

## SMALL PLATES

### Spring Rolls

avocado, kelp noodles, mango, lettuce, cucumbers, carrots, red cabbage, red peppers, wrapped in rice paper, served with wasabi and teriyaki, 8 - shrimp +6

### Avocado Toast

guacamole, tomatoes, local microgreens, choice of sourdough, 7-grain, rye, or GF bread, 7 - egg +2

### Cauliflower Bites

crispy cauliflower tossed in teriyaki, lemon pepper or buffalo sauce, with celery and garlic ranch dressing, 10

### Salmon Bites\*

4 oz. crispy salmon tossed in teriyaki, lemon pepper or buffalo sauce, topped with green onions, 13

## SALADS

### Kale Salad

fresh kale, tahini sauce, plant-based parmesan, 8  
add grilled shrimp\* +6 | grilled salmon\* +8 | smoked chicken\* +8 | tofu +4

### Salmon Feta Salad\*

grilled salmon, spinach, strawberries, blueberries, almonds, feta cheese, lemon poppyseed dressing, 21

### Southwest Chicken Salad\*

smoked chicken, black bean corn salsa, mango pico de gallo, cheddar, mozzarella, grape tomatoes, avocado, tortilla strips, mixed greens, cilantro aioli dressing, 16

### Good Life Salad

vegetable medley, local microgreens, croutons, mixed greens, roasted garlic ranch dressing, 8  
add grilled shrimp\* +6 | grilled salmon\* +9 | smoked chicken\* +8 | tofu +4

### Good Life Cobb\*

smoked chicken, blue cheese crumbles, grape tomatoes, turkey bacon bits, mixed greens, roasted garlic ranch dressing, boiled egg, 14

## SPECIALITY DISHES

### Mediterranean Pizza

feta and mozzarella cheeses, kalamata olives, pesto, red onion, spinach, artichokes, 16 - gluten-free cauliflower crust +3

### Funky Fungi Pizza

mushrooms, plant-based mozzarella, roasted garlic ranch, green onions, truffle zest, 17 - gluten-free cauliflower crust +3

### Chicken Bacon Ranch Pizza\*

smoked chicken, turkey bacon, roasted garlic ranch, mozzarella, red onion, red peppers, 16  
- gluten-free cauliflower crust +3

### Grilled Chicken Dish\*

chicken thighs with bbq sauce, choice of two sides, 14

### Teriyaki Salmon\*

teriyaki glazed salmon, grilled pineapple, choice of two sides, 22


### Broccoli Fettuccine Alfredo


fettuccine, broccoli, Alfredo sauce, 12 - gluten-free pasta +2.5  
add grilled shrimp\* +6 | grilled salmon\* +8 | smoked chicken\* +8 | tofu +4





### Vegetable Pesto Pasta





fettuccine, fresh pesto, mixed vegetables, plant-based parmesan cheese, 12 - gluten-free pasta +2.5  
add grilled shrimp\* +6 | grilled salmon\* +8 | smoked chicken\* +8 | tofu +4

## DRESSINGS


cilantro lime aioli 

ranch\* 

lemon poppyseed    

roasted garlic ranch    

greek    

tahini (contains soy) 

*gluten-free alternatives may be available upon request*

## BURGERS & WRAPS

comes with choice of side

### Sweet Potato Burger

beans, sweet potatoes, quinoa, lettuce, tomato, spicy mayo, sesame seed bun, 14

### Turkey Burger\*

turkey burger, pepper jack cheese, light ranch, avocado, lettuce, tomato, sesame seed bun, 16

### Beyond Burger

chargrilled Beyond Burger, grilled onions, plant-based mozzarella, lettuce, tomato, garlic ranch, 17

### Eggplant Bacon Wrap

eggplant bacon, lettuce, tomato, cucumber, guacamole, spinach tortilla wrap, 16

### Portobello Wrap

portobello mushrooms, red peppers, spinach, plant-based mozzarella, spicy mayo, spinach tortilla wrap, 16

### Mediterranean Wrap\*

smoked chicken, pesto, feta cheese, Kalamata olives, tomato, cucumbers, mixed greens, Greek dressing, spinach tortilla wrap, 17

## SMOOTHIES

with choice of milk: oat, almond, coconut, soy, skim  
add hemp protein powder +2

### Super Green

pineapple, mango, kale, spinach, lemon juice, banana, ginger, date syrup, 11

### Strawberry

Shortcake  
strawberries, banana, almond butter date syrup, 11

### Tropical

Mango  
pineapple, banana, mango, lemon juice, 11

### Chocolate

Banana  
banana, cocoa powder, almond butter, 11

## SMOOTHIE BOWLS

add hemp protein powder +2

### Power Acai

bananas, cocoa powder, acai, almond butter, granola, shredded coconut, chia seeds, almond milk, 13

### Power Plus Acai

strawberries, kale, almond butter, acai, bananas, almond milk, granola, chia seeds, strawberries, 13

### Blue Majik

pineapple, bananas, agave, blue spirulina, almond milk, granola, shredded coconut, chia seeds, blueberries, 13

## HANDHELDS

comes with choice of side

### Buffalo Cauliflower Quesadilla

buffalo cauliflower, garlic ranch, plant-based mozzarella, spinach tortilla, 16

### Shrimp Tacos\*

flour tortillas, black bean corn salsa, mango pico de gallo, mixed greens, cilantro aioli, shrimp, 16 - may sub for gf corn tortilla

### Turkey Club\*

turkey breast, pepper jack cheese, turkey bacon, spicy mayo, lettuce, tomatoes, 15 - may sub tofu for turkey

## BOWLS

### Harmony Bowl

fresh kale, quinoa, black beans, sweet potatoes, parmesan cheese, tahini, 14

### Egg Roll Bowl\*

jasmine rice, ground turkey, mixed vegetables, sriracha, tahini (contains soy), sesame seeds, wontons, 16

### Southwest Shrimp Bowl\*

shrimp, kale/quinoa blend, black bean corn salsa, mango pico de gallo, avocado, cilantro lime dressing, micro greens, 17

### Crispy Salmon Bowl\*

teriyaki salmon, pineapple, broccoli, red peppers, jasmine rice, 22

## SIDES

sweet potato fries with cinnamon, 4

black beans (contains soy), 4

fresh fruit, 4

kale salad, 6

roasted sweet potatoes, 5

cilantro lime quinoa, 5

jasmine rice, 4

vegetable of the day, 4

broccoli, 4


hand cut fries, 4


cilantro lime cauliflower rice, 6

*vegan and/or gluten-free alternatives may be available upon request*

 Vegan

 Vegetarian

 Dairy Free

 Nut-Free

 Gluten-Free

\*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOOD BORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.