## COFFEE & TEAS

### COFFEE

<table>
<thead>
<tr>
<th></th>
<th>12oz Cal</th>
<th>16oz Cal</th>
</tr>
</thead>
<tbody>
<tr>
<td>House Blend</td>
<td>$1.99</td>
<td>$2.29</td>
</tr>
<tr>
<td>Coffee of Day</td>
<td>$1.99</td>
<td>$2.29</td>
</tr>
<tr>
<td>Decaf House Blend</td>
<td>$1.99</td>
<td>$2.29</td>
</tr>
<tr>
<td>Single Origin</td>
<td>$2.29</td>
<td>$2.49</td>
</tr>
</tbody>
</table>

### ESPRESSO

<table>
<thead>
<tr>
<th></th>
<th>12oz Cal</th>
<th>16oz Cal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cappuccino</td>
<td>$2.99</td>
<td>$3.69</td>
</tr>
<tr>
<td>Latte</td>
<td>$2.99</td>
<td>$3.69</td>
</tr>
<tr>
<td>Vanilla Latte</td>
<td>$3.49</td>
<td>$4.19</td>
</tr>
<tr>
<td>Mocha</td>
<td>$3.49</td>
<td>$4.19</td>
</tr>
<tr>
<td>Americano</td>
<td>$2.59</td>
<td>$3.29</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>single Cal</th>
<th>double Cal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Espresso</td>
<td>$2.29</td>
<td>$2.79</td>
</tr>
<tr>
<td>Macchiato</td>
<td>$2.79</td>
<td>$3.59</td>
</tr>
</tbody>
</table>

### HOT DRINKS

<table>
<thead>
<tr>
<th></th>
<th>12oz Cal</th>
<th>16oz Cal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hot Chocolate</td>
<td>$2.59</td>
<td>$3.29</td>
</tr>
<tr>
<td>Steamer</td>
<td>$2.29</td>
<td>$2.49</td>
</tr>
<tr>
<td>Steamed Cider</td>
<td>$2.09</td>
<td>$2.39</td>
</tr>
</tbody>
</table>

### EXTRAS

<table>
<thead>
<tr>
<th></th>
<th>12oz Cal</th>
<th>16oz Cal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Espresso Shot</td>
<td>$0.89</td>
<td>$0.89</td>
</tr>
<tr>
<td>Dairy</td>
<td>$0.69</td>
<td>$0.69</td>
</tr>
<tr>
<td>Whip</td>
<td>$0.49</td>
<td>$0.49</td>
</tr>
<tr>
<td>Soy</td>
<td>$0.69</td>
<td>$0.69</td>
</tr>
<tr>
<td>Syrup</td>
<td>$0.79</td>
<td>$0.79</td>
</tr>
</tbody>
</table>

### ICED COFFEE

<table>
<thead>
<tr>
<th></th>
<th>12oz Cal</th>
<th>16oz Cal</th>
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</thead>
<tbody>
<tr>
<td>House Blend</td>
<td>$1.89</td>
<td>$1.89</td>
</tr>
<tr>
<td>Coffee of Day</td>
<td>$1.89</td>
<td>$1.89</td>
</tr>
</tbody>
</table>

### ICED ESPRESSO

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<thead>
<tr>
<th></th>
<th>12oz Cal</th>
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<tbody>
<tr>
<td>Latte</td>
<td>$2.89</td>
<td>$3.59</td>
</tr>
<tr>
<td>Vanilla Latte</td>
<td>$3.39</td>
<td>$4.19</td>
</tr>
<tr>
<td>Mocha</td>
<td>$3.39</td>
<td>$4.19</td>
</tr>
<tr>
<td>Americano</td>
<td>$2.49</td>
<td>$3.19</td>
</tr>
</tbody>
</table>

### ORGANIC TEA

### ORGANIC ICED TEA

<table>
<thead>
<tr>
<th></th>
<th>12oz Cal</th>
<th>16oz Cal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pure Black Tea</td>
<td>$1.69</td>
<td>$1.69</td>
</tr>
<tr>
<td>Lemon Melange</td>
<td>$1.69</td>
<td>$1.69</td>
</tr>
<tr>
<td>King Crimson</td>
<td>$1.69</td>
<td>$1.69</td>
</tr>
</tbody>
</table>

### CHAI

<table>
<thead>
<tr>
<th></th>
<th>12oz Cal</th>
<th>16oz Cal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hot</td>
<td>$3.29</td>
<td>$3.99</td>
</tr>
<tr>
<td>Iced</td>
<td>$3.19</td>
<td>$3.89</td>
</tr>
</tbody>
</table>

Organic, direct-trade coffees and teas by Intelligentsia.
**SANDWICHES & SALADS**

**THE CLASSIC**
Your choice of fresh sliced turkey or ham, cheese, lettuce, red onion and tomato
420/460 Cal......$5.99

**ROASTED VEGETABLE & QUINOA WRAP**
Roasted seasonal root vegetables and quinoa wrapped in a Tortilla
540 Cal......$4.19
ADD CHICKEN 180 Cal...$2.19

**SOUTHWEST CHICKEN**
Grilled chicken with avocado, pepper jack cheese, lettuce, tomato and chipotle ranch
640 Cal......$5.29

**CHEESE MELT**
cheddar, pepper jack and provolone with sliced tomato
640 Cal......$5.29

**TUNA SALAD**
Homemade tuna salad with cheddar, red onion, lettuce and tomato
580 Cal......$5.29

**ORGANIC PB & J**
all natural organic peanut butter and organic jam
530 Cal......$4.19

**TURKEY & PESTO**
Sliced turkey, roasted red peppers, spinach and provolone with pesto mayo
620 Cal......$7.29

**TURKEY AVOCADO**
Sliced turkey, avocado, cucumber, lettuce and tomato
420 Cal......$7.29

**CAPRESE**
Fresh mozzarella, tomato and sweet basil drizzled with pesto vinaigrette
790 Cal......$5.29

**GREEK SALAD**
Chickpeas, kalamata olives, cucumber, feta, tomato, red onion and sliced mushrooms on salad greens with Greek dressing
500 Cal......$5.99

**BEET & GOAT CHEESE SALAD**
chopped beets, sun-Dried cranberries, walnuts and goat cheese on spinach with apple cider vinaigrette
809 Cal......$6.49

**SPICY AZTEC CHICKEN SALAD**
Grilled chicken, avocado, Aztec corn, pepper jack cheese and green chilies on salad greens with chipotle ranch
600 Cal......$7.19

**ADD CHICKEN**
180 Cal...$2.19

**BREAD**
- 9 grain (220 Cal)
- sourdough (230 Cal)
- ciabatta (370 Cal)
- organic whole wheat (270 Cal)
- honey whole wheat (260 Cal)
- whole wheat (320 Cal)
- flour (310 Cal)
- chipotle (250 Cal)
- spinach (260 Cal)
- garlic herb (250 Cal)
- tomato basil (260 Cal)

**TORTILLAS**
- whole wheat (320 Cal)
- flour (310 Cal)
- chipotle (250 Cal)
- spinach (260 Cal)
- garlic herb (250 Cal)
- tomato basil (260 Cal)

**SOUP**
- CUP $2.99
- BOWL $3.79

2,000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY. ADDITIONAL NUTRITION INFORMATION AVAILABLE UPON REQUEST.
# Build-Your-Own Salad

Your choice of greens with up to four ingredients and dressing $6.19

**Choose Your Greens:**
- spring mix (30 Cal)
- spinach (30 Cal)
- seasonal Arizona greens

**Choose Up to Four Toppings:**
- grape tomatoes (30 Cal)
- green peppers (10 Cal)
- cucumber (5 Cal)
- red onion (10 Cal)
- broccoli (10 Cal)
- chickpeas (30 Cal)
- mushrooms (5 Cal)
- beets (10 Cal)
- kalamata olives (70 Cal)
- aztec corn (110 Cal)
- pepper jack (110 Cal)
- cheddar (110 Cal)
- feta (70 Cal)

**Choose One Dressing:**
- Greek (240 Cal)
- pesto vinaigrette (270 Cal)
- apple cider vinaigrette (300 Cal)
- white balsamic vinaigrette (260 Cal)
- ranch (180 Cal)
- lemon rosemary vinaigrette (210 Cal)
- chipotle ranch (160 Cal)

**Specialty Toppings:**
- goat cheese (70 Cal)
- walnuts (370 Cal)
- avocado (60 Cal)

**Optional Proteins:**
- sliced Turkey or ham (120/100 Cal)
- grilled chicken (180 Cal)
- tuna salad (299 Cal)

**Parfaits:**
- yogurt, two fruits and granola
  110-150 Cal..............$2.99
  **Acai Bowl**
  - acai, soymilk, bananas, strawberries, blueberries, coconut, organic granola and local honey
  490 Cal..............$4.59

**Sides:**
- carrots & celery
  10 Cal..............$0.99
- whole fruit
  20-110 Cal..............$0.99
- superfood salad
  $3.49

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**Salad dressings**
- crafted in-house from fresh, REAL, whole food ingredients

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**Price:**
- Side: $0.99
- Dressing: $0.49