

Smoothies

(Palm Harbor Only)

Aloha Breeze \$5.99

Mangos, bananas, raspberries and apple juice

Strawberry Fields \$5.99

Strawberries, bananas and your choice of milk

Rejuvenate \$5.99

Blueberries, strawberries, raspberries and apple juice

Tropical Tango \$5.99

Mango, banana, spinach, kale, ginger and orange juice

Green Warrior \$6.99

Bananas, apple juice, kale, parsley and spirulina

Body Builder \$6.99

Almond or peanut butter, protein powder, banana,
choice of milk, honey or stevia

Add ons:

Immune support: garlic, Echinacea, ginger, raw cacao, or flax oil \$1

Stay Strong : whey protein, plant protein or spirulina \$1

Bee Well : Bee pollen or Local Honey \$.50

Juice

Sunset Glow \$7.99

Beet, lemon, carrot and apple

Soothe Move \$7.99

Ginger, celery, lemon, apple and local honey

Cucumber Cure \$7.99

Cucumber, kale, apple and ginger

Lotus Pose \$7.99

Beets, carrots, ginger and apple

Immune Booster \$7.99

Echinacea, cayenne pepper, lemon, ginger and apples

Keep Calm & Detox \$7.99

Kale, celery, spinach, beets, parsley, apples and ginger

Add ons:

Power Trip : maca or ginseng \$1

Get your greens: spinach or kale \$1

All Smoothies and Juices served in a 16 oz. cup

Hand-Crafted Sandwiches

Roast Turkey, Apple and Brie \$6.99

Roasted turkey, granny smith apple and double cream brie cheese

Caprese \$6.99

Fresh mozzarella, sliced tomato, pesto, fresh basil and balsamic drizzle

Albacore Tuna Melt \$6.99

Fresh made albacore tuna salad, Swiss cheese, lettuce, tomato and sprouts

Hot Pastrami on Rye \$6.99

Thinly sliced pastrami, Swiss cheese, spicy deli mustard on rye bread

Breads – White, Wheat, or Rye

Custom Sandwiches Available upon request

served on fresh Ciabatta or Hoagie roll

(based on fresh delivered breads availability)

Herb Crusted Roast Beef and Horseradish Cheddar \$7.99

Thinly sliced roast beef and bold horseradish cheddar

Classic Italian \$6.99

Ham, genoa salami, pepperoni, provolone cheese, lettuce, tomato, onion, roasted peppers and Italian dressing

Cuban Sandwich \$6.99

Ham, roast pork, genoa salami, swiss cheese, mustard, mayo and pickles

***See our “ Specialty Sandwiches of the Day ”**

***Catering & Party Platters Available**

***Proudly serving Boar’s Head Meats & Cheeses**

Specializing in:
Organic Produce
GMO Free Groceries, Vegan
Fresh Fish & Seafood USDA
Meats
Poultry, Pork, Lamb
Prepared Foods
Salad & Soup Bar
Smoothies & Juice
Nutrition & Body Care
Wine & Beer
Pet Food

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Hours:
Mon – Fri 9 a.m. to 8 p.m.
Sat – Sun 9 a.m. to 7 p.m.

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