



COFFEE

SIGNATURE ROAST

COLD BREW

CAFE LATTE

VANILLA LATTE

CARAMEL MACCHIATO

CAPPUCCINO

AMERICANO

MOCHA

DIRTY CHAI

HOT CHOCOLATE

120Z

\$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

160Z

\$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

160Z

GEORGE FRAPP

ITALIAN SODAS

LOTUS ENERGY

SPARKLING LEMONADES

FLAVORED LEMONADES

MILKSHAKES

SMOOTHIES

\$8.29 | 600 CAL

\$7.29 | 260 CAL

\$7.29 | 160 CAL

\$7.29 | 150 CAL

\$6.79 | 150 CAL

\$8.29 | 650 CAL

\$8.29

- 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

120Z

\$5.29 | 180 CAL

\$4.79 | 190 CAL

\$4.99 | 155 CAL

\$4.99 | 160 CAL

\$3.59 | 0 CAL

160Z

\$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

house made granola

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, bubbly, or drip coffee

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



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

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





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, bubbly, or drip coffee

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