



## COFFEE

SIGNATURE ROAST

COLD BREW

CAFE LATTE

VANILLA LATTE

CARAMEL MACCHIATO

CAPPUCCINO

AMERICANO

MOCHA

DIRTY CHAI

HOT CHOCOLATE

12OZ

\$2.99 | 0 CAL

\$3.89 | 0 CAL

\$4.59 | 160 CAL

\$4.99 | 240 CAL

\$5.59 | 270 CAL

\$4.29 | 160 CAL

\$3.59 | 5 CAL

\$4.99 | 300 CAL

\$6.29 | 200 CAL

\$3.39 | 350 CAL

16OZ

\$3.49 | 5 CAL

\$4.59 | 0 CAL

\$5.99 | 230 CAL

\$6.99 | 350 CAL

\$6.99 | 470 CAL

\$4.59 | 5 CAL

\$6.99 | 300 CAL

\$7.29 | 310 CAL

\$4.29 | 560 CAL

## SPECIALTIES

16OZ

GEORGE FRAPP

ITALIAN SODAS

LOTUS ENERGY

SPARKLING LEMONADES

FLAVORED LEMONADES

MILKSHAKES



SMOOTHIES

- Peanut butter banana — 670 cal
- Mixed berry — 110 cal
- Mango — 105 cal
- Strawberry banana — 300 cal

## TEA

CHAI TEA LATTE

MATCHA LATTE

LONDON FOG

MEDICINE BALL

TEA

12OZ

\$5.29 | 180 CAL

\$4.79 | 190 CAL

\$4.99 | 155 CAL

\$4.99 | 160 CAL

\$3.59 | 0 CAL

16OZ

\$5.99 | 280 CAL

\$5.79 | 265 CAL

\$5.59 | 230 CAL

\$5.59 | 230 CAL

\$4.59 | 0 CAL

### MILK OPTIONS

Oat milk (+\$ .69)

Coconut milk (+\$ .69)

Almond milk (+\$ .69)

### ADD-INS

Espresso shot (+\$1.99)

Honey (+\$1.99)

Cold foam (+\$1.99)

Caramel sauce (+\$1.29)

Chocolate sauce (+\$1.29)

Lotus shot (+\$1.99)

Protein powder (+\$1.09)

Peanut butter (+\$0.99)



SMOOTHIE MEAL EXCHANGE

Includes granola bar free  
of the top nine allergens

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.



Vegetarian



Vegan



Made without gluten





# BREAKFAST

SUNDAY - SATURDAY 8:00AM - 10:30AM

## EGG & CHEESE BURRITO 695 CAL | \$6.99

Scrambled eggs, tater tots, and cheddar cheese in a flour tortilla  
*contains: wheat, egg, milk*

## BACON EGG & CHEESE BURRITO 725 CAL | \$7.99

Scrambled eggs, tator tots, cheddar cheese, bacon bits, flour tortilla  
*contains: wheat, egg, milk*

## SOUTHWEST TOFU SCRAMBLE BURRITO 865 CAL | \$7.99

Soyriso scramble, tator tots, vegan cheddar cheese, flour tortilla  
*contains: wheat, soy*

## EGG & CHEESE SANDWICH 285 CAL | \$5.99

English muffin, fried egg, cheddar cheese  
*contains: wheat, egg, milk, soy*

## BACON, EGG & CHEESE SANDWICH 295 CAL | \$7.99

English muffin, fried egg, bacon, cheddar cheese  
*contains: wheat, egg, milk, soy*

## SAUSAGE, EGG & CHEESE SANDWICH 415 CAL | \$7.99

English muffin, fried egg, sausage patty, cheddar cheese  
*contains: wheat, egg, milk, soy*

## SOUTHWEST TOFU SCRAMBLE SANDWICH 420 CAL | \$6.99

Hamburger bun, vegan cheese, southwest tofu scramble  
*contains: wheat, soy*

### MEAL EXCHANGE

*Includes entree, hand fruit,  
and bottle water,  
bubly, or drip coffee*

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# SMOOTHIE BOWLS

FRIDAYS ONLY 8:00AM - 10:30AM

## 🔄 MANGO SMOOTHIE BOWL 450 CAL | \$9.99 🌱

Frozen mango, 1/2 banana, pineapple juice, topped, strawberries, blueberries, 1/2 banana, house granola  
*contains: wheat*

## 🔄 STRAWBERRY BANANA SMOOTHIE BOWL 490 CAL | \$9.99 🌱

Frozen strawberries, 1/2 banana, choice of milk, topped, strawberries, blueberries, 1/2 banana, house granola  
*contains: wheat*

## 🔄 MIXED BERRY SMOOTHIE BOWL 460 CAL | \$9.99 🌱

Frozen berries, 1/2 banana, orange juice, topped, strawberries, blueberries, 1/2 banana, house granola  
*contains: wheat*

### 🔄 MEAL EXCHANGE

*Includes entree, hand fruit,  
and bottle water,  
bubly, or drip coffee*

## CREATE YOUR OWN | \$10.99

Choice of two fruits, choice of base, and toppings

### — CHOOSE FRUITS —

- Strawberries
- Mixed berries
- Mangoes
- Bananas

### — CHOOSE BASE —

- Whole milk
- Oat milk
- Coconut milk
- Almond milk
- Pineapple juice
- Orange juice
- Lemonade

### — CHOOSE TOPPINGS —

- Housemade granola
- Bananas
- Strawberries
- Blueberries
- Honey

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# POKE BOWLS

MONDAY - THURSDAY 10:30AM - 5:00PM

FRIDAY 10:30AM - 4:00PM

## GRILLED CHICKEN POKE 785 CAL | \$9.99

Diced Chicken, Rice, diced cucumber, shredded carrots, edamame, red onion, crispy shallots, furikake, poke sauce, hoisin  
*contains: wheat, egg, soy, sesame*

## SHRIMP POKE BOWL 645 CAL | \$11.99

Shrimp, rice, sliced cucumber, shredded carrots, red onions, green onion, poke sauce, sweet chili mayo, furikake, crispy shallots  
*contains: wheat, egg, shellfish, soy, sesame*

## SALMON POKE BOWL 750 CAL | \$11.99

Salmon, rice, shredded carrots, cucumber, edamame, red onion, green onion, poke sauce, crispy shallots, seaweed salad, furikake seasoning, sweet chili mayo  
*contains: wheat, egg, fish, sesame seeds, soy*

## CRISPY TOFU POKE BOWL 715 CAL | \$9.99

Crispy tofu, rice, shredded carrots, cucumber, edamame, red onion, green onion, hoisin sauce, crispy shallots, seaweed salad, pickled ginger furikake seasoning, sweet chili mayo  
*contains: wheat, egg, sesame, soy*

## CRABBY SALAD POKE BOWL 880 CAL | \$9.99

Crab salad, rice, shredded carrots, cucumber, edamame, red onion, green onion, poke sauce, crispy wonton strips, black and white sesame seeds sweet chili mayo  
*contains: wheat, egg, fish, shellfish, sesame, soy*

## TUNA POKE BOWL 735 CAL | \$11.99

Ahi tuna, rice, shredded carrots, cucumber, edamame, red onion, green onion, poke sauce, crispy shallots, seaweed salad, furikake seasoning, sweet chili mayo  
*contains: wheat, egg, fish, soy, sesame*

## CREATE YOUR OWN | \$11.99 POKE BOWL

Choice of protein, rice, choice of vegetables (up to 5), choice of topping (up to 2), choice of sauce (up to 2)

# POKE BAKES

## POKE TOFU BAKE 510 CAL | \$7.99

Rice, spice mayo, poke sauce, crispy tofu and furikake  
*contains: wheat, soy, sesame*

## POKE CRAB BAKE 550 CAL | \$7.99

Rice, spice mayo, poke sauce, crab salad and furikake  
*contains: wheat, fish, shellfish, egg, soy, sesame*

## POKE CHICKEN BAKE 510 CAL | \$8.99

Rice, spice mayo, poke sauce, grilled chicken and furikake  
*contains: wheat, egg, soy, sesame*

### MEAL EXCHANGE

*Includes entree, hand fruit,  
and bottle water,  
bubly, or drip coffee*

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