

Hot Drinks 12 oz / 16 oz

Fresh Brewed Coffee - \$1.95 / \$2.45
Cappuccino - \$3.95 / \$4.45
Americano - \$3.95 / \$4.45
Café Latte - \$3.95 / \$4.45
Teavana Premium Teas \$1.95 / \$2.45

Milks:

Coconut

Almond

Soy

Whole

Iced Drinks 16 oz / 20 oz

Iced Coffee - \$2.45 / \$2.95
Iced Latte - \$3.95 / \$4.45
Iced Macchiato-\$3.95/ \$4.45
Frozen Coffee-\$3.95/ \$4.45
Iced Matcha Latte - \$3.95/ \$4.45
Iced Cappuccino - \$3.95/ \$4.45
Iced Tea - \$1.95 / \$2.45
Iced Natural Lemonade - \$1.95 / \$2.45
Arnold Palmer-\$1.95/ \$2.45

Add any
syrup for
c.49

Boba Drinks

16 oz - \$5.95

made with your choice of Black Tapioca or Popping Boba (peach/mango/strawberry)

Thai Tea
Coconut
Almond
Taro
Honeydew

Banana
Pineapple
Mango
Strawberry
Matcha

Fruit Smoothies

16 oz - \$5.95

20 oz - \$6.95

Morning Glory – pineapple, strawberries, mango with a splash of OJ.

Tropical – pineapple, strawberries, banana, coconut milk.

Mango Bango – mango, banana, Greek yogurt, pineapple juice.

Strawberry-Kiwi – banana, kiwi, strawberries, honey, apple juice.

Berry Good – strawberries, blueberries, raspberries, honey, apple juice.

Berry Vanilla – raspberries, strawberries, Greek yogurt, apple juice.

Signature Smoothies

16 oz - \$6.45

20 oz - \$7.95

Detox – spinach, pineapple, banana, chia seeds, honey, unsweetened almond milk.

Antioxidant – green tea, honey, banana, blueberries, Greek yogurt, soymilk.

Greens to the MAX – spinach, kale, pineapple, mango, banana, pineapple juice.

Super Fruity – raspberries, blueberries, strawberries, Greek yogurt, pineapple juice.

Elvis – banana, peanut butter, almond milk.

Banana Ginger – banana, honey, ginger, Greek yogurt, soymilk.

BOOSTERS AVAILABLE:

**Whey protein, Hemp protein, PB Protein, Energy, Immune with Zinc, Vanilla Protein,
Keto Chocolate Protein - \$1.50 each**

Acai Bowls - \$10.95

Fruity – acai, mixed berries, almond milk Topped w/ mixed berries, granola, hemp seeds, honey

Elvis – banana, peanut butter, almond milk Topped w/ strawberries, banana, cashews, granola,
flax seeds

Tropical – acai, tropical fruits, coconut milk Topped w/ kiwi, pineapple, banana, granola,
coconut flakes, chia seeds, agave

Salads

Chef Salad - \$11.95

Spring mix, premium ham, roasted turkey, swiss and cheddar cheese, tomatoes, red onions, cucumbers, seasoned croutons

Cobb Salad - \$10.95

Spring mix, roasted turkey, avocado, bacon, egg, tomatoes, blue cheese crumbles

Health Nut Greek - \$8.95

Spring mix, tomatoes, cucumbers, red onions, feta cheese, olive medley

Garden Salad - \$6.95

Spring mix, tomatoes, cucumbers, seasoned croutons

Kale Salad - \$9.95

Kale, spring mix, apple, dried cranberries, sliced almonds, cheddar cheese

Cesar Salad - \$6.95

Romain, parmesan cheese, seasoned croutons, caesar dressing

Add to any above salad:

Grilled Chicken - \$4 Seasoned Grilled Shrimp - \$5 Grilled Salmon-\$5

Beyond Meat Veggie Patty - \$5

Build-Your-Own Bowl or Salad - \$7.95

5 grain blend, brown rice, or spring mix base with 3 free toppings (additional toppings \$1 each)

Toppings: Almonds, Apples, Avocado, Bacon, Blue Cheese

Blueberries

Cheddar Cheese

Cranberries

Croutons

Cucumbers

Eggs

Feta Cheese

Gouda

Ham

Monterrey Jack

Olive Medley

Onions

Parmesan

Strawberries
Tomatoes, Turkey

Screen #4(breakfast) from 7am to 11am

Oatmeal - \$5.95

Organic steel cut oats, slow cooked with soy milk
Choice of any 2 toppings: Bananas, Apples, Blueberries, Almonds, Cashews, Strawberries,
Brown Sugar, Honey, Agave, Granola, Flax, Hemp and Chia Seeds
(add'l toppings \$.75 each)

Avocado Toast - \$5.95

Toasted wheatberry bread topped with our homemade Avocado Smash

Egg-Cado - \$7.95

Fresh avocado, 2 fresh organic cage free eggs, served with toasted wheatberry bread

Greek Yogurt Parfait - \$6.95

Layered with mixed berries, topped w/ granola and honey

The Health Tree Avocado Delight - \$7.95

Toasted half bagel topped with goat cheese, our homemade Avocado Smash served open-faced

*** Topped with organic cage-free basted egg, scallions, and cilantro lime drizzle ***

Your choice organic bagel: plain or everything

Breakfast Wraps - \$8.95

Fresh organic eggs on wheat, sun-dried tomatoes, or spinach tortilla
With side of breakfast potatoes or fruit salad

American – whipped eggs, bacon, premium ham, cheddar and monterey jack cheeses

Southwest – whipped eggs, grilled chicken, salsa, cheddar cheese

California – whipped eggs, bacon, avocado smash, gouda cheese, tomatoes

Vegetarian – whipped egg whites, spinach, tomatoes, scallion, feta cheese

Breakfast Sandwiches - \$8.95

Fresh organic egg on everything or plain bagel, croissant (GF bread also available)

New Yorker – egg, bacon, gruyere cheese, avocado smash, mayo

Baja – egg, grilled chicken, monterrey jack cheese, pico de gallo, sour cream, baja sauce

L.A. – egg, premium ham, gruyere cheese, sliced avocado, sliced tomato

Seattle – egg white, spinach, scallion, sliced tomato, feta cheese (V)

American- egg, bacon, premium ham, cheddar and monterrey cheese

Little Health Tree -Kids Breakfast Combos

Includes choice of drink- organic apple juice or orange juice (kid's smoothie 12 oz \$3 extra)

Egg Quesadilla – whipped organic cage-free egg, cheddar cheese - \$4.95

Ham and Egg Quesadilla – whipped organic cage-free egg, premium ham, cheddar cheese -
\$5.95

Ham and Egg Panini – ciabatta, whipped organic cage-free egg, premium ham, cheddar cheese -
\$5.95

Kids Smoothies

12 oz - \$4.95 16 oz - \$5.95

Jack and Jill – strawberries, banana, apple juice

Berry Blast – blueberries, strawberries, apple juice

Tropical – pineapple, strawberries, banana, coconut milk

Morning Glory – pineapple, strawberries, mango, OJ

Breakfast Bowls - \$10.95

Fruity – acai, mixed berries, almond milk Topped w/ mixed berries, granola, hemp seeds, honey

Elvis – banana, peanut butter, almond milk Topped w/ strawberries, banana, cashews, granola,
flax seeds

Tropical – acai, tropical fruits, coconut milk Topped w/ kiwi, pineapple, banana, granola,
coconut flakes, chia seeds, agave

add Power Boost to any Bowl for \$1.50 extra

Bowls - \$12.95

VEGETARIAN OPTIONS: Sub any meat with our Fresh Hummus or Sautéed Chickpeas at no cost.

Sub Beyond Meat Veggie Patty - \$2 extra

Southwest Chicken – brown rice, black beans, grilled chicken, avocado smash, romaine lettuce, monterrey jack cheese, pico de gallo, sour cream

The Greek Village – spring mix, hummus, tomatoes, cucumbers, olive medley, feta cheese, grilled chicken, greek dressing

Mediterranean – 5 grain blend, spring mix, topped with grilled chicken, tomatoes, cucumbers, olive medley, feta cheese, Greek dressing

The Buffalo – brown rice, grilled chicken, romaine lettuce, tomatoes, gouda cheese, ranch dressing, buffalo sauce

Tacos

2 tacos served on corn or flour tortilla on a bed of fresh citrus slaw topped with pico de gallo, sliced avocado, cheddar cheese, cilantro garlic crema, lime wedge

Grilled Shrimp – \$8.95

Grilled Chicken – \$6.95

Vegetarian - \$7.95

Baja Style (sliced jalapenos and homemade baja sauce) - \$1.50

Make it a meal – add black beans and brown rice - \$3

Add Taco - \$3

Served with seasoned roasted potatoes, fresh seasonal fruit salad or cucumber salad

Panini - \$10.95

VEGETARIAN OPTIONS: Sub any meat with our Fresh Hummus or Sautéed Chickpeas at no cost.

Sub Beyond Meat Veggie Patty - \$2 extra

Chicken Bacon Ranch – grilled chicken, bacon, tomatoes, romaine lettuce, cheddar, ranch dressing

Health Tree Club – premium ham, roasted turkey, bacon, swiss cheese, tomatoes, romaine lettuce, cilantro garlic crema

Pork on top of Pork – premium ham, bacon, swiss cheese, tomatoes, romaine lettuce, mayo

Turkey Deluxe – roasted turkey, bacon, tomatoes, sliced avocado, mayo

Chicken Pesto – grilled chicken, mozzarella cheese, tomatoes, pesto sauce

Wrap - \$10.95

VEGETARIAN OPTIONS: Sub any meat with our Fresh Hummus or Sautéed Chickpeas at no cost.

Sub Beyond Meat Veggie Patty - \$2 extra

California Chicken Club – grilled chicken, bacon, avocado smash, tomatoes, romaine lettuce, gouda cheese, cilantro garlic crema

Buffalo Chicken – grilled chicken, buffalo sauce, tomatoes, romaine lettuce, gouda cheese, ranch dressing

Chicken Caesar Wrap – grilled chicken, romaine lettuce, parmesan cheese, caesar dressing

Southwest Chicken Wrap – grilled chicken, black beans, brown rice, romaine lettuce, avocado smash, fresh onions, monterrey jack cheese, sour cream

Tuna Wrap – tuna, spring mix, fresh celery, fresh onion, avocado smash, carrots, jalapenos, mayo,

Sides - \$2.95

Seasoned roasted potatoes

Fresh seasonal fruit salad

Cucumber salad (sliced cucumber and onion, pickled with dill and crumbled feta)

Vegetarian Black Beans (our homemade recipe – slow cooked)

Organic Brown Rice

Premium Sides - \$4.95

Served with pita chips

Avocado Smash (avocado, tomato, extra virgin olive oil, lime)

Hummus (our homemade recipe)

From the Grill

Served with choice of side

seasoned roasted potatoes, fresh seasonal fruit salad or cucumber salad

Burger –beef patty on a roll with lettuce, tomato, onion, and pickle - \$11.95

Vegan Burger – 100% Vegan BEYOND BURGER patty on ciabatta roll topped with lettuce, tomato, and onion - \$11.95

Spicy Peruvian Chicken Sandwich – grilled chicken tossed in our peruvian sauce on a roll topped with romaine and tomato - \$10.95

Salmon Sandwich – salmon on a roll topped with mango salsa, lettuce, tomato - \$12.95

ADD toppings choice of cheese, vegan cheese, bacon or choice of vegetables to above - \$1 each

Little Health Nuts - Kids Lunch Combos - \$5.95

Includes choice of drink- organic apple juice or orange juice (kid's smoothie 12 oz \$3 extra)

Cheese Quesadilla

Chicken and Cheese Quesadilla

Chicken Taco- 1 taco served on flour or corn tortilla, topped with sliced avocado, cheddar cheese, cilantro garlic crema.

Grilled Chicken Nuggets

Kids Smoothies

12 oz - \$4.95 16 oz - \$5.95

Jack and Jill – strawberries, banana, apple juice

Berry Blast – blueberries, strawberries, apple juice

Tropical – pineapple, strawberries, banana, coconut milk

Morning Glory – pineapple, strawberries, mango, OJ