

ORGANIC COFFEE & TEAS

organic creamer, non-fat milk, oat & soy milk free of charge, almond milk 0.59 flavor syrups 0.49

Groundwork, organic coffee 3

locally roasted: regular and decaf

Groundwork Cold Brew 6

Turmeric Latte 5.50

fresh turmeric, oat milk, wild honey & cinnamon

Zen Wellness Tonic (calming) 5

lavender, honey, chamomile

Fresh Mint & Lemon Tonic (wellness) 5

wild honey with hint of cayenne

Lemon Ginger & Honey (cleanser) 5

wild honey, fresh ginger, squeezed lemon

Traveler's Tonic (prevention) 5

turmeric, mint, lemon, orange, carrot, coconut water

Specialty Hot Teas 3

orchard oolong, french lemon ginger, english breakfast, earl grey
crème, egyptian chamomile, pacific coast mint

COLD PRESS JUICES 8.50

Clover: kale, cucumber, celery, spinach, pear, cilantro, mint, lime

Gingersnap: fuji apple, green apple, ginger, lemon

Sunrise: orange, carrot, coconut water, lemon, turmeric

Quench: watermelon, jicama, strawberry, mint, lime

Coconut Water 5 Kombucha 5.50

Freshly Squeezed Juice orange, grapefruit, celery 6.50

STARTERS

Fries

baked garlic fries 3.95 ✓
sugar-free ketchup

baked sweet potato fries 3.95 ✓ (P)
vegan chipotle ranch

Charred Buffalo Cauliflower

all-natural buffalo sauce, cauliflower, green onions, served with vegan ranch dressing, celery & carrot sticks 9.5 (GF) 🌱

Paleo Chicken Fingers

baked almond crusted chicken
with avocado pesto & nacho aioli 10 🌱 (GF) (P)

Guacamole and Chips

hand-smashed avocado with gluten-free corn chips and fresh pico de gallo 9.95 (GF) ✓

Healthy Hummus 6.95

6.95 (GF) ✓
spinach, arugula, chickpeas, garlic, evoo, lemon, himalayan salt & house made pita
gluten-free chips available

Soup 6

chicken tortilla | tomato ✓

Smashed Avocado Toast

tomatoes, california organic evoo, himalayan salt 9 ✓
chef recommends local pasture-raised egg & nitrate-free bacon

Street Tacos 3.95 each

(GF)
East Side: shredded chicken tinga with ranchero salsa and pickled watermelon radish

West Side: citrus-brased carnitas with tomatillo sauce and grilled pineapple salsa

SALADS

Baja Kale Caesar

kale, romaine, almond crusted chicken, quinoa parmesan crisps, sliced avocado, queso fresco, hard boiled egg, pico de gallo, black beans, pickled watermelon radish, roasted corn with chipotle caesar dressing reg 10.95 | large 13.95 🌱

Chopshop Chicken

romaine, salami, mozzarella, tomatoes, cucumber, garbanzos, pepperoncini, shallots & croutons with nonna's basil pesto vinaigrette reg 10.95 | large 13.95

Lemongrass Chicken

mixed greens, mango, pineapple, jicama, daikon sprouts, toasted coconut, roasted cashews & thai chili with lemongrass lychee vinaigrette reg 10.95 | large 13.95 🌱

Antioxidant Orchard

mixed greens, grapes, celery, walnuts, dried berries, apples, mint, shallots, cucumber & fresh berries with pomegranate vinaigrette reg 9.5 | large 11.95 ✓ 🌱
chef recommends blue cheese & grilled salmon

Kitchen Sink Cobb

romaine, tomatoes, hard boiled egg, sliced avocado, carrots, garbanzos, nitrate-free bacon, turkey, basil & blue cheese with charo's balsamic vinaigrette reg 10.95 | large 13.95

Zorra The Greek

romaine, arugula, tomatoes, cucumber, vegan feta olives, shallots, artichokes, healthy hummus, garlic herb vinaigrette, reg 9.5 | large 11.95 ✓
chef recommends house made pita & grilled chicken

BOWLS

Paleo Chicken Fajita Bowl

shredded picante chicken, mixed with peppers and shallots, paleo rice, kale tossed in zesty lemon, pickled watermelon radish & vegan nacho aioli 13.75 (P)

West Coast Bowl

ground turkey, farro, brown rice, quinoa, arugula, kale, cabbage, vegan feta, cucumber, tomatoes & radish sprouts with garlic herb vinaigrette 13.75

Hollywood Bowl

chicken, organic quinoa, roasted baby beets, cranberries, almonds, herbed goat cheese, kale, arugula with charo's balsamic vinaigrette 13.75 🌱

LA LA Bowl

organic quinoa or farro with charo's balsamic vinaigrette, smashed avocado, black beans, tomatoes, corn, kale, vegan ranch & vegan nacho aioli 12.50 ✓
chef recommends grilled lemon salmon

Keto Carnitas Bowl

citrus braised carnitas, queso fresco, avocado, cilantro lime greek yogurt, romaine, pico de gallo, cilantro, pickled watermelon radish, chipotle caesar dressing 14.95
gluten free tortilla available

SANDWICHES

Add baked sweet potato fries or garlic fries for \$3.95
 Can be served on a lettuce wrap or gluten free bun

CLT Panini

sliced roasted cauliflower, basil, veganaise, roma tomatoes, butter lettuce 9.99

Chipotle Chicken Panini

almond crusted chicken, cheddar, tomatos, lettuce, pickled jalapeños with nacho aioli 9.99

Pesto Chicken Panini

avocado pesto, tomatoes, arugula, cheddar & basil pesto vinaigrette 9.99

Turkey Melt on Pretzel Roll

all-natural turkey, smoked gouda, spinach, onion & whole grain mustard aioli 9.99

Greenplate Special Combine any 1/2 panini w/ side salad or soup 9.99

BURGERS & FRIES

Add baked sweet potato fries or garlic fries for \$3.95
 Can be served on a lettuce wrap or gluten free bun

Grass Fed Angus Burger

aged white cheddar, garlic aioli, butter lettuce, tomato, red onion & housemade pickle 10.99

Turkey Burger

organic turkey, smashed avocado, smoked gouda, tomato, caramelized onions, butter lettuce & garlic aioli 10.99

Spicy Avocado Vegan Burger

Lightlife vegan patty, vegan tomato cayenne chao cheese, smashed avocado, tomato, arugula, garlic aioli & pickled jalapeños on a vegan bun 11.99 **chef recommends vegan feta**

ENTREÉS

Stir Fry bell peppers, red onion, carrots, organic broccoli, celery, agave, roasted cashews, brown rice & cilantro 11.5
 chef recommends grilled citrus chicken

Roasted Spaghetti Squash stuffed with house-made organic turkey meatballs and local mozzarella 14.95

Salmon Pomodoro togarashi crusted salmon filet on a bed of zucchini & spaghetti squash noodles 18.95

Seared Cauliflower Steak

served with sautéed power greens, local evoo, and fresh herbs 13.95

BUILD YOUR OWN ENTREÉ

one protein & choice of
one side | two sides

grilled citrus chicken
10 | 15.5

marinated citrus tofu
9 | 14.5

almond crusted chicken
11.5 | 17

cauliflower steak
10 | 15.5

salmon filet 14.5 | 20

SIDES

paleo rice 6 tuscan kale 5 organic garlicky broccoli 6

sweet potato fries 3.95 garlic fries 3.95 simple salad 6 sautéed power greens 5

BYO SALAD ¹¹

1

Choose Your Organic Greens Or Grains

organic greens:

baby mixed, romaine, arugula, kale

OR

organic ancient grains:

brown rice, quinoa, farro

2

Select Up To 4 Toppings
.75 each addition

vegetables: artichokes, roasted baby beets, carrots, celery, thai chili, corn, cucumber, jicama, olives, red onion, pepperoncini, watermelon radish, bell peppers, shallots

cheese: blue crumbles, mozzarella pearls, herbed goat cheese, aged white cheddar, queso fresco, vegan feta, smoked gouda

legume: black beans, garbanzos, healthy hummus

herbs: basil, cilantro, mint, greek herb mix

fruit: apples, berries, cranberries, grapes, mango, grilled pineapple, cherry tomatoes

nuts: almonds, roasted cashews, agave-roasted walnuts, toasted coconut, sunflower seeds

breads: croutons, flatbread, tortilla chips

3

Proteins & Premium Toppers

sliced avocado 2

turkey bacon 3

nitrate-free bacon 2.5

citrus tofu 4

grilled citrus chicken 5

almond crusted chicken 5.5

uncured dry salami 3

shredded picante chicken 4

citrus braised carnitas 4

salmon filet mkt. price

4

Choose One Dressing

all dressings are free of: dairy, sugar, gluten, soy, lactose, nuts, preservatives

charo's classic balsamic

nonna's basil pesto

caesar

ranch

chipotle ranch

sugar-free zesty lemon

jon's citrus basil

joey's roasted garlic herb

lemongrass lychee

vegan nacho aioli

pomegranate whole grain mustard

balsamic vinegar

lemon juice

california organic evoo

16oz dressings available for \$8.50

FAMILY MEALS ⁴⁰ serves 4

Family Meal

choice of **one** protein,
one side, **one** salad

Taco Bar

choice of **one** protein and all the gourmet ingredients
needed for an awesome Taco Tuesday every day!