

# OUR COFFEE



## AND WELLNESS BAR

### BREAKFAST. LUNCH. + SNACKS

#### TOAST

##### THE AVO

healthy multigrain bread toasted with pepper jack cheese topped with fresh sliced avocado and sprinkled with chia, flax and hemp seeds .

\$5

##### DAD'S FAVORITE

powdered peanut butter over healthy multigrain toast topped with fresh sliced bananas

\$3

##### HUMMUS + SEED TOAST

healthy multigrain toast toasted with hummus and topped with sunflower seeds, chia, hemp and flax seeds

\$3

#### SALADS

##### POWER SALAD

spinach, quinoa and hummus, fresh fruit, avocados, sliced almonds topped with your choice of dressing

\$8

##### FIESTA SALAD

spinach, quinoa, black. beans, fresh slice tomatoes, avocado, shredded cheese, and chipotle ranch dressing

\$8

#### FAVORITES

##### BLACK BEAN QUESADILLA

black beans, spinach and cheese on a whole wheat tortilla

\$6

### **BLACK BEAN BURRITO**

black beans, quinoa, cheese, tomato and avocado on a whole wheat tortilla  
\$7

### **AVOCADO MELT**

fresh avocado, sliced tomatoes, pepper jack cheese and hummus  
\$6

### **SNACKS**

#### **FRUIT + YOGURT PARFAIT**

vanilla greek yogurt topped with granola and your choice of fresh fruit, sprinkled  
with chia and flax seeds and drizzled with honey  
\$4

#### **FRESH FRUIT**

always fresh, always organic.  
\$3

#### **CHEESE QUESIDILLA**

shredded cheese on a whole wheat tortilla  
\$4

## **COFFEE + ESPRESSO**