

NOURISH

BEVERAGES

COFFEE & TEA

Brewed Coffee	\$2.95	Mocha	\$4.95
Cold Brew	\$3.95	Frappe	\$5.50
Americano	\$3.65	Iced Black Tea	\$3.45
Latte	\$4.65	Hot Tea	\$3.25
Cappuccino	\$4.65	Add Flavor	+\$0.30
Macchiato	\$4.65	Add Non-Dairy Milk	+\$0.70
Caramel Macchiato	\$4.95	Hot Chocolate	\$4.65

SMOOTHIES

Muscle Builder	\$7	Recovery	\$7
Strawberry, Blueberry, Banana, Graham Cracker, Choice of Protein, Flax, and Choice of Milk		Strawberry, Banana, Pineapple, Vanilla Protein, and Cranberry Juice	
Energy Booster	\$7	Immunity Booster	\$7
Strawberry, Peach, Pineapple, Vanilla Protein, and Cranberry Juice		Blueberry, Raspberry, Pineapple, Choice of Protein, and Cranberry Juice	

NOURISH

LUNCH & DINNER

SANDWICHES & WRAPS

*Choice of Tortilla or Bread.
Variety of Toppings available. Guacamole (+\$2.50)*

Club.....\$9

Sourdough, Ham, Turkey, Bacon, Cheddar Cheese, Tomato, Romaine, and Mayo

Adobo Chicken.....\$9

Chicken, Jalapeno Spread, Tomato, Red Onion, Romaine, and Chipotle Mayo

Turkey.....\$9

Choice of Toppings

Ham.....\$9

Choice of Toppings

SALADS

Add Adobo Chicken (+\$2.00) to any salad

California Cobb.....\$13

Romaine, Diced Turkey, Bacon, Tomato, Green Onion, Avocado, and Bleu Cheese

Chef.....\$13

Romaine, Ham, Turkey, Hard-boiled Egg, Cherry Tomato, Cucumber, Carrots, and Cheddar Cheese

Caesar.....\$11

Romaine, Parmesan Cheese, Croutons, and Caesar Dressing

Greek.....\$11

Romaine, Grape Tomatoes, Cucumbers, Bell Pepper, Red Onion, Feta, and Greek Dressing

Manadarin Orange.....\$11

Romaine, Mandarin Oranges, Green Onions, Toasted Almonds, Celery, and Sweet Onion Vinaigrette

BLT.....\$11

Romaine, Grape Tomatoes, Bacon, and BLT Dressing

SOUP

Soup of the Day.....\$6

QUESADILLAS

Choice of Tortilla. Variety of fillings available. Guacamole (+\$2.50)

Chicken.....\$8

Tortilla, Adobo Chicken, Monterey Jack Cheese, Salsa and Sour Cream (on the side)

Cheese.....\$6

Tortilla, Monterey Jack Cheese, Cheddar Cheese, Salsa and Sour Cream(on the side)