

BETTER SMOOTHIES

all smoothies are sweetened with natural honey and made with **REAL** fruit

PICK YOUR BASE: 1% milk, organic oat milk, almond milk or orange juice

PEANUT BUTTER & JELLY 8 natural peanut butter and blueberries

MATCHA LOVE 8 organic matcha green tea, pineapple and banana

SKINNY MINNY 7.5 strawberries and banana

JITTER BUG 7.5 coffee blend

PEANUT BUTTER & JAM 8 natural peanut butter and strawberries

MANGO MADNESS 8 organic mangoes, granola and oats

ALOHA 8 pineapples, strawberries and blueberries

BLANANA 7.5 banana and blueberries

BERRY BLAST 7.5 strawberries and blueberries

GREEN MONKEY 7.5 spinach and banana

NUTTY PROFESSOR 8 natural peanut butter and banana

TRIPLE BERRY 8.5 organic acai berries, strawberries and blueberries

ALMOND JOY 8.5 almond butter, cinnamon and unsweetened coconut

ADD INS: vanilla or chocolate whey 1.5
vegan protein 2.5
unsweetened coconut 1
vita boost 1.5
fiber 1.5
mct oil 1.5
oats (contains gluten) 1

natural peanut butter 1.5
organic almond butter 2
granola (contains gluten) 1.5
organic mango 1.5
additional fruit 1
matcha tea 1
spinach 1
chia seeds 1



COLD BOWLS

ACAI-YOU BOWL 12.5
organic acai topped with sliced banana, raw almonds, granola and honey drizzle

NUTTY BOWL 13
organic acai topped with sliced banana, natural peanut butter, granola and honey drizzle

COCO CRAZE BOWL 12.5
organic acai topped with sliced banana, granola, unsweetened coconut flakes and honey drizzle



BREAKFAST

EBC 9
egg whites, turkey bacon and cheddar cheese served in a whole wheat wrap

AVOCADO TOAST 8.5
mashed avocado on 2 pieces of multi-grain toast

COLD OATMEAL 7
overnight oats, granola, sliced banana, honey and protein

STEAK AND EGGS 11
grilled steak and egg whites

PB&B 8
sliced banana and natural peanut butter with honey drizzle in a whole wheat wrap

CREATE YOUR OWN OMELET
egg whites with: 7 peppers 1
turkey bacon 2 tomato 1
spinach 1.5 avocado 2.5
cheese 1.5



CREATE YOUR OWN SALAD



all salads made with romaine lettuce 7.5
(exchange for raw spinach 1.5)
chop any salad 1.5

TOPPINGS: choose 3 (additional 1 extra)
carrots, broccoli, black beans, corn, tomato,
chick peas, peppers, onions, olives, celery
cucumbers, mushrooms, wheat croutons

additional:
almonds 1.5 pecans 1.5
dried cranberries 1.5
avocado 2.5 roasted peppers 2
guacamole 2

DRESSINGS: choose 1 (additional 1 extra)
balsamic vinaigrette, caesar,
raspberry vinaigrette, bleu cheese,
organic ranch and organic honey mustard
sesame oriental (contains gluten)

ADD INS: organic grilled chicken 5
steak 6.5
organic turkey burger 5.5
turkey meatball 4
turkey bacon 2
organic bison burger 6.5
organic plant based burger 5
veggie burger 5.5
sushi grade tuna 5.5
hummus 4
egg 1

CHEESE 1.5: mozzarella cheese
bleu cheese crumble
feta cheese
goat cheese
cheddar

WRAP IT OR TOSS IT

Step 1 CHOOSE WRAP OR SALAD:
all wraps or salads are made with romaine lettuce
(exchange for raw spinach add 1.5)

All New! GLUTEN FREE WRAPS NOW AVAILABLE 1.5

Step 2 CHOOSE PROTEIN: (PROTEIN OPTIONAL)
organic grilled chicken 5
organic bison burger 6.5
organic turkey burger 5.5
organic plant based burger 5.5
hummus 4
grilled steak 6.5
ahi tuna 5.5
veggie burger 5.5
turkey meatball 4
avocado 2.5

ALL AMERICAN
lettuce, roasted red pepper, mozzarella cheese,
red onion with balsamic vinaigrette dressing
WRAP 8 SALAD 10

ASIAN
lettuce, cucumbers, almonds,
carrots with oriental sesame dressing
WRAP 8 SALAD 10

BUFFALO
lettuce, hot sauce, cucumbers, celery, mozzarella
cheese with bleu cheese dressing
WRAP 8 SALAD 10

CAESAR
lettuce, mozzarella and parmigiana cheese,
whole wheat croutons with caesar dressing
WRAP 8 SALAD 10

CHOPPED
(chopped) lettuce, dried cranberries, blue cheese
crumbles, pecans and bleu cheese dressing
WRAP 8.5 SALAD 10.5

COBB
lettuce, tomato, hard boiled egg, turkey bacon,
blue cheese crumbles and organic ranch dressing
WRAP 9 SALAD 11

GREEK FREAK
lettuce, tomato, onions, black olives, cucumbers,
feta cheese, tzatziki sauce with
balsamic vinaigrette dressing
WRAP 8.5 SALAD 10.5

HAWAII 5.0
lettuce, mango salsa, onions, peppers, dried
cranberries with raspberry vinaigrette dressing
WRAP 8.5 SALAD 10.5

MEDITERRANEAN
lettuce, hummus, cucumbers, feta cheese,
peppers, red onions with raspberry vinaigrette
WRAP 9 SALAD 11

RAZ IT UP
lettuce, red onion, feta cheese, dried cranberries
with raspberry vinaigrette
WRAP 8.5 SALAD 10.5

SPRING
lettuce, goat cheese, dried cranberries, red onion,
sliced almonds with balsamic vinaigrette dressing
WRAP 9 SALAD 11

SWEET HONEY
lettuce, tomato, turkey bacon with
organic honey mustard dressing
WRAP 8 SALAD 10

TEX MEX
lettuce, black beans, guacamole, corn,
mozzarella cheese with organic ranch dressing
WRAP 9 SALAD 11

**DON'T SEE IT?
WE CUSTOMIZE, JUST ASK!**

BETTER BURGERS

served on a multigrain roll with lettuce & tomato
GLUTEN FREE BUN 2



- BISON BURGER 11**
- TURKEY BURGER 10**
- VEGGIE BURGER 10**
- INCREDIBLE BURGER 10**
(plant based)

CHOOSE TOPPINGS:

- cheddar cheese 1.5
- mozzarella cheese 1.5
- bleu cheese crumbles 1.5
- avocado 2.5
- guacamole 2
- turkey bacon 2

all bowls come with a side.
choose one: brown rice, veggie medley, sweet potato medallions, side salad
(addtl. quinoa 1 sweet potato fries 1 spinach 1)

CHINA TOWN 15

grilled chicken, broccoli, teriyaki sauce

BACON BBQ MELT 15

grilled chicken, turkey bacon, cheddar cheese and bbq sauce

POKE 15

sushi grade tuna, mango salsa and teriyaki sauce

CHIPOTLE 15

grilled cajun chicken, chipotle mayo, brown rice

PESTO 15

grilled chicken, broccoli, roasted peppers, pesto sauce

STIR FRY 16

grilled steak, stir fried carrots, celery, peppers tossed in oriental sesame sauce

MEXI 15

grilled chicken, homemade guacamole, black beans, cheddar and mozzarella cheese with salsa

PRIME 16

grilled steak, blue cheese crumbles, sweet potato medallions and bbq sauce

POWER 17

grilled chicken and grilled steak over brown rice

TURKEY PARM 15

baked turkey meatballs, mozzarella cheese and tomato sauce

CLASSIC 15

grilled chicken, broccoli and carrots

VEGGIE DELIGHT 13

diced roasted cauliflower, roasted broccoli, chickpeas, sweet potato and honey mustard

BURGER BOWL 15

choice of turkey burger or incredible burger with sweet potato fries

MAKE ANY BOWL A WRAP!



HOT BOWLS

QUESADILLAS

HALF SIZE 8 FULL SIZE 11
served with sour cream & salsa guacamole 2

*gluten free available upon request

CHEESY

mozzarella and cheddar cheese

BUFFALO

mozzarella cheese, hot sauce and bleu cheese dipping sauce

SPINACH

mozzarella cheese and spinach

BBQ

mozzarella and cheddar cheese, red onions and bbq sauce

ADD

chicken half size: 4 full size: 5
steak half size: 5.5 full size: 6.5
chicken & steak: 7.5



PIZZA

SERVED ON A 12" WHOLE WHEAT FLAT CRUST OR GLUTEN FREE CAULIFLOWER CRUST 3 ADDTL.

TRADITIONAL 8

mozzarella cheese and tomato sauce

BBQ 8

mozzarella and cheddar cheese, red onion with bbq sauce



BUFFALO 8

mozzarella cheese, hot sauce, bleu cheese and tomato sauce

WHITE 8

mozzarella cheese and broccoli

add chicken: 4

add a turkey meatball: 4

SIDES

BROWN RICE 4.5

QUINOA 5.5

RICE AND BEANS 5.5

SWEET POTATO MEDALLIONS 5

SWEET POTATO FRIES 5.5

BROCCOLI 5

BROCCOLI WITH CHEESE 6

SPINACH (steamed or sautéed) 6

TURKEY MEATBALLS with a side of tomato sauce 6.5

SIDE SALAD lettuce, tomato and cucumber 5.5

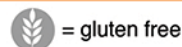
your choice of dressing

HUMMUS with raw veggies 6

MIXED VEGGIE MEDLEY 5

ROASTED CAULIFLOWER 6

served with dipping sauce (hot or asian)



= gluten free

we are not a gluten free kitchen.
cross contamination may occur.

KIDS CORNER

THEY'LL NEVER KNOW, THEY'RE EATING HEALTHY!

BURGER 10

turkey burger with lettuce and tomato on a multigrain bun

GRILLED CHEESE 8

mozzarella and cheddar cheese in between 3 slices multigrain bread



1/2 QUESADILLA 8

mozzarella and cheddar cheese on a whole wheat tortilla with a side of sour cream & salsa

PIZZA 8

mozzarella cheese and tomato sauce

BETTER SNACKS

ORGANIC CHOCOLATE CHIP COOKIES 5.5

BAKED PROTEIN BROWNIES 4.5

ASSORTED BAKED POTATO CHIPS

(call for variety)

PROTEIN BARS (call for variety)

SOUP

(seasonal)

CHICKEN RICE 6

LENTIL 6

BETTER BEVERAGES

bottled water

vitamin water (call for variety)

organic teas (call for variety)

- **BETTER INGREDIENTS**
- **BETTER FOR YOU**