



Healthy Breakfast & Lunch Menu

Breakfast

Mon – Thurs: 7am – 11am

Friday: All Day

Scrambled Eggs with Beef

Scrambled eggs, seasoned ground beef, onions, mushroom, and Mexican cheese cooked with avocado oil..... \$6.99

Scrambled Eggs with Mushroom and Spinach

Scrambled eggs, mushroom, and spinach cooked with avocado oil \$6.99

Oatmeal

Old-fashioned oats served with the choices of apple brown sugar or seasonal fruit \$2.99

Lunch

Mon – Fri: 11am – 3pm

Burger Lettuce Wrap

Ground beef, sautéed onions, and mushrooms topped with tomatoes and our house special sauce\$10.99

Grilled Chicken Breast Lettuce Wrap

Chicken breast, sautéed onions, and mushrooms topped with tomatoes and our house special sauce..... \$10.99

Grilled Chicken Mushroom Melt

Chicken breast, mushroom grilled with mozzarella cheese and served with side salad..... \$12.99

Shawarma Bowl with Quinoa

Our famous shawarma bowl with your choice of steak, chicken, or mixed grilled veggies. Served over quinoa and topped with lettuce, tomatoes, pickles, parsley, and creamy sauce \$12.99

Hummus Veggie Wrap

Hummus, bell peppers, onions, mushrooms, and tomatoes wrapped in flax seed wrap \$8.99

Turkey Quinoa with Chili

Lean ground turkey simmered in tomatoes, chili powder, lemon pepper, ginger, white onion, garlic, beans, and organic tomato paste garnished with cilantro \$10.99