

Salads

Salad Combo

Add Soup or Potato & Drink

Entrée \$11 Side \$9

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**

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

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

Bistro

Spring Mix, Golden Beets, Walnut, Dried Cranberry,
Blue Cheese, Balsamic Vinaigrette

Entrée \$9 Side \$7

Spinach

Spinach, Bacon, Hard Boiled Egg,
Mushroom, Parmesan Peppercorn Dressing

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

Garden

House Greens, Grape Tomato, Cucumber,
Carrot, Croutons, Ranch Dressing

Entrée \$7 Side \$5

Caesar

Romaine, Shaved Parmesan, Croutons,
Creamy Caesar Dressing

Entrée \$7 Side \$5

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

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

wraps

Smoothies

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

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

Baked Yam

Butter & Cinnamon \$3

Moroccan Yam

Sour Cream, Almonds, Green
Onion & Moroccan Spices \$5

Loaded Potato

Bacon, Cheddar,
Sour Cream & Green Onion \$5

Roasted Potato Wedges

Roasted with Olive Oil & Spices
Regular \$3 Family Size \$8

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

Sides