

Build your own BOWL \$9.25

(choose one from each category)

Choose a protein

chicken breast, steak, grilled tofu, chicken tenders, steak/chicken & shrimp (+\$2.95) shrimp (+\$3.95)

Choose a starch

white rice, brown rice, quinoa, soft noodles

Choose a sauce

cilantro-jalapeno (GF) 🌶️, pesto (GF), sweet orange-chile (GF) 🌶️, teriyaki, thai peanut 🌶️

Veggies included: carrots, red bell peppers, red cabbage, yellow onions, zucchini (broccoli and mushrooms also available)

Canola oil is used for frying – other oil available upon request

COLD WRAPS Full \$9.25 Half \$6.00

Baja Turkey—oven roasted turkey, Ortega chile, pepper jack, avocado, lettuce, tomato, house spread

California Cobb—oven roasted turkey, bacon, egg, avocado, cucumbers, blue cheese, lettuce, tomato, ranch dressing

Chicken Caesar—grilled chicken, romaine, croutons, shred parmesan, caesar dressing

Clubhouse—oven roasted turkey, honey ham, bacon, avocado, pepper jack, lettuce, tomato, ranch spread

Cold Veggie—spinach, cucumber, alfalfa & bean sprouts, avocado, pepper jack, lettuce, tomato, house spread 🌶️

Tuna Avocado—albacore tuna, avocado, lettuce, tomato – can be served grilled

- All wraps can be served **unwrapped** – on a bed of greens or on bread/bun/roll
- **Gluten free** (GF) (+.50) and **lettuce wraps** available
- You can **change the protein** on any wrap to grilled chicken breast, tri tip steak, grilled tofu, chicken tenders, shrimp (+\$3.95), shrimp/steak (+\$2.95) or shrimp/chicken (+\$2.95)

HOT WRAPS

Full \$9.25 Half \$6.00

BBQ Chicken Mango—chicken breast, mango, cheddar, spinach, tomato, tortilla strips, bbq sauce, ranch dressing

Black & Bleu Tri –Tip—tri-tip, bleu cheese, cheddar, lettuce, tomato, horseradish spread 🌶️

BLTA—bacon, avocado, lettuce, tomato, ranch

Buffalo Chicken—crispy buffalo chicken tenders, mozzarella, avocado, lettuce, tomato, bleu cheese dressing

Chicken Feta—chicken breast, sundried tomatoes, feta cheese, lettuce, ranch dressing

Chicken Pesto—pesto chicken breast, sundried tomato, red onions, roasted red peppers, lettuce, feta cheese, pesto sauce

Chipotle Chicken—crispy chicken, roasted red pepper, pepper jack, red onion, lettuce, tomato, chipotle spread 🌶️

Fajitas Wrap—tri tip steak or chicken, bell peppers, sautéed yellow onions, lettuce, tomato, cheddar cheese, side of sour cream, side of salsa 🌶️

Grilled Veggie—zucchini, onions, spinach, avocado, tomatoes, mushrooms, mozzarella, lettuce, marinara

Meat Lovers—bbq tri-tip and chicken breast, sautéed yellow onions, lettuce, tomato, cheddar, ranch dressing

Philly Cheesesteak—steak or chicken, bell peppers, sautéed yellow onions, lettuce, tomato, mozzarella, ranch spread

Santa Fe—chicken, bacon, lettuce, tomato, cheddar, feta, ranch spread

Teriyaki Chicken or Tri-Tip—teriyaki chicken breast or tri tip, sautéed carrots, zucchini, bell peppers, yellow onions, lettuce, teriyaki sauce

Thai Chicken—thai chicken breast, cucumber, bean sprouts, carrots, basil, lettuce, sesame seeds, thai peanut sauce 🌶️

Vera Cruz Beach—cajun chicken breast, bacon, corn, bell pepper, lettuce, tomato, cilantro, cheddar, salsa, house spread 🌶️

BURGER WRAPS

Full \$9.25 Half \$6.00

Avocado, Bacon & Cheese—bacon, avocado, cheddar, onions, lettuce, tomato, ranch spread

Baja Wrap—jalapenos, pepper jack, lettuce, tomato, chipotle spread 🌶️

Big Daddy—bacon, cheddar, avocado, lettuce, tomato, BBQ

Cowboy—bacon, ham, cheddar, crispy onions, lettuce, tomato, ranch spread

Texan—1 pound burger, bacon, cheddar, lettuce, tomato, ranch spread *Full \$10.75 Half \$7.00*

Build your own Burger—½ pound burger and your choice of: cheddar, pepper jack, swiss, mozzarella, american, feta, bleu, gorgonzola, mushrooms, avocado, red or yellow onions, pickles, jalapenos, pineapple, Ortega chile, salsa, pepperoncini, crispy onion strings, bacon, turkey, ham, and/or chicken.

Choice of Spreads: chipotle (GF) 🌶️, feta (GF), horseradish (GF) 🌶️, house (GF) 🌶️, pesto (GF), ranch (GF), thai peanut 🌶️, teriyaki, vegan (GF) 🌶️, gucca hummus (GF) 🌶️

HOUSEMADE SOUP & HUMMUS

\$4.75 Cup of soup with wrap chips

\$6.75 Bowl of soup with wrap chips

\$2.25 Guaca Hummus 🌶️ and wrap chips

Sides and Drinks

Add a side or fountain drink \$1.75

Meal deal: Add side + fountain drink \$2.25

Choice of Sides: french fries, sweet potato fries, soup, fruit, chips, side salad

🌶️ spicy (GF) gluten free

[Please note that we cannot guarantee that our menu items are free of nut allergens because we use shared equipment and kitchen areas for our food prep]

SPECIALTY SALADS \$9.25

All salads served on a bed of greens

We serve our salad dressings on the side, please select your favorite dressing from our salad bar!

Asian Chicken – chicken breast, peanuts, sesame seeds, mandarins, cranberries, crispy noodles

Balsamic Chicken – chicken breast, glazed walnuts, gorgonzola crumbles, cranberries, and mandarin oranges

BBQ Chicken – BBQ chicken tenders, bacon, cheddar, pineapple, tomato, corn, and cilantro

BBQ Chicken Mango – BBQ chicken breast, spinach, mango, avocado, and red onion

Buffalo Chicken – buffalo chicken tenders 🌶️ bleu cheese, avocado, celery, tomatoes

Caesar (with or without chicken) – croutons, shaved parmesan and caesar dressing

California Cobb – oven roasted turkey or chicken, egg, bacon, blue cheese, tomato, cucumber and avocado

Cajun Chicken – cajun chicken 🌶️ egg, cheddar, tomato, cucumber, and avocado

Crispy Chicken, Feta and Glazed Walnut - chicken tenders, feta, glazed walnuts, mandarins, and cranberries

Pear & Warm Tri-Tip – tri-tip, gorgonzola crumbles, glazed walnuts, shaved parmesan, sliced pear, cranberries

Santa Fe Chicken (or steak) – tri-tip, mango, corn, avocado, cilantro, tortilla strips, cheddar and mozzarella cheese, black beans

Southwest Chicken – BBQ chicken breast, cheddar cheese, corn, avocado, cilantro, and tortilla strips

Build your own salad from our fresh salad bar \$0.49/ounce

BREAKFAST WRAP Full \$8.50 Half \$5.00

Can be served “unwrapped” as a breakfast bowl

ABC– 3 eggs, bacon, hash browns, mozzarella, avocado, served with our fire-roasted salsa 🌶️

Breakfast Burrito– 3 eggs, choice of: sausage, bacon, steak or ham, with hash browns, mozzarella, served with our fire-roasted salsa 🌶️

Denver– 3 eggs, bell peppers, onions, honey ham, hash browns, mozzarella, with fire-roasted salsa 🌶️

Vegan Breakfast 🌱 - Tofu, hash browns, spinach, tomatoes, bell peppers, onions on a vegan wrap served with our fire-roasted salsa 🌶️

YOGURT PARFAITS \$4.75

Includes vanilla and strawberry yogurts, with strawberries, blueberries, raspberries, and granola (can substitute banana, mango, peaches, raisins, & chocolate chips)

ACAI BOWLS \$9.25

Includes acai roots sorbet, strawberries, blueberries, raspberries, banana, coconut flakes, peanut butter, granola and agave (can substitute mango, peaches & honey)

SMOOTHIES AND DRINKS

SMOOTHIES \$4.95

Mango, Blueberry, Strawberry, Raspberry, Strawberry/ Mango, Summer Peach, Banana, Everything, and Green smoothies

Protein boost +\$2.50 Acai +\$2.00

BEVERAGES \$1.95-\$2.75

Coffee / Iced Tea

Fountain Drinks

Bottled Soda / Bottled Water



Mon–Sat: 8 am to 8 pm

Sunday: 8 am to 7 pm

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