

## 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 or pitaya, 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, 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 cashew 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

### GO GREEN

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

### CARIZMA

Carrot, orange, ginger & lemon

### GARDEN FRENZY

Spinach, kale, cucumber, celery, carrot, beet, apple, orange, ginger, lemon & parsley

### BEEET THIS

Beet, carrot, apple & ginger

## SMOOTHIES

Made with fresh fruit & a dash of agave.

**KALEICIOUS** V, GF **\$9.65**

Kale, spinach, apple, 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 protein, 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, kale, pineapple, vanilla protein powder & coconut water