

REFRESHING SALADS

CHOICE OF HONEY MUSTARD, RANCH, BALSAMIC VINAIGRETTE, RASPBERRY VINAIGRETTE, CAESAR, GREEK OR SESAME ORIENTAL DRESSING

GARDEN SALAD

\$6.50 \$8.00

CAESAR SALAD

\$6.50 \$8.00

GREEK SALAD

Romaine Hearts, Tomatoes, Green Peppers, Cucumbers, Red Onions, Kalamata Olives, Feta Cheese, Greek Dressing

\$7.50 \$9.00

SPINACH SALAD

Spinach, Tomatoes, Bacon Crisps, Chopped Hard-Boiled Egg, Onions, Mandarin Oranges, Balsamic

\$7.50 \$9.00

ADD GRILLED CHICKEN OR A SCOOP OF TUNA OR CHICKEN SALAD \$2.50

COBB SALAD

Mixed Greens, Grilled Chicken, Tomatoes, Chopped Hard-Boiled Egg, Bacon, Avocado, Crumbled Blue Cheese, Honey Mustard Dressing

\$10.50

OCEAN CITY BLUES SALAD

Mixed Greens, Grilled Chicken, Crumbled Blue Cheese, Dried Cranberries, Carrots, Walnuts, Sliced Fresh Apples, Raspberry Vinaigrette

\$10.50

ORIENTAL CHICKEN SALAD

Mixed Greens, Grilled Chicken, Onions, Dried Cranberries, Mandarin Oranges, Cucumbers, Roasted Peanuts, Sesame Oriental Dressing

\$10.50

CREATE YOUR OWN SALAD

Choice of Assorted Greens and 5 toppings

\$9.00

SOUP OF THE DAY

CUP \$3 BOWL \$5



WRAPS \$7 OR PANINIS \$9

CHICKEN CAESAR

Romaine hearts and Parmesan Cheese

CHICKEN FLORENTINE

Grilled Chicken, Provolone Cheese, Spinach, Roasted Red Peppers

VEGGIE

Hummus, Tomato, Roasted Red Peppers, Avocado, Red Onions, Spinach, Feta Cheese

CALIFORNIA

Grilled Chicken, Tomato, Avocado, Bacon, Roasted Red Peppers, Spinach, Honey Mustard, Crumbled Blue Cheese

GREEK ISLAND

Grilled Chicken, Tomato, Green Peppers, Red Onions, Spinach, Tzatziki, Feta Cheese

CHICKEN RANCH

Grilled Chicken, Bacon, Tomato, Ranch, Cheddar Cheese

BUFFALO CHICKEN

Grilled Chicken, Buffalo Sauce, Lettuce, Tomato, Crumbled Blue Cheese

CHICKEN BLT

PIZZA \$7 OR FLATBREAD \$9

VEGGIE

Ricotta Cheese, Red Sauce, Spinach, Tomato, Red Peppers, Olives, Avocado

MEDITERRANEAN

Chicken, Tzatziki, Tomato, Red Onions, Spinach, Olives, Feta Cheese

BUFFALO CHICKEN

Chicken, Mozzarella, Buffalo Sauce, Ranch, Crumbled Blue Cheese

BBQ CHICKEN

Chicken, Red Onions, BBQ Sauce, Ranch, Cheddar cheese

HAWAIIAN

Ham, Pineapple, Cream Cheese, Red Onions, Shredded Cheddar Cheese



SMOOTHIES \$5.95

ADD PROTEIN POWDER +\$1.95

GREEN POWER

Spinach, Avocado, Green Apple, Mango, Banana & Almond Milk

CALIFORNIA SENSATION

Strawberries and Banana

COCO BERRY

Strawberries, Blueberries, Banana & Coconut Milk

SUNRISE SENSATION

Peach, Mango & Banana

TROPICAL MORNING

Mango, Pineapple, Banana & Yogurt

BANANA BERRY

Strawberries, Blueberries, Banana & Yogurt

PB&J

Peanut Butter, Strawberries, Banana, Milk & Honey

CARIBBEAN SWIZZLE

Strawberries, Banana, Pineapple & Orange Juice

MANGO PINA COLADA

Mango, Banana, Pineapple & Coconut Milk



KALE SHAKES \$5.95

ADD PROTEIN POWDER +\$1.95

- 1 Kale, Banana, Pineapple, Peanut Butter, Yogurt, Honey & Almond Milk
- 2 Kale, Banana, Green Apple, Yogurt, Honey & Almond Milk
- 3 Kale, Banana, Blueberries, Pineapple, Honey & Almond Milk
- 4 Kale, Banana, Mango, Yogurt, Honey & Almond Milk

PROTEIN SHAKES \$6.95

MUSCLE POWER

Almond Milk, Banana, Protein Powder & Honey

TURBO

Almond Milk, Banana, Strawberries, Peaches, Peanut Butter, Honey and Protein Powder

SUPER JUICE

Assorted Fruits and Vegetables with a hint of Ginger

FROZEN HOT CHOCOLATE



\$5.95

\$4.95

QUESADILLAS

SERVED WITH SOUR CREAM & SALSA

THREE CHEESE

CHICKEN AND CHEESE

VEGGIE LOVER'S

Trio of Cheeses, Tomato, Avocado,
Roasted Red Peppers & Spinach

\$7.50

\$8.50

\$8.50



SANDWICHES

CHOICE OF WHITE, WHEAT, BAGEL OR WRAP

FLORENTINE GRILLED CHEESE \$5.00

Spinach, Tomato, Provolone Cheese on Texas Bread

GRILLED CHEESE \$3.75

GRILLED HAM & CHEESE \$5.50

GRILLED TURKEY & CHEESE \$5.50

BLT \$5.50

TUNA OR CHICKEN SALAD \$6.50

Served with Lettuce & Tomato

HUMMUS AND PITA \$4.50

SOUP DU JOUR

CUP \$3.00 BOWL \$5.00

