

SANDWICHES & WRAPS

Served w/ your choice of a side

JAN’S CLASSIC SANDWICH 🥗

Lettuce, cucumbers, tomatoes, sprouts, vegan bacon bits, mayonnaise, mustard & spike seasoning \$13.95
Select a protein: Tuna salad, chicken salad, turkey, chicken breast, vegetarian turkey or avocado
Select a grain: Locally baked wheat bread or make it a wrap w/ a spinach tortilla. Gluten-free bread or wrap (+\$1.50)

Avo makes it great! \$1.95

CRUNCHY KALE WRAP 🥗

Turkey, avocado, feta cheese, carrots, cucumbers, roasted pepitas, dried cherries, kale & radicchio tossed lightly in house-made tahini dressing & wrapped in a spinach tortilla \$15.45

FRESCO WRAP

Turkey, fresh guacamole, black beans, avocado cilantro rice, white cheddar cheese, lettuce, house-made chipotle crema (greek yogurt based), wrapped in a spinach tortilla & served w/ our salsa verde on the side \$15.45

ATHENA WRAP

Chicken breast, pistachios, feta cheese, kalamata olives, red onions, cucumbers, heirloom tomatoes, & mixed greens, tossed lightly in house-made garlic herb vinaigrette & wrapped in a spinach tortilla \$15.45

SPRING ROLLS 🥗

Tuna salad or chicken salad, avocado, sprouts, carrots, cucumber, lettuce & vegan bacon bits wrapped in rice paper, served w/ house-made peanut sauce \$13.25

SALADS & BOWLS

JAN’S CLASSIC SALAD 🥗

Avocado, white cheddar cheese, sunflower seeds, mixed greens, cucumbers, tomato, carrots, sprouts, & mushrooms. \$16.25
Select a protein: Tuna salad, chicken salad, chicken breast, or vegetarian turkey
Choice of house-made dressing served on the side: garlic herb vinaigrette, ranch, tahini, or avocado cilantro

ATHENA SALAD 🥗

Chicken breast, pistachios, feta cheese, kalamata olives, red onions, cucumbers, heirloom tomatoes, & mixed greens served w/ house-made garlic herb vinaigrette on the side \$15.25

SURF SHOP SPECIAL 🥗

1/2 sandwich or wrap with your choice of soup or side salad served w/ Have’a Corn Chips \$15.95

PROTEIN BOWL 🥗

Avocado, carrots, cucumbers, sprouts, heirloom tomatoes, crispy quinoa, & spike seasoning \$15.95
Select a protein: Tuna salad, chicken salad, chicken breast, or vegetarian turkey

FIESTA BOWL

Vegetarian turkey, fresh guacamole, black beans, avocado cilantro rice, pico de gallo, white cheddar cheese, topped w/ house-made chipotle crema (greek yogurt based) served w/ our salsa verde on the side \$16.25

SOUPS & SIDES

SOUP

Served w/ Have’a Corn Chips \$7.95
*add a house salad for \$5.95

GUACAMOLE & SALSA 🥗

Fresh guacamole and house-made salsa verde served w/ Have’a Corn Chips \$12.25

CLASSIC SMOOTHIES

Made w/ fresh fruit & a dash of raw honey
Add a superfood boost for \$1.95

PEANUT BUTTER BANANA DATE 🥗

Banana, dates, choice of base (2%, almond, or oat) w/ raw peanut (or lightly toasted almond) butter \$11.95

KALEICIOUS

Kale, spinach, ginger, chia seeds, dates, pineapple, banana & 100% fresh apple juice \$11.95

BERRY BONANZA

Strawberry, raspberry, blackberry, blueberry, flax seeds, dates, banana & 100% fresh apple juice \$11.95

PROTEIN SMOOTHIES

Our vegan vanilla & chocolate protein is crafted with functional ingredients such as adaptogens, prebiotic fiber, BCAAs, and MCT oil.

CHUNKY MONKEY 🥗

Banana, raw peanut (or lightly toasted almond) butter, cacao nibs, dates, maca, chia seeds, chocolate protein (w/ ashwagandha) & almond milk \$13.95

OATS NUTS & BERRIES 🥗

Blueberry, banana, steel cut oats, lightly toasted almond butter, vanilla protein (w/ CoQ10), cinnamon & almond milk \$12.95

STRAWBERRY DELIGHT

Strawberry, banana, pasture fed collagen protein, stevia, almond milk, dates, strawberry puree & whipped coconut cream \$12.95

POWER MOCHA

Coffee, maca adaptogenic powder, chocolate protein (w/ ashwagandha), lightly toasted almond butter, cacao nibs, banana, dates, almond milk \$13.95

POPPY SMOOTHIE 🥗

Our owner's favorite smoothie, made with vanilla protein (w/CoQ10), pasture fed collagen protein, raw peanut butter, strawberry, raspberry, blackberry, blueberry, & banana, blended with a mix of almond milk and 100% apple juice

BLUE POWER

Blueberry, blackberry, vanilla protein (w/ CoQ10), creatine, essential electrolytes, banana, & almond milk \$12.95

HIPPY

Kale, spinach, hemp protein (w/ omega 3 & 6), colostrum, raw peanut (or lightly toasted almond) butter, banana, & 100% pure coconut water \$12.95

GREEN MACHINE

Avocado, kale, spinach, pineapple, vanilla protein (w/ CoQ10), flax seeds, & 100% pure coconut water \$12.95

SUPERFOOD BOOSTS

Collagen Protein	Vegan Protein	Lion’s Mane	Chia Seeds
Colostrum	Creatine & Electrolyte Blend	Maca	Spirulina

ACAI BOWLS

JAN’S ACAI BOWL 🥗

Acai, banana & 100% fresh apple juice topped w/ hemp seed granola, strawberries, bananas, blueberries, shredded coconut, goji berries & raw honey \$13.95

POWER ACAI BOWL

Acai, banana, vanilla protein (w/ CoQ10), raw peanut butter & almond milk topped w/ hemp seed granola, strawberries, bananas, bee pollen & raw honey \$15.95

FRESH START

COOL OATS 🥗

Chilled muesli (a mix of raw nuts and seeds) apples, & yogurt, topped with berries \$8.45

AVOCADO TOAST

Avocado, heirloom tomatoes, feta cheese, crispy quinoa, EVOO, & chili flakes open face on artisan bread, served w/ fruit \$11.95
*add egg (mixed w/ 3 cheese blend) \$1.95

BREAKFAST SANDWICH

3 cheese egg, avocado & vegan bacon bits on locally baked wheat bread, our salsa verde on the side, served w/ fruit \$12.95
*add turkey sausage \$2.50

🥗 CUSTOMER FAVORITES