

FRESH START

AVOCADO TOAST V, RGF **\$7.95**

Avocado & chili flakes served open face on multi grain bread
*add hard boiled eggs \$1.75

CALIFORNIA BAGEL VEG **\$6.75**

Wheat or everything bagel, light cream cheese, avocado, tomatoes, cucumbers & spike seasoning

BREAKFAST SANDWICH VEG, RGF **\$7.75**

Egg, vegan bacon bits, cheese, mashed avocado, spike served on bread or bagel

BERRY CRUNCH TOAST V **\$7.25**

Peanut butter, banana, strawberry, granola, agave served open face on multi grain bread

ACAI BOWLS

JAN'S ACAI BOWL V **\$10.25**

Acai, strawberry, banana & 100% fresh apple juice topped with granola, strawberries, bananas, blueberries, shredded coconut, goji berries & agave

POWER ACAI BOWL VEG **\$11.25**

Acai, strawberry, vanilla protein powder, peanut butter & almond milk topped with granola, bananas, bee pollen & agave

ABC BOWL V **\$11.95**

Acai, strawberry, bananas, cacao, almond butter, chocolate protein & almond milk topped with granola, strawberries, blueberries, cacao chips & agave

SURF SHOP SPECIAL

1/2 Sandwich with your choice of cup of soup or side salad served with Have'a Corn Chips RGF

\$11.25

Select a Sandwich:

Roasted turkey, roasted chicken, tuna salad, chicken salad, vegetarian turkey or avocado.

SANDWICHES & WRAPS

Served with a choice of Have'a Corn Chips, seasonal fresh fruit, pasta salad or strawberry quinoa

JAN'S CLASSIC SANDWICH RGF **\$10.25**

Lettuce, cucumbers, tomatoes, sprouts, vegan bacon bits, mayonnaise, mustard & spike seasoning

Select a protein: Roasted turkey, roasted chicken, tuna salad, chicken salad, vegetarian turkey or avocado

Select a grain: Wheat or multi grain bread, or spinach tortilla add avocado +\$1.95, swap gluten free bread or wrap +\$1.00

CRUNCHY KALE WRAP RGF **\$11.50**

Turkey, kale, avocado, feta cheese, carrots, cucumbers, sunflower seeds, dried cranberries, tossed lightly in tahini dressing

FRESCO WRAP RGF **\$11.50**

Turkey, fresh guacamole, black beans, brown rice, cheese & lettuce

ATHENA WRAP RGF **\$11.50**

Chicken breast, mixed greens, cucumbers, tomatoes, red onions, olives, pistachios, feta cheese, tossed lightly in herb vinaigrette

BOWLS

PROTEIN BOWL GF **\$9.95**

Select a protein: Roasted turkey, roasted chicken, tuna salad, chicken salad, vegetarian turkey, or avocado with carrots, cucumbers, tomatoes & spike seasoning

FIESTA BOWL VEG, GF **\$11.95**

Vegetarian turkey, avocado, black beans, brown rice, cheese & pico de gallo

CALI CHOP BOWL V, GF **\$10.95**

Avocado, quinoa, kale, black beans, red cabbage, corn, edamame & red onion lightly tossed with avocado cilantro dressing

TSUNAMI BOWL V, GF **\$10.25**

Rice noodles, mixed greens, shredded carrots, green onions, cilantro, mint, edamame, peanuts & cucumbers tossed with a peanut sauce

SALADS

JAN'S CLASSIC SALAD GF **\$12.95**

Select a protein: Nitrate-free turkey, tuna salad, nitrate-free chicken salad, chicken breast, vegetarian turkey, or avocado with mixed greens, cucumbers, tomato, carrots, sprouts, mushrooms, cheese, sunflower seeds

EARTH SALAD GF **\$7.75**

Mixed greens, cucumbers, tomatoes, carrots, sprouts, mushroom, cheese & sunflower seeds

Choice of dressing served on the side: herb vinaigrette, ranch, goddess, raspberry vinaigrette or avocado cilantro add avocado +\$1.95

KALE SALAD VEG, GF **\$10.75**

Kale, avocado, feta cheese, dried cranberries, carrots, sunflower seeds tossed in tahini dressing

SUMMER SALAD VEG, GF **\$12.95**

Mixed greens, avocado, blue cheese crumbles, candied walnuts, apples, carrots, mixed berries served with raspberry vinaigrette on the side

ATHENA SALAD GF **\$11.95**

Nitrate-free chicken breast, mixed greens, feta cheese, cucumbers, tomatoes, red onions, olives, pistachios served with herb vinaigrette on the side

CAESAR SALAD VEG, GF **\$10.75**

Kale, romaine, tomato, cucumber, crispy garbanzo beans, sunflower seeds, Parmesan tossed in vegan cashews caesar dressing

SANTA FE COBB VEG, GF **\$12.95**

Mixed greens, avocado, eggs, cheese, vegan bacon bits, black beans, corn, tomatoes, green onions served with avocado cilantro greek yogurt dressing on the side

SOUPS & SIDES

SOUP **\$6.50**

Cup of soup served with Have'a Corn Chips

*add a salad for \$3.50

GUACAMOLE & CHIPS V **\$9.75**

Served with Have'a Corn Chips

FRESH JUICE

16 oz \$6.95 // 24 oz \$9.75

GO GREEN

Kale, cucumber, spinach, parsley, celery, apple, ginger & lemon.

BEET THIS

Beet, carrot, apple & ginger

CARIZMA

Carrot, orange, ginger & lemon

GARDEN FRENZY

Broccoli, spinach, kale, cucumber, celery, carrot, beet, apple, pineapple, orange, ginger, lemon & parsley

SMOOTHIES

Made with fresh fruit & a dash of agave.

KALEICIOUS V, GF **\$9.65**

Kale, spinach, pineapple, banana & 100% fresh apple juice

PEANUT BUTTER BANANA DATE VEG, GF **\$8.65**

Banana, date, your choice of milk (2%, almond) with peanut butter or almond butter

BERRY BONANZA V, GF **\$9.65**

Strawberry, raspberry, blackberry, blueberry, banana & 100% fresh apple juice or orange juice

COOL STRAWBERRY V, GF **\$9.65**

Strawberry, pineapple, banana & 100% fresh apple juice

PURE DRAGON V, GF **\$9.65**

Pitaya, pineapple, banana & 100% fresh apple juice

P.B & KALE V, GF **\$10.65**

Kale, peanut butter, strawberry, blueberry, banana & 100% fresh apple juice

OATS NUTS & BERRIES V, GF **\$10.65**

Blueberry, banana, oats, almond butter, vanilla powder, cinnamon & almond milk

BLUE POWER V, GF **\$10.65**

Blueberry, blackberry, banana, vanilla protein & almond milk

HIPPY V, GF **\$10.65**

Kale, spinach, banana, peanut (or almond) butter, hemp protein & coconut water

CHUNKY MONKEY V, GF **\$10.65**

Banana, peanut (or almond) butter, cacao nibs, dates, maca, chia seeds, chocolate protein powder & almond milk

GREEN MACHINE V, GF **\$10.65**

Avocado, spinach, pineapple, vanilla protein powder & coconut water