

Soups, Wraps & Salads

Always fresh and healthy, because Being healthy is more than a diet — it's a lifestyle.

CAESAR SALAD \$7

Romaine and croutons tossed in Caesar dressing, topped with Parmesan, and served with a lemon wedge.

WITH GRILLED CHICKEN \$10

*ASIAN SOBA NOODLE CHICKEN SALAD \$9.99

Grilled chicken, romaine lettuce and cabbage, red onion, shredded carrot, cilantro, chopped peanuts and soba noodles, tossed in sesame vinaigrette.

TACO SALAD \$10

Served in a crispy flour tortilla shell, choice of chicken or beef, with romaine and chili, shredded cheese, Pico de Gallo, olive, sour cream and served with a side of fire roasted salsa.

CHEF SALAD \$10

Chopped ham, chopped turkey, romaine, tomato, olive, sliced egg, shredded cheese, croutons and your choice of dressing on the side.

COBB \$10

Grilled chicken, romaine, avocado, tomato, sliced egg, bacon, blue cheese, red onion and choice of dressing on the side.



FAJITA WRAP \$10.99

Choice of chicken, steak or carnitas rolled in a flour tortilla with melted Monterey Jack, cojita & cheddar cheeses, shredded lettuce and Pico de Gallo, served with Chipotle crema.

BBQ CHICKEN RANCH WRAP \$9.99

BBQ grilled chicken, lettuce, bacon, rolled in a flour tortilla with Monterey Jack, cheddar cheeses, shredded lettuce, and house ranch.

CHICKEN CAESAR WRAP \$9.99

Grilled chicken, romaine lettuce, shredded parmesan, tossed in house Caesar dressing rolled in a flour tortilla.

SIDE SALADS

HOUSE SALAD \$4

Chopped romaine, tomato, mixed cheese and croutons with choice of dressing.

CAESAR SALAD \$5

Romaine and croutons, tossed in Caesar dressing. Topped with Parmesan cheeses. Served with lemon wedge.

SALAD DRESSINGS

Balsamic Vinaigrette

Blue Cheese

Caesar

Honey Mustard

Ranch

1000 Island

SOUP Bowl 4.95 Cup 3.95

LOADED POTATO SOUP

A creamy blend of cheeses with bacon, potato and chive