

# Granny's Smoothies

*Add 0.95 with any of: immune blend, bee pollen, antioxidant, wheatgrass powder, lecithin, ginkgo biloba, spirulina, vitamin C, soy or whey protein*

## Healthy Smoothies

16oz: 5.95 - 20oz: 6.95

- city traditional: strawberry, banana and orange juice  
berry berry good: strawberry, raspberry, blueberry and apple juice  
two to tango: mango, banana and apple juice  
hawaiian colada: pineapple, banana and apple juice  
pb&b: peanut butter, banana and skim milk

## Sport Nutrition Smoothies

\*the proteinator 20oz : 7.95

*loaded with 55g of protein per serving derived from 6 different high quality sources. has 16 vitamins and minerals and it is low in fat. This power smoothie is blended with strawberries, bananas and orange juice*

\*energizing sun 20oz : 7.50

*it is made with liquid ginseng, bee pollen and soy protein; then it is blended with strawberries, banana and orange juice*

## Wellness Smoothies

\*immune-antioxidant blend 20oz : 7.95

*boost your immune system and block oxidation by preventing damage caused by free radicals with vitamin c, zinc echinacea and rose hips blended with strawberries, bananas and orange juice*

\*brain buster 20 oz : 7.50

*this power shake containing lecithin and ginkgo biloba enhances brain function, helps focus, increases intelligence and wakes up the brain. they are blended with strawberries, bananas and orange juice*

## Fresh Juices

*small 3.95 ; large 4.95*

- wheatgrass: 2.25 per ounce  
orange sun: carrots, and orange  
the greener mile: cucumber, parsley and wheatgrass  
bloody beet: beets, carrots and celery  
sweet ginger: ginger, carrots, celery, orange and apple  
viva la vida: carrots, cucumber, apples, beets and celery

**\*\*THE BENEFITS OF THESE SUPPLEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE ADDITIONS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE. IF YOU ARE PREGNANT OR NURSING, TAKING MEDICATIONS, OR UNDER CARE OF A PHYSICIAN, YOU SHOULD NOT TAKE SUPPLEMENTS. ALWAYS CONSULT A PHYSICIAN BEFORE TAKING ANY SUPPLEMENT**

**CONSUMING RAW OR UNDERCOOKED POULTRY, SEAFOOD, SHELLFISH OR EGGS, MAY INCREASE A RISK TO A FOODBORNE ILLNESS  
WE RECOMMEND YOU ORDER YOUR FOOD WELL DONE**

## Appetizers

- ✓  \*Corn chips, guacamole, salsa and sour cream 6.99
  - \*Edamame with miso dip 5.99
- \*Coconut chicken tenders w/honey garlic sauce 8.99
- ✓ \*Chicken potstickers in spicy asian sauce 6.99
- \*Vegetable spring rolls with mango sauce 6.99
  - \*Barbecue chicken flatbread
  - with asiago and cheddar cheese, red peppers and green onions 10.99
  - \*Greek flatbread with spinach
  - olives, pepperoncini, feta cheese and red onions 9.99
- \*Fried calamari, watermelon, cilantro and sweet chili sauce 8.99
- \*Fresh mozzarella caprese, tomato and basil 7.99
- ✓ \*Quesadilla with sour cream and fresh mexican salsa 7.99
  - with guacamole, add 1.50; with grilled chicken, add: 2.25
  - \*Soup of the day (cup 3.99) bowl 5.99

## Creative Sandwiches and Panini

Served on: whole grain, rye or pita. On honey wheat roll add 0.75  
Side of corn chips On panini, add 1.25; with sweet potato fries, add: 2.50;  
With hummus, add 1.50, with guacamole, add 1.50 With avocado, add, 2.50

- ✓ \*avocado and cheese, w/tomato and sprouts 7.99
- \*special chicken salad, lettuce and tomato
- made with white meat, raisins, fresh apple and a hint of cinnamon 8.99
- \*white tuna salad, tomato and sprouts 8.99
  - can of tuna upon request, add 1.50
- \*turkey ham, lettuce and tomato 8.99
  - with cheese, add 1.00
- \*roasted turkey breast, lettuce and tomato 9.49
  - with cheese, add 1.00 with avocado, add 2.50
- \*granny's bacon, lettuce and tomato (BLT)
- (turkey bacon upon request) 8.99
- \*tuna melt with swiss cheese
- and tomato on rye bread 9.99
- \*granny's club with turkey ham, bacon
- swiss cheese, lettuce and tomato (turkey bacon upon request) 11.45
- ✓ \*caprese, fresh mozzarella, tomato and basil
- with balsamic vinegar 8.49
- ✓ \*grilled zucchini, squash, red pepper & cheese 8.99
- \*grilled chicken, gorgonzola cheese and bacon 10.49
- \*grilled chicken, avocado, red pepper and mango sauce
- lettuce and tomato (original chicken bermuda) 10.49
- \*grilled chicken, pesto sauce, fresh mozzarella
- sundried tomato and grilled onions (original chicken pesto) 9.99

## Feelgood Wraps

wrapped seasoned flour tortillas with lettuce and tomato. side of corn chips  
with sweet potato fries, add 2.50; avocado 2.50;

- \*tuna salad, lettuce and tomato 8.99
- \*special chicken salad, lettuce and tomato 8.99
- \*turkey breast, lettuce and tomato 9.49
- \*chicken with teriyaki glaze, scallions, lettuce and tomato 9.99
- \*chicken, cheddar cheese, tomato, guacamole & salsa 11.49
- \*veggie-burger, sauteed mushrooms and onions and lettuce 9.79

✓ VEGETARIAN DISH  VEGAN DISH

## Chef's Suggestions

- \*chicken teriyaki  
with tropical glaze and sauteed mushrooms 13.99
- \*turkey meat loaf  
seasoned ground lean turkey meat, then baked and served with gravy 11.99
- \*pasta del Bosco with spinach and pine nuts  
sundried tomato and oil and garlic sauce 12.59
- \*mushroom ravioli Alfredo  
with portobello and shiitaki mushrooms, 13.99
- \*filet of grouper puttanesca  
with capers, onions and olives in wine and tomato sauce 15.99
- \*shrimp stir fry with oriental vegetables  
in an Asian sauce with snow peas, 14.99
- \*filet of tilapia with parmesan sliced tomato  
in a garlic butter sauce 14.99
- \*pasta penne a la vodka  
with crispy bacon, garlic, tomato in parmesan creamy sauce 14.99

## Chicken Dishes

With 2 side dishes: brown rice or quinoa (add 1.75), steamed vegetables, salad or garlic mashed potato. Sweet potato fries, add: 2.50,

- \*rosemary natural chicken broiled with with fruit juices 7.99  
white meat, add 1.00
- \*chicken zesty orange with special asian orange sauce 13.99
- \*jerk chicken with caribbean seasoning 12.99
- \*pineapple chicken stir fry, oriental vegetables (1 side dish) 13.99
- \*chicken curry stir fry with oriental vegetables (1 side dish) 14.59
- \*chicken marsala sauteed with marsala wine and fresh mushrooms 13.99

## Pasta Dishes

With Alfredo sauce or pink sauce add 2.00 Add a green salad, 1.95

- \*pasta primavera with fresh cut vegetables 10.95  
in olive oil and garlic or tomato sauce. With alfredo sauce or pink sauce, add 2.00 -  
With grilled chicken strips or tofu, add 2.00
- \*whole wheat pasta with portobello mushrooms 13.99  
with sweet peas, sundried tomato, in mushroom sauce
- \*lobster ravioli  
in oil and garlic or marinara sauce. 14.99
- \*italian lasagna  
with spinach, mushroom, cheeses, marinara sauce 11.99

## Fish dishes

served with two side dishes: brown rice, steamed vegetables, salad, garlic mashed potato. Quinoa, 1.75. Sweet potato fries, 2.50

- \*grilled filet of tilapia in fat free oil spray 13.99
- \*seared ahi tuna with sesame sauce 15.99
- \*mahi-mahi in mango habanero sauce 15.99

## Vegetable Dishes

Prepared with the finest and freshest vegetables everyday available and steamed with filtered water. Substitute rice with quinoa, add 1.75 w/grilled chicken add 2.25

- \*tofu special with brown rice and steamed vegetables  
grilled tofu with tropical teriyaki sauce 9.99
- \*veggie delight, with brown rice, vegetables  
melted cheddar cheese and garlic sauce 8.99
- \*brown rice, steamed veggies and garlic sauce  
(plain at your request) 7.99
- \*spinach, brie cheese and caramelized onions quesadilla 9.99
- \*cheddar cheese quesadilla w/sour cream and salsa 7.99

## Healthy Salads

served with choice of dressings and crackers (italian, fat free italian, ranch, honey mustard, balsamic vinaigrette, raspberry vinaigrette, toasted sesame, miso, herbal caesar, oil & vinegar) Add avocado 2.50; add tofu 2.25



\*Raw veggie salad

Mixed greens, cherry tomato, cabbage, cucumbers, alfalfa, and carrots; add grilled chicken or tofu: 2.25 add grilled fish: 4.00 7.99



\*Greek salad mixed greens, kalamata olives, pepperoncini, feta cheese and red onions 8.99

\*Caesar salad

Homemade croutons, romaine lettuce, assorted grated cheeses, and caesar dressing. Add grilled chicken: 2.25 Scoop of tuna: 2.25 Grilled fish filet: 4.00 7.99

\*Chinese chicken salad

Grilled chicken breast, lettuce, shredded cabbage, shredded carrots, green onions, toasted almonds and crispy noodles with sesame dressing 11.49

\*Tuna salad

The finest dolphin safe tuna mixed with celery, red onion and low fat mayonnaise 9.49

\*House chicken salad

White chicken, mixed with raisins, fresh apples and a pinch of cinnamon blended with low fat mayonnaise on top of our house salad 9.49



\*High protein salad

Cottage cheese, ripe avocado, hard boiled egg, ripe tomato, olives and mixed nuts on top of our house salad 11.99



\*Spinach salad

Fresh spinach leaves, fresh mozzarella, chopped hard boiled egg whites, raisins, sundried cranberries and sliced mushrooms. Add grilled chicken or tofu 2.25 9.99

\*Sesame seared ahi tuna

Seared ahi tuna (cooked rare), sesame crusted, cooked rare, over mixed greens, scallions, sprouts, shredded carrots, and sesame dressing 15.99

\*Caribbean chicken

Grilled chicken breast over mixed greens, with avocado slices, scallions, diced red peppers, tomato, diced mango and pineapple with mango vinaigrette 11.49



\*Fruit salad

Fresh fruit in season, with raisins and assorted dry nuts 8.59

## Hamburger & More

Served with corn chips. French fries, 1.50. Sweet potato fries, 2.50, w/cheese 1.00, w/mushrooms, 1.50, w/salsa 1.00, w/guacamole, 1.50 w/avocado 2.50



\*Vegetarian burger,

with grilled vegetables, lettuce and tomato 9.50

\*Turkey burger (8oz)

with lettuce, tomato and red onions 9.99

\*Sirloin burger (8oz),

with lettuce, tomato and red onions 9.99

\*Grilled fish sandwich,

with lettuce, tomato and red onion 10.49

\*Grilled chicken breast,

and grilled onion w/lettuce and tomato 9.99



\*Grilled portobello,

w/lettuce, tomato and red onions 9.50

## On the Side

Ripe avocado slices 2.95  
Cottage cheese 2.95  
Steamed vegetables *with garlic sauce* 3.75  
Premium brown rice *with garlic sauce* 3.25  
Quinoa 3.95  
Grilled tofu *with tropical teriyaki sauce* 4.50  
French fries 2.75  
Sweet potato fries 3.75  
Garlic mashed potato 2.95  
Homemade guacamole 3.50

## Healthy Sweets

carrot cake 3.95/4.95  
assorted cheese cakes 2.50/5.50  
key lime pie 3.95

## Beverages

Perrier water  
Smart water  
Fiji water  
San pellegrino  
Fountain sodas  
Canned sodas  
Bottled sodas  
Fresh brewed ice tea  
Tropical ice tea  
Arizona ice tea  
Wine by the glass  
Imported beer  
Domestic beer

## Coffee Bar

Espresso  
Macchiato (cortadito)  
Caffe latte  
Cappuccino  
American coffee  
Hot chocolate  
Hot tea  
Milk