

Juice Bar • Juice Bar • Juice Bar • Juice Bar

~ JUICES ~

12oz. (5.25) 20 oz. (6.50)
Apple Pineapple Orange Carrot

The following juices have been selected to help address common health issues and to counteract some of the leading causes of premature death. Please see our juice bar attendant for other healthful combinations.

~ SMOOTHIES ~

one size (20 oz.) - 6.00

Menu is subject to change based on cost, availability and season

ORANGE LIFTOFF

almond milk, banana, carrot juice, Sun flower seeds

BANANA -MAPLE NUTTY

almond milk, vanilla yogurt, walnuts, banana w/ maple syrup

THE REGULAR

peaches, spinach leaves, flax seed, grapefruit, celery and honey

B n B" (BERRIES n BANANA)

mixed berries, banana, sweet apple juice

PINEAPPLE DREAMS

Pineapple juice, banana & sunflower seeds

BUILD YOUR OWN

Choose 2 fruits, milk or juice and one add-in

SMOOTHIE FRUITS

strawberries
blackberries
blueberries
raspberries
banana
peaches
pineapple

ADD-INS

(.75 / ea)
sunflower seeds
pumpkin seeds
bee pollen (caution re allergies)
lechinin
spirulina
chlorophyll
brewers yeast

MILKS

2% or skim
soy
almond

yogurt
flaxseed

HEART HEALTH - Carrot or Pineapple w/ honey

GAS/BLOATING - Pineapple, ginger, cabbage leaves, mint

ATHEROSCLEROSIS / CHOLESTEROL / HEART ATTACK & STROKE / HIGH

BLOOD PRESSURE - Carrot, apple, garlic, parsley, ginger, splash of Tobasco

DIABETES - Tomato, carrot, celery, cucumber, green bell pepper, parsley, spinach... Our version of a V8 juice!

ANTI-ALLERGY - Apple, carrot, ginger, red onion, cabbage leaves

HEADACHES - Broccoli, alfalfa sprouts, apple, carrot, cabbage leaves

ACNE - Parsley, apple, kale, spinach

ENERGIZER - Carrot and parsley

ALKALINIZING - Grapefruit, spinach & pineapple

FOR THE COMMON COLD & INSOMNIA - Strawberries, pineapple, orange blended w/ banana

CANCERS - Apples, carrots, broccoli, kale, beet greens (when available), oranges, green bell pepper, spinach and tomatoes (high in carotene and antioxidants). NOTE: Any combination of these ingredients is beneficial.

~ Also ~

FOR THE EARLY ONSET OF A COLD OR TO JUST WARM UP

Tea of juiced lemon and ginger in hot water (1.75)

TODD'S GREEN MACHINE

Spinach, kale, parsley, wheatgrass, pineapple, carrot, apple w/ touch of honey

12 OZ. (5.75) 20 OZ. (7.00)

WHEATGRASS SHOTS

1 1/2 OZ. (2.50) 2 OZ. (3.00)



- EAT IN
- TAKE OUT
- CATERING

1450 E. White Mountain Blvd.
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Breakfast Menu

Assorted daily PASTRIES and CROISSANTS 3.00

TOASTED BAGEL w/ whipped cream cheese ... or butter 2.50
(Veggie or Fruit Cream Cheese - add .50)

OPEN-FACED VEGGIE BAGEL w/ choice of veggie cream cheese ... or hummus 7.00

HOT HAM, TOMATO & PROVOLONE BAGEL w/ whipped cream cheese 7.00

HOUSE-CURED WILD SALMON ON TOASTED BAGEL w/ Whipped Cream Cheese, Sprouts, Tomato, Onion, Cucumber, Lemon and Capers 9.50

BLUE CORN WAFFLES w/ seasonal fruit and real maple syrup 7.00

STEEL-CUT OATS w/ dried mango and cinnamon served w/ brown sugar and choice of steamed milk 5.75

CURRY TOFU SCRAMBLE w/ Tahini, mushrooms, green onion and tamari served with wheat-berry toast 8.00

VANILLA YOGURT AND GRANOLA PARFAIT layered with seasonal fresh fruit 5.75

QUICHE-OF-THE-DAY 5.50

QUICHE served w/ seasonal fresh fruit 8.00

Lunch Menu

~ SALADS ~

CAESAR -romaine, house-made caesar dressing, croutons and parmesan 7.75

CHEF - artisan lettuce, ham, turkey, egg, cheese, carrots, cucumber, tomato, croutons, sprouts (choice of dressing) 9.25

ORIENTAL - Crisp cabbage, artisan lettuce, carrots, and cucumber w/ sesame-rice sticks and ginger dressing 7.75

COBB - artisan lettuce, bacon, egg, gorgonzola, tomato, avocado, chicken (choice of dressing) 9.25

GREEK - artisan lettuce, marinated artichokes, olives, tomato, red onion and cucumber with feta cheese and red wine vinaigrette 9.25

THAI PAPAYA - Papaya with sweet jicama, tomato, fresh miny and basil, miso-lime vinaigrette and crushed peanuts 8.25

ADD

Grilled shrimp - 2.00 Grilled tofu - 2.00
Grilled chicken - 1.50

DRESSINGS

ranch • blue cheese • honey • jalapeno • balsamic
red wine • miso-lime • honey mustard

~ SANDWICHES ~

CRANBERRY & PECAN CHICKEN SALAD - w/ choice of bread 7.25

ALBACORE TUNA SALAD - w/ choice of bread 7.25

SMOKED TURKEY CLUB MELT - w/ bacon, provolone and cheddar cheese on toasted sourdough 8.00

PASTRAMI & SWISS REUBEN - on toasted marble rye 8.00

GRILLED PORTABELLA & RED ONIONS - w/ pesto mayonnaise and melted Provolone cheese on la Brea Bakery roll 8.00

OPEN-FACED BAGEL WITH SMOKED TURKEY - w/ whipped cream cheese, mayo, shredded artisan lettuce, sprouts and tomato 7.50

MARINATED VEGGIE - w/ cream cheese and hummus w/ choice of bread 7.50

~ OTHER STUFF ~

GREEK PITA - w/ hummus, artisan greens, cucumber relish and feta 7.50

FALAFEL - served in a pita pocket w/ artisan greens, tomato, onion, tahini sauce and veggie relish 7.75

PITA w/ HUMMUS - topped w/ extra virgin olive oil and feta served w/ artisan greens, olives and peppercinís 6.00

ROAST BEEF GYRO - w/ artisan greens, fried garlic-tomato vinaigrette and tzatziki 8.00

RICE PAPER SUMMER ROLL - w/ grilled tofu, portabella mushroom, crisp veggies and fresh mint on a radish sprout-pineapple salad with peanut sauce 8.00

HOUSE-MADE PASTA - w/ fresh seasonal ingredients (ask server) 9.75

GRILLED WILD SOCKEYE SALMON - served with green chili and corn sweet potato au gratin, sautéed lemon-garlic greens and salsa verde market price

QUICHE-OF-THE-DAY 5.50
...served w/ choice of side salad or cup of soup 8.00

SOUP OF THE DAY (ask server)
Cup (3.50) • bowl (5.00)

SIDE SALADS: Caesar • Green • Coleslaw
Pasta • Oriental • Tabbouleh • Seasonal
Fresh Fruit 3.50

Espresso & Specialty Drinks

	Small	Medium	Large
ESPRESSO	1.75	2.00	2.25
AMERICANO	2.00	2.25	2.50
CAPPUCINO	3.30	3.70	4.10
CAFÉ LATTE	3.35	3.75	4.15
CAFÉ MOCHA w/whip cream	3.55	3.95	4.35
BOCA MOCHA w/ whip cream	3.80	4.10	4.45
CHAI LATTE (regular, green tea or dairy free)	3.45	3.85	4.25
CARAMEL MACCHIATO	3.85	4.15	4.45
Breve, Soy or Almond - .50			
Whip cream or flavored syrups - .30			

Blended Coffees

w/ whip cream (20 oz.)
mocha • vanilla • caramel
3.75

Italian Sodas

choice of flavored syrup w/ club soda
topped w/ whip cream (20 oz.)
2.00