

SPRING

"The beautiful spring came; and when Nature resumes her loveliness,
the human soul is apt to revive also." --Harriet Ann Jacobs

SALADS + BOWLS

Add Bacon (\$1) Tofu (\$2) Chicken (\$3) Shrimp (\$4) to any item

Ahi Poké Bowl - ahi tuna, avocado, sushi rice, sliced scallion, tuxedo sesame, citrus ponzu and ginger wasabi dressings **\$9.95**

Thai Kale Crunch - kale, shaved brussel sprouts, red cabbage, pickled carrots, cucumber, cashews, sweet chili chicken, sliced scallion, tuxedo sesame, thai vinaigrette **\$10.95**

Happy Harissa Bowl (warm) - arugula, organic black lentils, sundried tomatoes, caramelized onions, roasted red peppers, harissa marinated chicken, pita crunch, harissa and curry yogurt dressings **\$10.95**

Quinoa Bowl (warm) (V) (GF) - quinoa, black beans, diced tomatoes, diced onions, feta cheese, cilantro, avocado, tortilla crunch, red pepper vinaigrette **\$8.45**

Protein Bowl (GF) - chicken, bacon, black beans, corn, roasted red peppers, goat cheese, honey Sriracha dressing (add lettuce +\$1) **\$9.45**

Incredibull (VG) (GF) - quinoa, dino kale, butternut squash, black beans, roasted beets, pumpkin seeds, avocado, mint, lemon tahini dressing, lime squeeze **\$9.95**

Coach K Cobb (GF) - mixed greens, romaine, corn, tomato, roasted red peppers, boiled egg, blue cheese, avocado, bacon, greek yogurt blue cheese dressing **\$9.95**

Ensa-Lot-A (V) (GF) - romaine, black beans, roasted red peppers, corn, diced onions, cilantro, radishes, cherry tomatoes, goat cheese, tortilla crunch, avocado cilantro dressing **\$8.95**

Big Salad (GF) - mixed greens, spinach, sweet potatoes, caramelized onions, blue cheese, bacon, avocado, balsamic vinaigrette **\$8.95**

CREATE YOUR OWN \$7.95

1. Choose your base

spinach, mixed greens, arugula, romaine, kale (+\$1), lentils, quinoa

2. Choose 4 veggies, fruits or nuts

3. Choose your dressing

4. Toss, chop or wrap it

5. Add ons:

shrimp/ahi tuna \$4	avocado \$1.50
roasted chicken \$3	sunnyside egg \$1
tofu \$2	cheese \$1
bacon \$1	extra veggie \$1.50

ALL DAY BREAKFAST

Avocado Toast (VG) - avocado mash, red pepper flakes, olive oil, capers, multigrain toast (add sunnyside egg +\$1) **\$7.95**

Banana Toast (V) - sliced banana, almond butter, chia seeds, cacao nibs, honey, strawberry, multigrain toast **\$7.95**

Acai Bowl (V) - acai berry blend topped with granola, banana, blueberries, coconut flakes, cacao nibs, chia seeds, honey **\$10.95**

Dragon Bowl (VG) - dragonfruit blend topped with granola, mango, kiwi, fresh dragonfruit, coconut flakes, mint **\$10.95**

Breakfast Wrap - two cage-free eggs scrambled with choice of two veggies, quinoa, cheese, bacon, wrapped in a spinach tortilla **\$7.35**

The Scramble - three cage-free eggs scrambled with choice of two veggies, quinoa, cheese, bacon **\$6.95**

SMOOTHIES gluten-free + vegan **\$5.95** 16oz

boosts: (\$1) whey protein, hemp protein, flax, chia, spirulina, bee pollen

Pink Drink - dragonfruit, pineapple, mango, coconut water, lemon, ginger. A collaboration with @Artstigators - the Crazies for Arts at Duke! **\$6.95**

Almond Brothers - chocolate almond milk, banana, almond butter, coffee

City of Oats - almond milk, banana, strawberries, peanut butter, date, cinnamon, steel cut oats

Hale Mary - almond milk, banana, spinach, kale, pineapple, avocado

Aloe-Ha - coconut water, mint, blueberries, orange, mango

Bright Eye - orange, mango, pineapple, banana, lemon, coconut water, turmeric, black pepper

Local Kombucha on tap - ask team member for options

Local Beer on tap - ask team member for options

Fresh Margarita of the moment - ask team member for options

SOUP vegan butternut squash **\$5.95** 16oz

