



smoothies

awaken your mind & body

Pomegranate Punch pomegranate-blueberry juice, non-fat frozen yogurt, blueberries, strawberries

Acai Extreme pure organic acai, blended with ice

Strawberry Banana Supreme strawberry juice, raspberry sorbet, strawberries, bananas

Mango Mania passion-orange-guava juice, mango sorbet, non-fat yogurt, mangos, bananas

Caribbean Splash passion-orange-guava juice, mango sorbet, mangos, strawberries

Kiwi Quencher kiwi juice, mango sorbet, strawberries

Tropical Peach peach juice, mango sorbet, peaches, pineapple

Pineapple Paradise pineapple juice, non-fat frozen yogurt, pineapples, strawberries, coconut cream

True Blue pomegranate-blueberry juice, non-fat frozen yogurt, blueberries, bananas

Raspberry Blast cranberry juice, raspberry sorbet, raspberries

Protein Power soy milk, non-fat frozen yogurt, strawberries, banana, protein fortifier

Chunky Monkey chocolate soy milk, non-fat frozen yogurt, bananas, peanut butter

Iced Cappuccino cappuccino, vanilla soy milk, frozen yogurt

Chai Tea chai, vanilla soy milk, non-fat frozen yogurt

Matcha Green Tea soy milk and non-fat frozen yogurt blended with matcha green tea



lite blendz

up to 50% less calories

strawberry-banana

peach-strawberry

passion-orange-guava-mango

pomegranate-blueberry

super smoothies

Avocados & Cream soy milk, non-fat frozen yogurt, avocado, bananas, coconut cream, agave nectar

Jolly Green Kiwi kiwi juice, raspberry sorbet, pineapple, spinach, wheatgrass

Acai Mega Berry pomegranate-blueberry juice, organic acai, blueberries, strawberries, raspberries

fresh squeezes

supreme squeezes

Cold Terminator ginger, carrots, oranges

Super Detox parsley, celery, spinach, carrots

Cholesterol Buster ginger, garlic, carrots, apples

Mega Energy carrots and parsley

Body Purifier carrots, cucumbers, beets

Digestive Cleanser spinach and carrots

freshly squeezed

orange

orange-carrot

carrot

apple

apple-carrot

100% pure fruit juices

acai

passion-orange-guava

peach

pomegranate-blueberry

cranberry

pineapple



fresh iced teas

organic iced tea, infused with 100% pure fruit juice

passion-orange-guava • pineapple • peach • cranberry

lemon • pomegranate-blueberry • acai

wheatgrass

freshly squeezed wheatgrass juice





healthy fare

fresh sandwiches (wrap or panini)

Turkey Club turkey breast, smoked ham, turkey bacon, lettuce, tomatoes, mozzarella cheese and low-fat ranch dressing

Asian Chicken chicken breast, lettuce, mandarin oranges, sliced almonds, crispy noodles and sesame vinaigrette

Spicy Chicken spicy chicken breast, cheddar cheese, lettuce, red onions, olives, jalapenos and salsa

Chicken Caesar chicken breast, lettuce, tomatoes, croutons, parmesan cheese, olives and caesar dressing

Veggie Extreme lettuce, tomatoes, green peppers, olives, cucumbers, feta cheese and raspberry vinaigrette

Mediterranean roasted chicken breast, lettuce, green peppers, olives, feta cheese and tzatziki sauce

Tuna Melt tuna, lettuce, tomatoes, cheddar cheese and fat-free mayo

Turkey Bacon Avocado turkey breast, turkey bacon, cheddar cheese, avocado, lettuce, tomatoes, red onions, low-fat ranch dressing

Turkey Pesto turkey, mozzarella cheese, tomatoes and pesto

The Portobello portobello mushrooms, mozzarella cheese, red peppers, red onions and balsamic vinaigrette

nutritious salads

Choose any of the above as a salad for a fresh and lite meal.

heartly soups

Ask our staff about the Soup of the Day. Our fresh & healthy soups have less than 5 grams of fat and are low in sodium.

kids meals

Choose any ½ wrap or panini, grilled cheese or peanut butter & jelly, and add any 12 oz drink.



healthy breakfasts

breakfast sandwiches

wrap or panini; available alone or as a combo with a smoothie or fresh squeeze

Healthy Start Breakfast eggs, ham or turkey bacon, cheddar cheese, salsa, tomatoes, red onions and green peppers

Early Bird Breakfast eggs, ham or turkey bacon, mozzarella cheese, tomatoes and fat-free mayo

bowls & parfaits

Acai Bowl organic acai, strawberries, banana and granola

Yogurt Parfaits strawberry-peach or blueberry-raspberry

Spiced Apple Oatmeal hot oatmeal mixed with fresh apples, cranberries and freshly squeezed apple juice, spiced with cinnamon and nutmeg



coffees & teas

espresso bar drinks

flavor shots include caramel, hazelnut, almond, chocolate vanilla, agave

freshly brewed coffee • americano • latte
mocha latte • cappuccino • espresso

hot teas

chai latte • assorted organic herbal teas

Grab n' Go

Super healthy salads, bars, bottled drinks and snacks.

Healthy Choices to Fit Your Unique Lifestyle

Vegetarian, vegan or just striving to live a healthier lifestyle? Substitute gar-dain™ faux chick'n for meat on any sandwich or salad. Gluten-free wraps are also available upon request. Ask us about our dairy-free menu options.