Blackened Chicken Sandwich

Lettuce, Tomato & Mayo served on a Brioche Bun

4 oz .....\$9.99 6oz .....11.99

## Grilled Chicken Sandwich

Lettuce, Tomato & Mayo served on a Brioche Bun

4 oz .....\$9.99 6oz .....11.99

## House Special Chicken Cutlet Sandwich

Fresh Breaded Chicken Cutlet with Lettuce, Tomato, Pickles and Mayo served on Sourdough Toast  
**10.99**

## Green Smoothies

<b>House Special</b>	<b>9.00</b>
Our most popular. Fresh spinach, carrot & cucumber, sweetened w/ apple, banana, orange & coconut water	
<b>TropiKale</b>	<b>9.00</b>
Fresh kale, carrot & cucumber sweetened w/ pineapple, mango, banana & coconut water	
<b>Tropical Green</b>	<b>9.00</b>
Fresh spinach, carrot & cucumber sweetened w/ pineapple, orange, banana & coconut water	

## Fruit Smoothies

<b>Strawberry Banana</b>	<b>9.00</b>
<b>Mango Madness</b>	<b>9.00</b>
<b>Berry Bomb</b>	<b>9.00</b>
<b>Pineapple Orange</b>	<b>9.00</b>