

BREAKFAST

OPEN-2PM

POWER PROTEIN WRAP \$14.95

8 SCRAMBLED EGGS | SLICED TURKEY BREAST | PEPPERS | ONIONS | TOMATOES | CHEDDAR CHEESE | WRAPPED IN A TOMATO BASIL TORTILLA

BODY SCULPTOR WRAP \$11.95

3 SCRAMBLED EGGS | TOMATOES | PEPPERS | ONIONS | MUSHROOMS | CHEDDAR CHEESE | WRAPPED IN A TOMATO BASIL TORTILLA

BAJA BREAKFAST BURRITO \$14.95

6 SCRAMBLED EGGS | AVOCADO | TOMATOES | ONIONS | GREEN PEPPERS | CHEDDAR CHEESE | KNOCKOUT SAUCE (SPICY) | FRENCH FRIES WRAPPED IN A TOMATO BASIL TORTILLA
ADD TURKEY BREAST \$2 | ADD GRILLED CHICKEN \$2 | ADD BACON \$2

PROTEIN BOWL \$15.95 (GF)

3 SCRAMBLED EGGS | ROASTED SWEET POTATOES | ROASTED CHERRY TOMATOES | SAUTEED SPINACH | RED ONIONS | AVOCADO | FETA

BYO OMELET \$15.95 (GF)

3 EGG OMELET | CHOICE OF MEAT : BACON, CHICKEN, OR TURKEY CHOICE OF VEGGIES : PEPPERS, ONIONS, TOMATOES, OR MUSHROOMS
CHOICE OF CHEESE : JACK, CHEDDAR, FETA, GOAT, SWISS OR AMERICAN CHOICE OF BREAD : MULTI-GRAIN OR SOURDOUGH TOAST

GYROS OMELET \$16.95 (GF)

3 EGG OMELET | GYROS | RED ONION | TOMATOES | SIDE OF TZATZIKI SAUCE, CHOICE OF CHEESE : FETA OR AMERICAN. CHOICE OF BREAD : SOURDOUGH OR MULTI-GRAIN

CHEESE OMELET \$13.95 (GF)

3 EGG OMELET CHOICE OF CHEESE : FETA, GOAT, JACK, CHEDDAR, WHITE AMERICAN OR SWISS CHOICE OF BREAD : SOURDOUGH OR MULTI-GRAIN. SUBSTITUTE EGG WHITES \$1

PROTEIN GRANOLA PANCAKES \$14.95

4 MULTI GRAIN GRANOLA PANCAKES CHOICE OF ONE FRESH FRUIT TOPPING: STRAWBERRY BANANA OR BLUEBERRIES | ADD WHEY ISOLATE OR VEGAN PROTEIN \$2

POWER EGG WHITE PANCAKES \$15.95

4 MULTI GRAIN GRANOLA PANCAKES | LAYERED WITH 6 SCRAMBLED EGG WHITES CHOICE OF ONE FRESH FRUIT TOPPING : STRAWBERRY, BANANA OR BLUEBERRIES | ADD WHEY ISOLATE OR VEGAN PROTEIN \$2

BELGIAN WAFFLE \$12.95

CHOICE OF FRUIT : STRAWBERRY, BANANA, BLUEBERRIES

CHICKEN & WAFFLES \$17.95

HOT HONEY DRIZZLE AND GANGSTER RANCH DIPPING SAUCE

STARTERS

POPCORN CAULIFLOWER \$15.95 (GF)

RICE FLOUR TEMPURA CAULIFLOWER | SCALLIONS | BLACK SESAME SEEDS | SRIRACHA AIOLI

ONION RINGS \$11

BREADED ONION RINGS | GANGSTER RANCH DIPPING SAUCE

BATTERED AVOCADO SLICES \$11

CHOICE OF ONE DIPPING SAUCE : RANCH, KNOCKOUT, LIME VINAIGRETTE, JALAPENO AIOLI

MOZZARELLA STICKS \$12

FRIED WITH ITALIAN-SEASONED BREADING AND MARINARA DIP

SALAD & WRAP

MAKE IT A SALAD OR WRAP
SERVED WITH PASTA SALAD
OR SIDE SALAD \$2

SOUTHWEST \$15.95 (GF)

GRILLED BBQ CHICKEN BREAST | ICEBERG LETTUCE | BLACK BEANS | SWEET CORN | TOMATOES | SCALLIONS | MONTEREY JACK CHEESE | TORTILLA STRIPS | GANGSTER RANCH DRESSING

CAESAR \$12.95

ROMAINE LETTUCE | GRATED PARMESAN | GARLIC HERB CROUTONS | CREAMY DARK BALSAMIC OR TRADITIONAL CAESAR DRESSING *ADD GRILLED CHICKEN \$3 | ADD SALMON \$6

GANGSTER \$14.45 (GF)

SPINACH | QUINOA | ROASTED TOMATOES | AVOCADO | BLACK BEANS | ROASTED RED PEPPERS | SWEET CORN | TOASTED PEPITAS | CILANTRO | GOAT CHEESE | LIME VINAIGRETTE DRESSING |
ADD GRILLED CHICKEN \$3 | ADD SALMON \$6

RASPBERRY SPINACH \$14.45 (GF)

SPINACH | CRAISINS | GRANNY SMITH APPLES | WALNUT | GOAT CHEESE | RASPBERRY WALNUT CHAMPAGNE DRESSING | ADD GRILLED CHICKEN \$3 | ADD SALMON \$6

TUNA COBB \$15.95 (GF)

ALBACORE TUNA | ROMAINE LETTUCE | CUCUMBERS | CARROTS | CELERY | TOMATOES | RED ONIONS | LEMON DIJON VINAIGRETTE.
CHOICE OF MAYO-FREE TUNA OR TRADITIONAL TUNA SALAD

BUFFALO \$15.95

BUFFALO GRILLED CHICKEN BREAST | ROMAINE LETTUCE | CELERY | CARROTS | CRUMBLLED BLUE CHEESE | CROUTONS | GANGSTER RANCH DRESSING

GREEK \$13.95 (GF)

ROMAINE LETTUCE | CUCUMBERS | TOMATOES | ONIONS | FETA | TZATZIKI SAUCE | GREEK VINAIGRETTE DRESSING | ADD GRILLED CHICKEN \$3 | ADD SALMON \$6 | ADD GYROS \$4

THE BIG MAK SALAD \$15.95 (GF)

2 PRIME BEEF PATTIES | ICEBERG LETTUCE | RED ONION | WHITE AMERICAN CHEESE | DICED PICKLES | SECRET SAUCE | BLACK SESAME SEEDS

SALMON SALAD \$17.95

ATLANTIC SALMON | SPINACH | CUCUMBERS | TOMATOES | CARROTS | RED ONION | BLACK SESAME SEEDS | ASIAN SESAME DRESSING | ADD SCOOP QUINOA \$4

TACO SALAD \$16.95

OG TACO SALAD SERVED IN A CRISPY TORTILLA BOWL. CHOICE OF GROUND BEEF TACO MEAT OR GRILLED CHICKEN
WITH TOMATO - ONION - BLACK BEAN - CORN ICEBERG LETTUCE TOSSED IN YOUR CHOICE OF GNAGSTE RANCH OR CHIPOTLE RANCH AND TOPPED WITH SOUR CREAM AND GUACAMOLE

BOWLS

PESTO QUINOA \$14.45 (GF)

QUINOA | SPINACH | PARMESAN CHEESE | HOMEMADE PESTO | ADD GRILLED CHICKEN \$3 | ADD SALMON \$6

CHICKEN AVOCADO QUINOA \$15.95 (GF)

BBQ CHICKEN BREAST | QUINOA | BLACK BEAN | SWEET CORN | TOMATOES AVOCADO | SCALLIONS | MONTEREY JACK CHEESE | BBQ SAUCE | GANGSTER RANCH

BUFFALO QUINOA \$15.45 (GF)

GRILLED BUFFALO CHICKEN BREAST | QUINOA | CELERY | CARROTS CRUMBLLED BLUE CHEESE | GANGSTER RANCH

SWEET POTATO QUINOA \$15.95 (GF)

QUINOA | ROASTED SWEET POTATO | AVOCADO | BLACK BEANS | SWEET CORN RED ONIONS | ROASTED RED PEPPERS | CILANTRO | SPICY CILANTRO CREMA. | ADD GRILLED CHICKEN \$3 | ADD SALMON \$6

GYROS BOWL \$15.95

GYROS | TOMATOES | RED ONIONS | CUCUMBERS | TZATZIKI SAUCE. ADD FETA \$2

SALMON QUINOA \$17.95

ATLANTIC SALMON | CARROTS | PEAS | SCALLIONS | RED ONION | BLACK SESAME SEEDS, TOSSED WITH TAMARI AND TOSSED WITH TAMARI, TOASTED SESAME OIL, AND FINISHED WITH HOMEMADE CHILI CRUNCH. ADD EGG \$3