# COFFEE

	120Z	16 <b>0</b> Z
SIGNATURE ROAST	5 CAL   \$3.29	5 CAL   \$3.79
COLD BREW	0 CAL   \$3.79	0 CAL   \$4.59
CAFE LATTE	160 CAL   \$4.59	230 CAL   \$6.29
VANILLA LATTE	240 CAL   \$5.29	350 CAL   \$7.29
CARAMEL MACCHIATO	270 CAL   \$5.99	470 CAL   \$7.99
CAPPUCCINO	160 CAL   \$4.59	
AMERICANO	5 CAL   \$3.59	5 CAL   \$5.29
Мосна	300 CAL   \$5.29	530 CAL   \$7.29
DIRTY CHAI	200 CAL   \$6.29	310 CAL   \$7.59
HOT CHOCOLATE	350 CAL   \$3.79	560 CAL   \$4.79

TEA

CHAI TEA LATTEMATCHA LATTEMATCHA LATTELONDON FOGLONDON FOGMEDICIN BALLTEA

120Z160Z180 CAL | \$5.29280 CAL | \$5.99190 CAL | \$4.79CAL | \$5.79155 CAL | \$4.99230 CAL | \$5.59160 CAL | \$4.99230 CAL | \$5.590 CAL | \$3.590 CAL | \$4.59

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

SPECIALTIES	160Z	the
GEORGE FRAPP ITALIAN SODAS	600 CAL   \$8.29 260 CAL   \$7.29	AT REDLAN
LOTUS ENERGY SPARKLING LEMONADES FLAVORED LEMONADES MILK SHAKES	5 CAL   \$7.29 150 CAL   \$7.29 150 CAL   \$6.99 5 CAL   \$8.29	
Peanut Butter Banana Mixed Berry Mango Strawberry Banana	670 CAL 10 CAL 105 CAL 300 CALSmoo Smoo Meal House-M	thie Exchan ade Granola

#### **MILK OPTIONS**

- $\cdot$  Whole Milk
- · Coconut Milk + \$.50
- · Oat Milk + \$ .50
- · Almond Milk + \$.50

#### **ADD-INS**

- · Expresso Shot + \$1.99
- · Honey +\$1.29
- $\cdot$  Cold Foam +1.99
- · Caramel or Chocolate Sauce + \$1.29
- · Lotus Shot +\$1.99
- · Protein Powder +\$1.09
- · Peanut Butter + \$0.99



8:00AM - 10:30AM 695 CAL | \$6.99

EGG & CHEESE BURRITO S Scrambled eggs, tater tots, and cheddar cheese in a flour tortilla Contains: eqqs, wheat, dairy

725 CAL | \$7.99 BACON, EGG, & CHEESE BURRITO Bacon bits, scrambled eggs, tater tots, and cheddar cheese in a flour tortilla Contains: eggs, wheat, dairy

SOYRIZO BURRITO 865 CAL | \$7.99 Soyrizo scramble, tater tots, and yegan cheddar cheese in a flour tortilla Contains: soybeans, wheat

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# BREAKFAST

EGG & CHEESE ENGLISH MUFFIN S Contains: eggs, wheat, dairy

BACON, ECC, & CHEESE ENGLISH MUFFIN 295 CAL | \$7.99 Contains: eggs, wheat, dairy

SAUSAGE, ECG, & CHEESE ENGLISH MUFFIN 295 CAL \$7.99 Contains: eggs, wheat, dairy

Southwest Scrambled, vegan 420 CAL | \$6.99 cheddar cheese on potato bun () Contains: soybeans, wheat

BAGEL & CREAM CHEESE Contains: dairy, wheat

#### TOAST & BUTTER/JAM Contains: dairy, wheat



vegetarian

made without gluten



# SMOOTHIE BOULS FRIDAYS ONLY 8:00AM - 10:30AM

STRAWBERRY BANANA CAL | \$9.99 Frozen Strawberries, bananas, choice of milk, topped with house-made granola, bananas, strawberries, and blueberries

MANGO CAL | \$9.99 Frozen Mangoes, bananas, pineapple juice, topped with house-made granola, bananas, strawberries, and blueberries

MIXED BERRIES CAL | \$9.99 Frozen Mixed berries, bananas, orange juice, topped with house-made granola, bananas, strawberries, and blueberries



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**CREATE YOUR OWN** 000 CAL | \$10.99 Choice of two fruits, choice of base, and toppings

FRUITS • Strawberries • Mixed Berries • Mangoes • Bananas

BASE • Whole Milk • Oat Milk • Oat Milk • Coconut Milk • Almond Milk • Pineapple Juice • Orange Juice • Lemonade TOPPING
House-made granola
Bananas
Strawberries
Blueberries
Honey

Meal Exchange Entree Hand Fruit Bottle Water, Bubly, or Drip Coffee

vegan





## SIGNATURE POKE BAKE 10:30AM - TILL CLOSE 540 CAL | \$7.99

# POKE CRAB BAKE

Imitation crab salad with calrose rice, sushi vinegar, furikake seasoning, spicy mayo, poke sauce, and served with nori Contains: wheat, eggs, soybean, fish, shellfish, sesame

## POKE CHICKEN BAKE

Grilled chicken with calrose rice, sushi vinegar, furikake seasoning, spicy mayo, poke sauce, and served with nori Contains: wheat, eggs, soybean, sesame

POKE TOFU BAKE C Crispy tamari tofu with calrose rice, sushi vinegar, furikake seasoning, vegan spicy mayo, poke sauce, and served with nori V Contains: wheat, soybean, sesame

## CAL | \$7.99

### 440 CAL | \$7.99



