



SALADS

KALE CEASER SALAD 10

croutons| shredded parmesan|
pine nuts| lemon ~ anchovy dressing

THE BEET GREEK 11

chickpeas| cucumbers| onions| olives
tangy feta| white wine vinaigrette

BUTTER LETTUCE SALAD 12

bacon| avocado| bleu cheese|
red wine vinaigrette| smokey almonds
red onions

CURRY CHICKEN SALAD 13

romaine hearts| celery| apple| carrot|
roasted cashews| madras vinaigrette
chickpeas

CITRUS SALAD 10

oranges| baby spinach| spiced pecans|
grapefruit| Shipwreck honey vinaigrette

With.....

roasted chicken 3

marinated tofu 3

smoked salmon 4

tuna salad 3

chopped hickory bacon 2.5

5 FOR 5 HAPPY HOUR MENU

(5 items 5 bucks each available M-F, 4 - 6 pm)

SPECIALTY COCKTAIL

HAPPY HOUR SNACK

GLASS OF RED

GLASS OF WHITE

MIMOSA

SANDWICHES

Our sandwiches are served on Grand Central Bakery
or House Baked Gluten Free bread for an additional \$1

ROAST BEEF ROYALE 11

ZOE'S roasted beef| caramelized sweet
peppers| pepper jack| roasted garlic mayo

CUBAN TOFU PANINI 10

coconut pickled slaw| avocado| chili mayo

CHICKEN CLUB 12

roasted chicken breast| provolone| avocado
dried tomato mayo| bacon| arugula

MAKE YOU MELT 10

albacore tuna salad| celery|
apple| cheddar

HICKORY SMOKED PASTRAMI 11

melted swiss| caramelized onions|
sweet-hot beaver mustard| caraway
sauerkraut

NORTHWESTERN 12

cold smoked wild salmon|
daikon sprouts| pickled red onion|
capers| cucumber| herb cream cheese

ROAST TURKEY 10

baby spinach| honey ~ mustard| havarti

"SUNRISE TREAT" 9

hickory bacon| over easy egg|
sharp cheddar| ciabatta

All sandwiches served in house come with a side salad

ASK US HOW

WE CATER EVENTS AND

DELIVER BOX LUNCHES

HOT STUFF

DAILY SOUP 6.5

olive oil crostini

VEGGIE LASAGNA (gf) 11

tomato sauce| parmesan cheese

KIMCHI QUINOA (gf) 10

cilantro| sambal| tamari| scallions
with fried egg 1

SNACKS

HERB MARINATED OLIVES 4

COUNTER MIX NUTS 5

cashews| smokey almonds| glazed
pecans| dried cranberries

ERIN'S POPCORN 1.5

TIM'S POTATO CHIP'S 1

BUBBIE'S PICKLES 2

SWEETS

DARK CHOCOLATE

ESPRESSO BROWNIES (gf) 3.5

CHOCOLATE CHIP COOKIES 2.5

DRINKS

DRY SODA 3

Cucumber| Blood Orange| Vanilla

GINGER BEER Bundaberg 3.5

ROOT BEER Bundaberg 3.5

MEXICAN COCA COLA 3

SPARKLING WATER 3

LOOSE LEAF

BLACK TEA Rishi 2.50| 3

JUICES

REFRESHER 7| 9

grapefruit| apple| fennel| mint

GREEN GIFT OF THE GODS 7.5| 9.5

kale| green apple| ginger| parsley

KICKED UP CARROT 7| 9

carrot| spinach| garlic|
cayenne| lemon

BEET IT 7.5| 9.5

apple| lemon| golden beet| ginger

IMMUNITY 7.5| 9.5

Shipwreck honey| apple| orange| lemon|
cayenne| garlic| ginger

THE ZINGAAA..... 7| 9

ruby grapefruit| lemon| orange| pineapple

SUMMER SIPPER 7.5| 9.5

pineapple| cilantro| cucumber|
jalapeno| apple| lime

CC CLEANSE 7.5| 9.5

cucumber| fennel| celery| lemon|
apple| ginger

WE OFFER CLEANSSES & BULK JUICES

SMOOTHIES

AWARENESS 6.5| 8.5

blueberry| blackberry| kale| avocado| flax| apple juice

BERRY BLAST 6| 8

strawberry| blueberry| blackberries

GREEN SMOOTHNESS 6.25| 8.25

kale| banana| orange| cucumber| apple juice

TROPI-FUSION 6.25| 8.25

banana| mango| orange| lime juice| mint

PRINCE VITA 6.25| 8.25

caramel| chocolate| Vita cold brew| choice of milk

PEANUT BUTTER CUP 6| 8

banana| peanut butter| chocolate| choice of milk

ORANGE DREAMSICLE 6.25| 8.25

banana| orange| malt| vanilla| oj

HOLY MOLÉ! 6.5| 8.5

blueberry| banana| arugula| cocoa| spices| rice milk

BREAKFAST IN A GLASS 6.25| 8.25

banana| orange| yogurt| oats| agave| cinnamon| milk

BOOSTERS 1

flaxseed| spirulina| hemp protein| soy protein|
echinacea| acai| whey protein

COFFEE

DRIP 2| 2.50

CAFÉ LATTE 3| 3.5

MOCHA 3.25| 3.75

CAPPUCCINO 2.75| 3.25

COLD BREW 3.75| 4.25

BREVE 4| 4.5

WHISKEY & COFFEE| 10

OUR FRIENDS.....

(Condiments available for retail purchase)

CALLAHAN'S HOT SAUCE

Jalapeno Hot Sauce
Chipotle Hot Sauce
Habanero Hot Sauce
8 ounce Jar 6.5

SHIPWRECK HONEY

One Pound Jar 15
Honey Bear 2 oz 2.75