Salads

Ensenada
House Greens, Grape Tomato, Red Onion, Roasted Corn, Roasted Red Pepper, Avocado, Cilantro Citrus Dressing
Entrée $9  Side $7

Roasted Veggie
Spring Mix, Roasted Carrot, Roasted Eggplant, Roasted Red Pepper, Grilled Zucchini, Olive Oil & Vinegar
Entrée $9  Side $7

Superfood
Spinach, Tender Kale, Broccoli, Roasted Yam, Quinoa, Avocado, Olive Oil & Lemon Juice
Entrée $9  Side $7

Power Plant
Spinach, Carrot, Garbanzo Bean, Radish Sprout, Almond, Goddess Dressing
Entrée $8  Side $6

Chopstick
Spring Mix, Carrot, Radish Sprouts, Bell Pepper, Celery, Edamame, Sesame Seed, Sesame Ginger Dressing
Entrée $8  Side $6

Cobb
Romaine, Grape Tomato, Carrot, Hard Boiled Egg, Bacon, Avocado, Blue Cheese Dressing
Entrée $9  Side $7

Mediterranean
Romaine, Grape Tomato, Cucumber, Red Onion, Kalamata Olive, Feta, Greek Vinaigrette
Entrée $9  Side $7

Garden
House Greens, Grape Tomato, Cucumber, Carrot, Croutons, Ranch Dressing
Entrée $7  Side $5

Bistro
Spring Mix, Golden Beets, Walnut, Dried Cranberry, Blue Cheese, Balsamic Vinaigrette
Entrée $9  Side $7

Caesar
Romaine, Shaved Parmesan, Croutons, Creamy Caesar Dressing
Entrée $7  Side $5

Spinach
Spinach, Bacon, Hard Boiled Egg, Mushroom, Parmesan Peppercorn Dressing
Entrée $9  Side $7

Caprese
Spring Mix, Grape Tomato, Cucumber, Fresh Mozzarella, Fresh Basil, Balsamic Vinaigrette
Entrée $7  Side $5

Custom Salad
Choose any greens. Ingredients & proteins are priced à la carte. Basic $.60 Select $1.20
Entrée $4.50 plus toppings  Side $2.50 plus toppings

Add Protein
Organic Sweet Chili Tofu $2
Grilled Chicken Breast $3
Buffalo Chicken Breast $3
Roasted Turkey Breast $3
Grass Fed Flank Steak $4
Cajun Seared Ahi Tuna $4

All Proteins are Antibiotic & Hormone Free

Add Soup or Potato & Drink
Entrée $11  Side $9
**Bowls**

**Baja Steak**
Flank Steak, Black Beans, Bell Pepper, Roasted Corn, Onion, Roasted Poblano Sauce on Brown Rice topped with Cilantro & Avocado $11

**Sesame Ginger Ahi**
Seared Ahi, Broccoli, Mushrooms, Carrots, Sesame Ginger Sauce on Brown Rice topped with Sesame Seeds & Green Onions $11

**Harvest Chicken**
Grilled Chicken, Sweet Potatoes, Kale, Apples, Light Lemon Garlic Sauce on Wild Grains topped with Walnuts & Green Onions $10

**Voodoo Chicken**
Grilled Chicken, Cajun Sausage, Bell Pepper, Celery, Onion, Voodoo Sauce on Wild Grains topped with Sour Cream & Green Onions $9

**Coconut Curry Tofu**
Sweet Chili Tofu, Bell Pepper, Carrots, Celery, Coconut Curry Sauce on Brown Rice topped with Radish Sprouts & Cilantro $9

*Replace grains in any bowl for spinach at no additional cost*

**California Turkey**
Roasted Turkey, House Greens, Grape Tomato, Red Onion, Cheddar, Avocado, Ranch Dressing $9.50

**BLT Chicken Caesar**
Grilled Chicken Breast, Romaine, Grape Tomato, Shaved Parmesan, Bacon, Creamy Caesar Dressing $9

**Greek Turkey**
Roasted Turkey, Spinach, Grape Tomato, Cucumber, Red Onion, Feta, Greek Vinaigrette $9

**Point Loma Turkey**
Roasted Turkey, Spring Mix, Apples, Dried Cranberries, Blue Cheese, Balsamic Vinaigrette $9

**Margherita Chicken**
Grilled Chicken Breast, Spring Mix, Grape Tomato, Red Onion, Fresh Mozzarella, Fresh Basil, White Balsamic Basil Vinaigrette $8.50

**Buffalo Chicken**
Grilled Buffalo Chicken, Romaine, Carrots, Celery, Blue Cheese Dressing $7.50

**Vegan Market**
Avocado, Spring Mix, Carrot, Cucumber, Bell Pepper, Radish Sprout, Goddess Dressing $7.50

**Custom Wrap**
Choose any greens. $3
Ingredients & proteins are priced à la carte.
Basic $.60 Select $1.20

**Wrap Combo**
Add Soup or Potato & Drink $11
Roasted Potato Wedges
Roasted with Olive Oil & Spices
Regular $3  Family Size $8

Tomato Basil Bisque
Vegan Chili
Soups of the Day
Cup $3   Bowl $4   Family $12

Baked Potato
Butter, Salt & Pepper $3
BBC Potato
Broccoli, Bacon & Cheddar $5
Chili Baked Potato
Chili, Cheddar & Green Onion $5
Loaded Potato
Bacon, Cheddar, Sour Cream & Green Onion $5
Roasted Potato Wedges
Roasted with Olive Oil & Spices
Regular $3  Family Size $8

Greenhaus
Pineapple, Banana, Spinach, Kale, Apple Juice, Almond Milk
Small $3   Large $5

Mango Pineapple
Mango, Pineapple, Banana, Orange Juice, Almond Milk
Small $3   Large $5

Triple Berry
Strawberry, Blueberry, Raspberry, Apple Juice
Small $3   Large $5

Kids
Mac & Cheese $4
Chicken Tenders $4
Turkey Cheese Rollup $4
Cheese Quesadilla $4
Kid's Garden Salad $3
Kid's Caesar Salad $3

Drinks
Green Tea, Black Tea & Lemonade $2
Beer & Wine $5

Kids
Mac & Cheese $4
Chicken Tenders $4
Turkey Cheese Rollup $4
Cheese Quesadilla $4
Kid's Garden Salad $3
Kid's Caesar Salad $3

Drinks
Green Tea, Black Tea & Lemonade $2
Beer & Wine $5

Kids
Mac & Cheese $4
Chicken Tenders $4
Turkey Cheese Rollup $4
Cheese Quesadilla $4
Kid's Garden Salad $3
Kid's Caesar Salad $3

Drinks
Green Tea, Black Tea & Lemonade $2
Beer & Wine $5