

# SÄLADS

## Posh 15

Chicken, Sliced Pears, Creamy Goat Cheese, Cranberries & Toasted Almonds over Fresh Baby Spinach Served with a Side of Balsamic Vinaigrette

## East Meets West 16

Shrimp, Avocado, Cucumber, Brown Rice with Toasted Sesame Seed over a Bed of Arugula Served with a Side of Chili-Lime Vinaigrette

## The Greek 10

Cucumbers, Chickpeas, Cherry Tomato, Red Onion, Olives & Feta Served over Romaine with a Side of Greek Dressing

## Traditional American Cobb 16

Chicken, Avocado, Corn, Green Onion, Hard Boiled Egg, Bacon, Cherry Tomato & Crumbled Blue Cheese served over Romaine w/ a side of Honey Mustard Vinaigrette

## The Fudgarten 11

Zucchini, Peppers, Avocado, Walnuts, Red Onion, Quinoa & Creamy Goat Cheese over Baby Spinach and Arugula Served with a Side of Balsamic Vinaigrette

## Classic Caesar Salad 10

Croutons, Romaine & Freshly Grated Parmesan Mixed with Our Homemade Creamy Caesar Dressing

# BÛRGERS 1/4 lb

Made With Grass-Fed Beef or Impossible Burger

## Classic 11.5

Lettuce, Tomato, Onion, Pickle and Our Secret Sauce

## Umami 12.5

Avocado, Spinach, Mushroom, Spicy Peppers, Wasabi-Ginger Sauce

## Creole 13.5

Cajun Seasoning, Bacon, Arugula, Red Onion, Jack Cheese, Homemade Russian Dressing

## Spicy Bacon Ranch 13.5

Lettuce, Tomato, Bacon, Jalapeno, Cheddar, Homemade Ranch Dressing

## Fudgarten 12.5

Lettuce, Tomato, Sautéed Onions, Guacamole, Lemon-Cilantro Vinaigrette

+ Add Cheese

Provolone 1, Cheddar 1, Fresh Mozzarella 1.75, Monterey Jack 1  
Blue-Cheese 1, Feta 1.5, Goat Cheese 1.5

\*Burgers Choice of Sweet Potato Fries or Potato Wedges

# BÖWLS

## Aphrodite 9

Quinoa, Butternut Squash, Zucchini, Bell Peppers, Feta, Creamy Pesto Sauce

## El Toro 9

Brown Rice, Fresh Guacamole, Sautéed Peppers, Red Onion & Corn Relish, Zucchini, Black Beans, Jack Cheese

## Oishi 8

Brown Rice w/ Toasted Sesame Seed, Sautéed Kale, Broccoli, Mushroom, Green Onion and our Spicy Asian Sauce

## Body 8

Quinoa, Potato, Onion, Mushroom, Broccoli, Avocado, and Lemon-Cilantro Vinaigrette

# WRÄPS

## Gaia 11

Tempeh, Sautéed Mushrooms and Onions, Guacamole, Potato, Lettuce, Tomato, Lemon-Cilantro Vinaigrette

## Samurai 12

Brown Rice, Tuna, Avocado, Cucumber, Lettuce, Green Onion, Sesame Seeds, Wasabi-Ginger Sauce, and Secret Sauce

## Zen 12

Chicken, Quinoa, Potato, Spicy Peppers, Red Onion, Arugula, and Honey Mustard

## Add Protein of Your Choice

- + Free Range Chicken 5
- + Turkey 4
- + Grass Fed Steak 7
- + Grass Fed Beef Patty 6.5
- + Applewood Smoked Bacon 2.5
- + Wild Caught Fish 6
- + Tuna Salad 5
- + Tempeh (vegan) 5
- + Impossible Burger (vegan) 6

# SÄNDWICHES

## SoCal 11.5

Chicken, Bacon, Monterey Jack, Fresh Guacamole, Romaine & Juicy Tomato & Homemade Ranch Dressing

## Big NY 13

Steak, Onion, Mushrooms, Romaine, Feta and Lemon-Cilantro Vinaigrette

## Sophisticated Vegetarian 10.5

Fresh Mozzarella, Zucchini, Fresh Basil, Juicy Tomato, Olive Oil & Crushed Red Pepper

## Classic Club 11.5

Turkey, Crispy Bacon, Juicy Tomato, Cheddar, Romaine and Homemade Honey Mustard

## Classic Tuna 10.5

Tuna Salad, Pickles, Sautéed Onions, Cheddar, Lettuce and Tomato

## BLT Ranchero 10.5

Bacon, Lettuce, Tomato, Guacamole, and Homemade Ranch Dressing

# PÄNINIS

## Tuscani 11.5

Chicken, Monterey Jack, Sautéed Peppers & Onions, Red Pepper Flake and Pesto (Panini)

## Fresh Harvest 11.5

Turkey, Provolone, Avocado, Fresh Thyme, Mayo and Homemade Cranberry Sauce (Panini)

## Pressed Vegetarian 10.5

Zucchini, Grilled Onion, Butternut Squash, Lemon-Ricotta Spread, Salt & Pepper to taste (Panini)

\* Choice of Whole Wheat Wrap, Seeded Hero, Ciabatta, Herb Focaccia, Multi Grain Slice



# EGGËRGIZER BOWLS

2 Eggs any style

**Trueno** 10.5

Quinoa, Chicken Sausage, Spicy Peppers, Spinach, Home Fries and Guacamole and Pico de Gallo

**Farmers Choice** 10.5

Quinoa, Turkey, Mushroom, Kale, Avocado and Chipotle Aioli

**Emerald Morning** 9.5

Broccoli, Sautéed Onion, Spinach, Feta and Pesto

# BREAKFAST WRAPS

**Bourgeois** 11

3 Egg Whites, Chicken Sausage, Spinach, Goat Cheese and Sliced Pear

**Compadre** 9

2 Eggs, Bacon, Corn, Beans, Zucchini, Pico de Gallo and Feta

**Huntsman's Breakfast** 13

2 Eggs, Steak, Potato, Mushroom, Sautéed Onion and Pepper Jack

# AVOCADO TOAST

**5th Ave** 9

Guacamole, Bacon, Cherry Tomato, Scrambled egg, Chipotle Aioli topped with Sesame Seed

**Tiffany's** 8

Avocado, Cream Cheese, Cucumber, Hardboiled Eggs, Hardboiled Egg, topped with Green Onion and Sriracha

**Monroe** 9

Avocado, Grilled Tomato, Fresh Mozzarella, Egg Over Easy and a sprinkle of Red Pepper Flake and Balsamic Vinegar Reduction

# LIFESTYLE OMELET

served with homefries and toast

**Mediterranean Omelet** 11.5

3 Eggs, Tomato, Spinach, Zucchini and Fresh Mozzarella

**Western Omelet** 11.5

3 Eggs, Peppers, Onions, Turkey and Cheddar Cheese

**Fudgarten Omelet** 10.5

3 Eggs, Zucchini, Spinach and Broccoli

+ Add Protein

Applewood Smoked Bacon 2.5

Chicken Sausage 3.5

Turkey 4

Grass Fed Steak 7

Tempeh(Vegan) 5

Cage Free Egg (any style) 1.5

# SHAKES

Choose between Almond Milk, Oat Milk or Water

**Sweet Treat** 8.5

Banana, Coconut, Cacao Niblets, Grass Fed Whey or Vegan

**Herculean** 8.5

Banana, Spinach, Peanut Butter, Grass Fed Whey or Vegan

**Caribbean Craze** 8.5

Strawberry, Mango, Coconut, Grass Fed Whey or Vegan

**Strawberry Pina Colada** 9

Strawberries, Pineapple, Coconut Water, Coconut, Grass Fed Whey, Protein, or Vegan

**Java-Banana** 9

Banana, Walnuts, Honey, Cinnamon, Coffee, Grass Fed Whey, Protein, or Vegan

**Culture Blast** 9.5

Strawberry, Banana, Mango, Spinach, Cinnamon, Raw Cacao, Peanut Butter, Grass Fed Whey, Protein, or Vegan

+ Add Extra

Grass Fed Whey, Protein, or Vegan 1.5


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