



pure smoothies

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

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

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

Kiwi Quencher kiwi juice, mango sorbet, strawberries

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

Tropical Peach peach juice, mango sorbet, peaches, pineapple

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

Raspberry Blast cranberry juice, raspberry sorbet, raspberries

Strawberry Banana Supreme passion-orange-guava juice, raspberry sorbet, strawberries, bananas

Protein Power* vanilla soy milk, non-fat frozen yogurt, strawberries, bananas, double shot of protein fortifier

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

Iced Cappuccino* vanilla soy milk, non-fat frozen yogurt, cappuccino

Request a pure smoothie as a lite blend with 1/3 less calories. *Not available as lite blends

super smoothies

Kale Pineapple pineapple juice, kale, pineapple, mangos, bananas

Avocados & Cream vanilla 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, strawberries, blueberries, raspberries

fresh squeezes

Cold Terminator oranges, carrots, ginger

Super Detox celery, spinach, carrots

Create Your Own Any mixture of oranges, carrots, apples, celery, cucumbers, beets, spinach, kale, ginger

100% pure fruit juices

Passion-orange-guava, Pomegranate-blueberry, Cranberry, Pineapple, Peach, Kiwi, Acai 3.05/3.48

Iced Teas

Iced Tea Organic tea unsweetened or sweetened with agave nectar or lemon juice

Infused Iced Tea Organic tea infused with any 100% pure fruit juice

Lemonade

Freshly squeezed lemon juice sweetened with agave nectar



Natural squeezes & 100% pure fruit juices

We start with fresh fruits and vegetables and use cold pressure to maintain 100% of their vitamins, enzymes and nutrients in every squeeze.

espresso bar

Freshly Brewed, Americano, Latte, Mocha, Espresso, Cappuccino, Chai Latte

Flavor Shots Caramel, Hazelnut, Almond, Vanilla, Chocolate, Agave

Hot Tea An assortment of organic tea is available



Our smoothies are 100% pure and delicious!

All of our smoothies are made with fresh fruit, 100% pure fruit juice with no added sugars, artificial flavors or preservatives.

fortifiers One free in every smoothie

**Energy
Whey/Soy Protein
Multi-Vitamin
Slim & Trim**

**Immune Support
Flaxseed
Wheatgrass +**

Wheatgrass

Wheatgrass cleanses, purifies and protects your bodies immune system. It contains 103 vitamins and minerals that boost energy, detoxify and free radicals



wrap, panini or salad - it's always your choice!

Turkey Cranberry

turkey breast, mozzarella cheese, romaine lettuce, mandarins, cranberries, walnuts, raspberry vinaigrette

Southwestern Fiesta

spicy chicken breast, cheddar cheese, *romaine lettuce, red onions, green peppers, black beans, salsa, jalapenos

Mediterranean

chicken breast, feta cheese *romaine lettuce, green peppers, olives, tzatziki sauce

Asian Chicken

chicken breast, romaine lettuce, mandarin oranges, sliced almonds, crispy noodles, sesame vinaigrette

Turkey Bacon Avocado

turkey breast, turkey bacon, cheddar cheese, avocado, *romaine lettuce, tomatoes, red onions, low-fat ranch dressing

*Lettuce not on panini

Chicken Caesar

chicken breast, parmesan, romaine lettuce, tomatoes, croutons, olives, caesar dressing

Turkey Pesto

turkey breast, mozzarella cheese, *romaine lettuce, tomatoes, pesto sauce

Portobello

portobello mushrooms, mozzarella cheese, *romaine lettuce, red peppers, red onions, balsamic vinaigrette

Kale Vegetarian

beets, feta cheese kale, tomatoes, red onions, red peppers, almonds, raisins, balsamic vinaigrette

Hummus

hummus, feta cheese, *romaine lettuce, tomatoes, cucumbers, red onions, red peppers, chick peas

Tuna Melt

tuna, cheddar cheese lettuce, tomatoes, fat-free mayo



Make it a meal

Save 10% on any drink with purchase of a wrap, panini or salad.

Vegetarian, vegan or just striving to live a healthier lifestyle? Substitute UnChicken for meat on any wrap, panini or salad. Gluten-free wraps or bread are available upon request. If you are sensitive to dairy to ask about our dairy-free menu options.

hearty soups

Our delicious and healthy soups have less than 5 grams of fat per serving.

kids combo *12yrs & under

Any half size wrap, panini, salad, or grilled cheese or pb&j with any 12oz drink



Try it Veggie! Substitute UnChicken on any wrap, panini or salad!



breakfast sandwiches

Healthy Start egg, turkey bacon, cheddar cheese, tomatoes, red onions, green, peppers, salsa

Early Bird egg, turkey bacon, mozzarella cheese, tomatoes, spinach, fat-free mayo

healthy & nutritious sides

Strawberry Peach Yogurt Parfait Strawberry and peach fruit slices layered with granola and yogurt

Blueberry Raspberry Yogurt Parfait Blueberry and raspberry fruit slices layered with granola and yogurt

Spiced Apple Oatmeal Bowl Oatmeal mixed with fresh apples, cranberries, freshly squeezed apple juice topped with cinnamon and nutmeg

