

ALL ITEMS ARE KOSHER | DIETARY NOTES:

BUILD YOUR OWN MEAL

MEALS: INCLUDES SODA + POTATO CHIPS
\$12 REGULAR | \$16 MEAL

SANDWICH

1 BREAD + 1 PROTEIN + 5 VEGGIES + 1 SPREAD

BREAD

WHOLE WHEAT, RYE, FLATBREAD, CIABATTA, ARTISAN BAGUETTE, PITA BREAD, EGG-FREE BREAD, CHALLAH
VEGAN BREAD: +\$1.50 REGULAR/ +\$1.05 MEMBERS

SPREAD

HUMMUS, TAHINI, DAIRY-FREE PESTO, OLIVE OIL & LEMON, KOSHER MAYO

PROTEIN

HARD BOILED EGG, CHEESE (FETA, GOAT, MOZZARELLA), AVOCADO, TOF, SMOKED SALMON, TUNA SALAD

VEGETABLES

TOMATO, CUCUMBER, ROASTED PEPPERS, ARUGULA, SPINACH, ONION, PICKLES, MUSHROOMS, BASIL, LETTUCE, CORN

ADD-ON

EXTRA AVOCADO +\$1.50 REGULAR/ \$1.05 MEMBERS
EXTRA CHEESE +\$1.50 REGULAR/ \$1.05 MEMBERS
EXTRA PROTEIN +\$2.00



PANINI

1 BREAD + OPTIONAL CHEESE + 3 FILLINGS + 1 SPREAD

BREAD

WHOLE WHEAT, FLATBREAD, CIABATTA, PITA BREAD, EGG-FREE BREAD

CHEESE

FETA, GOAT, MOZZARELLA, DAIRY-FREE OPTION

FILLING

SPINACH, TOMATO, MUSHROOMS, ROASTED PEPPERS, SMOKED SALMON, LETTUCE, CORN

SPREAD

DAIRY-FREE PESTO, HUMMUS, OLIVE OIL, TAHINI

ADD-ON

EXTRA CHEESE \$1.50
ADD AVOCADO \$1.50

SALAD

2 GREENS + 6 TOPPINGS + 1 PROTEIN + 1 DRESSING

GREENS

ROMAINE, ARUGULA, SPINACH, MIXED LETTUCE

VEGETABLES

TOMATO, CUCUMBER, ZUCCHINI, ROASTED PEPPERS, ONION, OLIVES, POMEGRANATE, CARROT, PICKLES, MUSHROOMS, FRESH HERBS, LETTUCE, CORN

PROTEIN

HARD BOILED EGG, CHEESE (FETA, GOAT, MOZZARELLA), AVOCADO, TOF, SMOKED SALMON, TUNA SALAD

DRESSING

OLIVE OIL & LEMON, BALSAMIC VINAIGRETTE, DAIRY-FREE PESTO, TAHINI

ADD-ON

BREAD \$1.50
EXTRA PROTEIN \$2.00

SIDES, SNACKS & SWEETS



DIP WITH PITA BREAD

DIPS: \$14 REGULAR/\$10 MEMBER
HUMMUS, TAHINI, TURKISH DIP, BABA GANOUSH

SAVORY BITES

BUREKAS: \$6 REGULAR/\$10 MEMBERS
FLAVORS: POTATO, MUSHROOM, CHEESE, SPINACH & CHEESE

POTATO CHIPS

REGULAR \$2.00/ \$1.50 MEMBERS

SWEETS

REGULAR \$6.00/\$4.00 MEMBERS
CROISSANT: PLAIN OR ALMOND
ROGALACH: CHOCOLATE OR CINNAMON
CINNAMON ROLL OR MUFFINS | DAILY SELECTION
CHOCOLATE MOUSSE CUP
APPLE PIE SLICE
CHEESECAKE: PLAIN OR BERRY TOPPED

SMOOTHIES

ALL SMOOTHIES ARE DAIRY FREE
\$7 | \$5

BERRY BLAST

MIXED BERRIES, BANANA, OAT MILK

PB & BANANA

BANANA, PEANUT BUTTER, ALMOND MILK

MANGO GLOW

MANGO, PINEAPPLE, ORANGE, COCONUT MILK

GREEN POWER

SPINACH, BANANA, PINEAPPLE, APPLE JUICE

COCOA-DATE SHAKE

COCOA, MEDJOOOL DATES, BANANA, SOY MILK

SOFT DRINKS

	REG	MEMBER
STILL WATER	\$2.00	\$1.50
SPARKLING WATER	\$3.00	\$2.00
SODA	\$2.50	\$1.50
FRESH JUICE	\$4.00	\$3.00
ICED TEA	\$4.00	\$3.00
ICED LEMONADE	\$4.00	\$3.00