# SANDWICHES

**ALL SANDWICHES ARE SERVED WITH CHIPS, FRUIT OR PASTA SALAD**

## CLASSIC SANDWICH — $9.40

**TUNA, TURKEY, CHICKEN SALAD, SOY TURKEY, AVOCADO**

SERVED ON HONEY WHEAT BREAD (SPINACH WRAP AVAILABLE). INCLUDES CUCUMBER, LETTUCE, TOMATO, SOY BACON BITS, SPROUTS, SPIKE SEASONING, MAYONNAISE (OR VEGANAISE), MUSTARD

**ADD AVOCADO $1.95**

## SURF SHOP SPECIAL — $9.40

CHOICE OF 1/2 SANDWICH OR WRAP WITH SOUP OR SALAD & SIDE OF CHIPS

## KRUNCHY KALE WRAP — $9.95

SPINACH TORTILLA, TURKEY, AVOCADO, KALE, FETA CHEESE, CARROT, CUCUMBER, SUNFLOWER SEEDS, DRIED CRANBERRY & TAHINI DRESSING

## SPICY FRESCO WRAP — $9.95

SPINACH TORTILLA, TURKEY, FRESH GUACAMOLE, CHEESE, BLACK BEANS, BROWN RICE, LETTUCE

## ATHENA WRAP — $9.95

SPINACH TORTILLA, CHICKEN, MIXED GREENS, CUCUMBER, TOMATO, RED ONION, OLIVES, PISTACHIOS, FETA CHEESE & VINAIGRETTE DRESSING.

**MAKE IT A SALAD!**

## TOP BANANA — $6.40

CINNAMON RAISIN BREAD, PEANUT BUTTER, AGAVE, BANANA, LETTUCE & APPLE

**PEANUT BUTTER, BANANA & AGAVE $5.25**

## PROTEIN BOWL — $8.95

A HEALTHY SERVING OF YOUR CHOICE OF TURKEY, TUNA, SOY TURKEY, CHICKEN SALAD, CHICKEN BREAST OR AVOCADO TOPPED WITH CARROT, CUCUMBER, TOMATO & SPIKE

**ADD AVOCADO $1.95**

## FIESTA BOWL — $9.75

SOY TURKEY, AVOCADO, BLACK BEANS, CHEESE & FRESH PICO DE GALLO SERVED OVER BROWN RICE

## FOR THE GROMMETS 10 & UNDER — $5.95

SANDWICH (TURKEY, TUNA, AVOCADO, CHICKEN OR SOY TURKEY) WHEAT BREAD INCLUDES MAYONNAISE, MUSTARD, CUCUMBERS, TOMATOES & LETTUCE SERVED WITH GRAPES, CARROT STICKS & CHIPS

## GUACAMOLE & CHIPS

**MADE TO ORDER! YOUR CHOICE OF MILD, MEDIUM OR SPICY SERVED WITH A BAG OF CHIPS**

| SMALL | LARGE |
|---|---|
| $8.35 | $12.50 |

# SALADS

## JAN'S CLASSIC SALAD — $11.50

INCLUDES PROTEIN (TUNA, TURKEY, CHICKEN SALAD, SOY TURKEY, AVOCADO). MIXED GREENS, CUCUMBER, TOMATO, CARROTS, SPROUTS, MUSHROOMS, CHEESE, SUNFLOWER SEEDS & CHOICE OF DRESSING - HERB VINAIGRETTE, BLUE CHEESE, RANCH OR LIGHT ITALIAN

**ADD AVOCADO $1.95**

## EARTH SALAD — $7.25

OUR VERSION OF THE "HOUSE SALAD". MIXED GREENS, CUCUMBER, TOMATO, CARROTS, SPROUTS, MUSHROOMS, CHEESE, SUNFLOWER SEEDS & CHOICE OF DRESSING

## KALE SALAD — $9.40

KALE, AVOCADO, FETA CHEESE, SUNFLOWER SEEDS, CARROTS, DRIED CRANBERRIES, LIGHTLY TOSSED IN A TAHINI GODDESS DRESSING

## SUMMER SALAD — $12.95

MIXED GREENS, AVOCADO, BLUE CHEESE CRUMBLES, CANDIED WALNUTS, APPLE, CARROTS, TOPPED WITH FRESH BERRIES, SERVED WITH RASPBERRY VINAIGRETTE ON THE SIDE

## SANTA FE COBB — $11.50

MIXED GREENS, EGG, AVOCADO, CHEESE, SOY BACON BITS, BLACK BEANS, CORN, TOMATO, GREEN ONIONS, SERVED WITH AVOCADO CILANTRO GREEK YOGURT DRESSING ON THE SIDE

## TSUNAMI SALAD — $10.40

MIXED GREENS, AVOCADO, EDAMAME, CABBAGE, GREEN ONIONS, PEANUTS, MANGO, MINT, SERVED WITH A PEANUT GINGER DRESSING ON THE SIDE

## FRUIT SALAD — $7.30

SEASONAL FRESH FRUIT SERVED WITH YOGURT

***ADD PROTEIN TO ANY SALAD - TURKEY, TUNA, CHICKEN SALAD, SOY TURKEY, CHICKEN BREAST $3.00**

# AMAZE BOWLS

## JAN'S ACAI — $9.45

ACAI, STRAWBERRY, BANANA, TOPPED WITH GRANOLA, STRAWBERRIES, BANANAS, BLUEBERRIES, COCONUT, GOJI BERRIES & AGAVE

## POWER ACAI — $10.45

ACAI, STRAWBERRY, VANILLA PROTEIN, PEANUT BUTTER, ALMOND MILK, TOPPED WITH GRANOLA, BANANAS, BEE POLLEN & AGAVE

## DRAGON — $9.45

PITAYA OR ACAI, BANANA, MANGO, PINEAPPLE, ALMOND MILK TOPPED WITH GRANOLA, BEE POLLEN, BLUEBERRIES, PINEAPPLE, COCONUT & AGAVE

## ABC — $11.45

ACAI, STRAWBERRY, CACAO, ALMOND BUTTER, BANANA, ALMOND MILK TOPPED WITH GRANOLA, STRAWBERRIES, BLUEBERRIES, AGAVE & CACAO CHIPS

## LAGUNA — $12.45

ACAI, PITAYA, STRAWBERRY, MANGO TOPPED WITH GRANOLA, STRAWBERRIES, BLACKBERRIES, MANGO, BEE POLLEN & AGAVE

# SMOOTHIES

## BANANA DATE — $7.95

BANANA, DATE AND MILK (2%, SOY, ALMOND) WITH PEANUT BUTTER

## SUNSHINE BERRY — $8.45

STRAWBERRY, RASPBERRY, BLACKBERRY, BLUEBERRY, BANANA & ORANGE JUICE

## BERRY BONANZA — $8.45

STRAWBERRY, RASPBERRY, BLACKBERRY, BLUEBERRY, BANANA AND RASPBERRY JUICE

## REFRESHER — $8.45

MANGO, PINEAPPLE, BANANA & COCONUT JUICE

## PURE DRAGON — $9.95

PITAYA, RASPBERRY, STRAWBERRY, MANGO, BANANA & APPLE JUICE

## VEGAN CHOCOLATE DELIGHT — $8.45

CACAO POWDER, CAROB, BANANA, DATE, AGAVE NECTAR & ALMOND MILK

## P.B. AND KALE — $8.45

KALE, STRAWBERRY, PEANUT BUTTER, BLUEBERRY, BANANA & RASPBERRY JUICE

## KALEICIOUS — $8.45

KALE, SPINACH, APPLE, PINEAPPLE, BANANA & APPLE JUICE

## CHIA CHIA BANG BANG — $9.45

MANGO, FRESH ORANGE JUICE, CHIA SEEDS, VANILLA PROTEIN & BANANA

## OATS NUTS & BERRIES — $9.45

BLUEBERRY, ALMOND BUTTER, OATS, VANILLA PROTEIN, BANANAS & CINNAMON

## BLUE POWER — $9.45

BLUEBERRY, BLACKBERRY, BANANA VANILLA PROTEIN & SOY MILK

## HIPPY — $9.45

KALE, SPINACH, BANANA, PEANUT BUTTER, COCONUT WATER, HEMP PROTEIN

***ALL SMOOTHIES INCLUDE AGAVE**

### SMOOTHIE BOOSTS

**MACA • CACAO • CHIA SEED • GREEK YOGURT • FLAX • CAROB • COCONUT OIL $1.50**

**ACAI • PITAYA • PROTEIN POWDER • PEANUT BUTTER • ALMOND BUTTER $2.00**

# SOUPS

## SOUP & SALAD — $8.95

SOUP & SALAD SERVED WITH CHIPS OR CRACKERS

**SUB KALE OR PASTA SALAD $1.50**

## SOUP — $5.95

A DELICIOUS SELECTION OF FRESH SOUPS SERVED WITH CHIPS OR CRACKERS

# FRESH JUICE

| 12 OZ | 16 OZ | 24 OZ |
|---|---|---|
| $5.75 | $6.95 | $9.75 |

## CARIZMA

CARROT, ORANGE, GINGER & LEMON

## SUNRISE

CARROT, ORANGE, BEET, KALE, BROCCOLI & LEMON

## THE ROOTS

KALE, BEET, SPINACH, CELERY, PARSLEY, CUCUMBER & CARROT

## BEET THIS

BEETS, CARROT, APPLE & GINGER

## GARDEN FRENZY

EVERYTHING IN ONE!

## GO GREEN!

KALE, CUCUMBER, SPINACH, PARSLEY, CELERY, APPLE, GINGER & LEMON

## SWEET GREEN

SPINACH, KALE, BROCCOLI, PARSLEY, PINEAPPLE, LEMON, GINGER & CUCUMBER

## LEMONY SPLIT

LEMON, KALE, GINGER, APPLE, ORANGE & CARROT

## FRESH LEMONADE — $3.95

FRESHLY SQUEEZED LEMONS, AGAVE TOPPED WITH CAYENNE SERVED OVER ICE

## SHOT! SHOT! SHOT!

**GINGER OR WHEAT GRASS**

1 OZ **$1.50** 2 OZ **$3.00**

**GET WELL -** GINGER, TUMERIC, LEMON, AGAVE, CAYENNE

4 OZ **$6.00**

# FRESH START

## AVOCADO TOAST — $6.95

AVOCADO, LEMON JUICE, TOUCH OF OLIVE OIL, CHILI FLAKES SERVED ON TOASTED HONEY WHEAT BREAD SERVED WITH FRUIT

**ADD HARD BOILED EGG $1.75**

## COOL OATS — $5.25

CHILLED OATS, GREEN APPLE, TOPPED WITH FRESH STRAWBERRIES, BANANAS, CHIA & FLAX SEEDS

## CALIFORNIA BAGEL — $5.95

WHEAT OR EVERYTHING BAGE, LIGHT CREAM CHEESE, TOMATO, AVOCADO, CUCUMBER & SPIKE SEASONING

## PARFAIT — $4.95

FRESH BERRIES, LOW FAT OR GREEK YOGURT & GRANOLA

## GRANOLA — $5.95

GRANOLA SERVED WITH STRAWBERRIES, BANANAS AND MILK