

Healthy Menu



Multigrain Toast

- With guava butter.....\$1.95
- Banana, almond butter, agave & chia seed.....\$3.95
- Strawberry, nutella & chia seed.....\$3.95
- Strawberry, agave & goat cream cheese.....\$3.95

Wraps (Whole Wheat)

- **Caprese Wrap:** (300 - 325 cal.).....\$6.95
fresh mozzarella, mixed greens, tomatoes & pesto sauce.
* Add chicken breast \$1.95 * Add Hummus \$1.75
- **Spicy Bean Wrap:** (300 - 325 cal.).....\$7.95
sweet red onion, red pepper, cilantro, fresh spinach tomatoes, feta & spicy pineapple sauce

Fresh Green Salads

- **Strawberry Salad:** mixed greens, fresh strawberries feta, almonds & sweet vinagrette (200-250 cal.).....\$8.95
- **Caprese Salad:** mixed greens, cherry tomatoes, fresh mozzarella, pesto sauce & vinagrette. (200-250 cal.).....\$8.95
* Add Chicken Breasts \$1.95 * Add Hummus \$1.75
* Add Beans \$1.75
- **Mediterranean Salad:** mixed greens, red onions, black olive, feta, hummus & vinagrette (250-275 cal.).....\$10.95
- **Garden Salad:** mixed greens, beans, cherry tomatoes sprouts, red onions, carrots, cucumber, cabbage, almonds feta & vinagrette (275-300 cal.).....\$11.95

Veggie Soup

\$3.00 - \$4.50



Crepes

Sweet Crepes

- Nutella.....\$4.95
- Dulce de Leche.....\$4.95
- Strawberry & Nutella.....\$5.95
- Strawberry, Banana, Nutella & Vanilla Cream.....\$6.95
- 3 Fruits: Nutella & Fresh Mango Cream.....\$7.95
***Add Vanilla Ice Cream.....c.95



Salty Crepes

- **Guava Chicken**.....\$9.95
Chicken breast, melted cheddar, tomatoes, almonds, fresh spinach & guava suace.
- **Pesto Chicken**.....\$9.95
Chicken breast, melted mozzarella, tomatoes, mixed greens, pesto, feta & honey sauce.
- **Veggie**.....\$9.95
Dried & fresh tomatoes, sweet red onions, cucumber, sprouts fresh spinach, pesto, melted mozzarella & sweet vinagrette.



Extras

- Sprouts.....\$1.35
- Tomatoes, sweet onions, carrots, cucumber & cabbage.....c.50 ea
- Fresh Mozzarella, pesto sauce & feta cheese.....c.75 ea

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Búscanos en: 