

MORE SALADS

ROASTED ASPARAGUS & PESTO CHICKEN SALAD

Pesto chicken, tomatos, cucumbers, feta cheese, croutons and balsamic vinaigrette - 12.95

BLACKENED WILD SALMON SALAD

Blackened wild salmon, spring mix, red onions, jicama, papaya relish, crunchy wonton chips, and sesame vinaigrette - 13.95

CRAB LOUIE

Iceberg lettuce, tomato, avocado, and thousand island dressing - 13.95

BBQ CHICKEN SALAD

Grilled chicken, fresh romaine lettuce, corn, tomatoes, black beans, avocado, cheddar cheese, and ranch dressing - 12.75

GRILLED PESTO CHICKEN & FETA Cheese Salad

Pesto chicken, mixed greens, feta cheese, tomatoes, red onions, croutons, and balsamic vinaigrette - 12.75

CAESAR SALAD

Fresh romaine lettuce, Parmesan cheese, croutons, and a Caesar dressing - 9.25

MEDITERRANEAN SALAD

Mixed greens, kalamata olives, red onions, roma tomatoes, roasted bell peppers, cucumber, feta, cheese, croutons, and balsamic vinaigrette - 11.95

**Additional Proteins:

Chicken / \$2.95 / Shrimp \$3.25

SANDWICHES

CHEESEBURGER grilled all natural beef patty, mayo, lettuce, onion, tomato, your choice of cheese - 9.50

TURKEY OR VEGGIE BURGER mayo, lettuce, tomato, choice of cheese - 9.50

FRENCH DIP SANDWICH tri tip, wasabi aioli, ciabatta roll, au jus - 11.25

GRILLED PESTO CHICKEN & FETA SANDWICH ciabatta roll, sundried tomatoes, tomato aioli, red onion, lettuce, tomato - 11.25

SPICY CRISPY CHICKEN SANDWICH ciabatta roll, chipotle aioli, cabbage, jalapeno jack cheese - 11.50

TERIYAKI CHICKEN WRAP teriyaki sauce, mixed greens, smoked gouda, avocado, tomato, papaya - 11.50

GRILLED SHRIMP WRAP sriacha aioli, arugula, watercress, cream cheese, bacon, avocado, tomato, red onion - 12.25

CLUB SANDWICH turkey, bacon, avocado, sourdough, lettuce, mayo, and tomato - 11.25

PORTABELLO & BRIE PANINI on sourdough bread - 11.25

GRILLED CHICKEN & SMOKED GOUDA PANINI roasted red bell pepper, sour dough, basil - 11.25

TUNA SALAD SANDWICH on sour dough, tomato, lettuce, and red onion - 9.75

All Sandwiches come with tortilla chips and sliced pickle

Substitute: Fries \$2.50/Onion Rings \$3.00

SUSHI

CALIFORNIA ROLLS crab, cucumber, avocado - 9.95

NEW YORK ROLL smoked salmon, avocado, cucumber - 9.95

KIDS MENU

HOT DOG \$5.95

GRILLED CHEESE \$6.95

CHICKEN STRIPS \$8.95

CHEESE QUESADILLA \$6.95

CHICKEN TERIYAKI SKEWERS \$6.95

ORGANIC AND NON-GMO MENU

ORGANIC GRASS FED CHEESEBURGER American cheese, tomato, mixed greens on sprouted bread - \$11.50

ORGANIC SOFT CHICKEN TACOS salsa, mixed greens, cheese with wheat and corn tortillas - \$11.25

ORGANIC SOUTHWESTERN CHICKEN SALAD corn, black beans, cheese, salsa, mixed greens, and a citrus vinaigrette - \$13.25

GREEN SALAD mixed greens, tomatoes, carrots, and a citrus vinaigrette - \$8.75



CONTACT US

FOR TO GO ORDERS CALL
805-682-4722

BREAKFAST

BREAKFAST BURRITO eggs, bacon, cheese, flour tortilla served with salsa - 7.95

POWERFIT BURRITO eggs, quinoa, kale, jalapenos, flour tortilla, salsa - 8.95

POWERFIT SCRAMBLE eggs, quinoa, kale, jalapenos, flour tortilla, salsa - 9.25

MEXICAN SCRAMBLE eggs, pico de gallo, avocado, corn tortilla - 8.25

BREAKFAST SANDWICH eggs, cheese, bacon on toast - 7.25

FRENCH TOAST eggs, or bacon served with maple syrup - 7.95

2 EGGS AND 2 BACON served with toast - 7.95

SIDES

FRENCH FRIES 3.95

SWEET POTATO FRIES 4.25

ONION RINGS 4.50

HOT DRINKS

HOT CHOCOLATE 3.25

COFFEE 3.25

ESPRESSO 3.25

CAFÉ LATTE 3.25

CAFÉ MOCHA 3.25

CHAI LATTE 3.25

CHAI TEA 3.25

CAPPUCCINO 3.25

FRENCH VANILLA LATTE 3.25

FRENCH VANILLA MOCHA 3.25

FRENCH VANILLA CAPPUCCINO 3.25

DRINKS

Soda 2.95 Ice Tea 2.95

Pomegranate Ice Green Tea 2.95

Lemonade 2.95

Arnold Palmer 2.95

Sparkling Water 3.00

Honest Kids 2.50

Izze 3.00

Gatorade 3.00

Energy Drinks 4.00

Mango Smoothie 4.95

Strawberry Smoothie 4.95

Green Tea Smoothie 4.95

*Add Protein Powder 1.50

SNACKS

Chips 2.00

Energy Bars 4.00

Cookies 2.00

Drum Stick 3.00

Ice Cream Sandwich 3.00

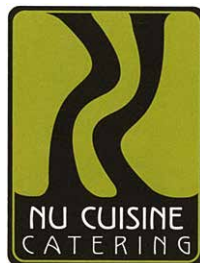
Italian Ice 3.00

Gluten Free Bread add \$1.75

Strawberry Smoothie 4.95

Green Tea Smoothie 4.95

*Add Protein Powder 1.50



NU CUISINE MENU

SALADS

ZESTY LIME CHICKEN SALAD

Spring mix, medjool dates, tomato, candied almonds, avocado, feta cheese, lime cilantro vinaigrette - 12.25

BLACKENED CHICKEN QUINOA & KALE SALAD

Blackened Chicken, corn, black beans, papaya, cucumber, tomato, cilantro, quinoa, feta cheese and an orange vinaigrette - 12.75

METABOLIZER SALAD

Kale, broccoli, celery, carrot, peanuts, edamame, cilantro, soba noodles and a peanut vinaigrette - 10.95

PROTEIN PUNCH SALAD

Quinoa, edamame, lentils, feta cheese, black beans, tomato, cucumber, celery and lemon vinaigrette - 11.50

KALE AND ARUGULA SALAD

Crisp Arugula, chickpeas, kale, golden raisins, walnuts, Parmesan cheese, and lemon vinaigrette - 11.25

ARUGULA BEET SALAD

Goat cheese, crisp arugula, pine nuts, beets, and balsamic vinaigrette - 11.75

SEARED AHI SALAD

Soba noodles, seared ahi tuna, cucumber, green onions, carrots, jicama, and sesame vinaigrette - 15.50

AMBER SALAD

Blackened chicken, corn, black beans, jicama, carrots, onion, tomatoes, cucumber, papaya, feta cheese, and citrus vinaigrette - 12.25