

## Wraps, Sandwiches, & Salads

### Falafel Wrap

Romaine, Tomato, Feta, Cucumber w/  
Tzatziki & Hummus \$10.50

### Grilled Veggie Wrap

Grilled Summer Squash, Eggplant, Roasted Peppers, & Arugula w/ Pesto \$9.99

### Grilled Chicken BLT

Turkey Bacon, Lettuce, Tomato/ Avocado Dressing on Sourdough \$10.50

### Herb Tuna Salad sandwich

Avocado, Arugula, Tomato/ Avocado, on Multi-grain bread \$10.50

### Simply Chopped Salad

Romaine, Carrots, Celery, Roasted Peppers, Shitake Mushroom, Avocado, Tofu w/ Old Fashioned Grain Mustard & Honey Vinaigrette \$10.50

### Pom-Pom Heaven Salad

Arugula, Spiced Chickpeas, Roasted Brussel Sprouts, Roasted Cauliflower, & Red Onion w/ Pomegranate Vinaigrette \$9.99

### Avocado Caesar

Romaine with Sourdough Croutons, Diced Avocado, & Avocado Dressing \$9.99

**Add Chicken or Falafel**

**\$4.25**

**Shrimp \$5.99**

## Buddha Bowls

### Brown Rice Bowl

Roasted Corn, Black Beans, Avocado, & Spiced Chickpeas w/ Avocado Drizzle \$ 9.99

### Ancient Grains Bowl (Quinoa & Farro)

Roasted Brussel Sprouts, Cauliflower, Sweet Potatoes topped with Hummus \$9.99

### Basmati Rice Bowl

Carrots, Celery, Tofu, Sweet Peas, Braised Cabbage, Sesame Seeds, & Teriyaki Drizzle \$9.99

### Build Your Own Rice Bowl:

**Rice- Choose One: \$9.99**

Brown | Ancient Grains | Basmati

### Toppings- Choose Three:

**\$.75 per additional topping**

Roasted Corn | Black Beans | Avocado | Spiced Chickpeas | Roasted Brussel Sprouts | Roasted Cauliflower | Carrots | Celery | Tofu Broccoli | Braised Cabbage | Sesame Seeds

### Dressings- Choose One:

Avocado | Hummus | Tzatziki | Teriyaki Glaze

**Add to any rice bowl: Chicken/Falafel \$4.25**

**Shrimp \$5.99**

*Food prepared in our establishment may contain the following: milk, eggs, wheat, peanuts, tree nuts, and soybeans*

*If you have a food allergy, please notify your server.*

*Thoroughly cooking meats, poultry, shellfish, or eggs reduces the risk of foodborne illness.*



Our Mission is to train the taste buds  
to

## “Crave Healthy”

Everyone’s definition of healthy is unique; therefore, we provide a variety of options to accommodate your lifestyle and palette.

**ENJOY!**

### Hours of operation:

**Monday - Thursday: 8am-6pm**

**Friday: 8am-4pm**

**Saturday: 8am-3pm**

**Sunday: Closed**

**469 Main Street, Watertown, CT**

**Phone: 860-417-2663**

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## BYOB

### “Build Your Own Bowl”

Includes 1 Base, 3 Toppings & Granola for \$10.50  
Additional Toppings are \$.75 each

#### Pick ONE Base:

##### Acai Bowl

Pineapple, Banana

##### Pi-“Tyla” Bowl

Strawberry, Banana

##### Tropical Sea Bowl

Spirulina, Lemon, Pineapple, Banana

##### Simply Avocado Bowl

Avocado, Banana

##### “Burr” Berry Bowl

Blueberries, Strawberries, Raspberries\*

##### Coco-Kay Bowl

Coconut, Mango, Banana

#### Pick THREE Toppings:

Banana | Strawberry | Kiwi | Pineapple |  
Blueberry | Apple | Pear | Mango | Cacao Nibs |  
Chia Seeds | Walnut | Pecan  
Flax Seeds | Coconut Flakes | Almond Flakes |  
Goji Berries | Nutella | Peanut or Almond butter |  
Honey | Agave (Seasonal Fruits)

## Smoothies

Regular: \$6.99 | Max: \$8.50

##### Very Berry Passion

Blueberry, Raspberry\*, Strawberry

##### Mojito Mama

Spinach, Pineapple, Mint, Lime &  
Banana

##### Caribbean Kiss

Mango, Pineapple, Strawberry

##### Kiwi Capri

Kiwi, Pear, Strawberry

##### Strawberry-Banana Split

Strawberry, Banana

##### Golden Greens

Kale, Ginger, Avocado, Pineapple, Banana

## Power Smoothies

Regular: \$8.50 | Max: \$10

##### Antioxidant Berry

Acai, Hemp Seed, Pineapple, Banana

##### Fierce Dragon

Pitaya, Strawberry, Chia, Banana

##### Tropical Storm

Spirulina, Flax, Lemon, Pineapple, Banana

## Protein Shakes

Choice of Chocolate or Vanilla Whey

Regular: \$9 | Max: \$10.50

Vegan or Vegetarian: add \$1.50

##### Banana Nut

Almond Milk: Vanilla or Unsweetened, Yogurt,  
Cinnamon, Banana, Walnuts

##### Peanut Butter Bash

Oat Milk, Peanut Butter, Blueberry, Banana, Cacao  
Nibs

##### The Joyful Almond

Coconut Milk, Pineapple, Banana, Coconut Flakes,  
Almond Butter

##### Krazy Krunch

Cashew Milk, Cashews, Strawberries, Yogurt,  
Mango, Banana

##### Lean Green

Almond Milk, Spinach, Banana, Kiwi, Almond  
Butter

## Breakfast

##### Egg & Cheese

Choice of bagel, GF/Sourdough options  
Choice Turkey Bacon or Veggie Sausage \$5.50

##### Build Your Own Scrambled Egg Bowl

Three Eggs & Three Fillings \$6.99

##### Scrambled Egg Burrito

Three Eggs & Three Fillings \$7.99

#### Pick THREE Fillings:

Additional Fillings are \$.75 each  
Sautéed Mushrooms | Grilled Summer Squash |  
Roasted Peppers | Tomato | Spinach | Avocado |  
Tofu | Roasted Cauliflower | Roasted Brussel  
Sprouts Sautéed Onion | Broccoli |  
Spiced Chickpeas

\*Add Turkey Bacon or Vegetable Sausage: \$1\*

##### Protein Pancakes

Two Fluffy Pancakes \$6.99

Plain | Chocolate Chips | Blueberries | Banana

##### Cinnamon Sourdough French Toast

2 slices of sourdough w/choice of fruit topping  
\$6.99

## Toasts

##### Avo-Pro Toast

Egg, Asparagus, Turkey Bacon \$7.99

##### Avo-Capri Toast

Tomato, Basil, Feta, Balsamic \$6.99

##### Avo-Chip Toast

Pear, Hemp Seed, Pumpkin Seed, Honey \$6.99

#### SIDES:

Turkey Bacon \$2.50 | Vegetable Sausage \$2.50 |  
Sweet Potato Home Fries \$2.50

## Fresh Pressed Juices

Red head | Sweet& Sour | Complexion | Total Greens  
Knockout | Refresh | Clear mind | OJ  
Small \$8.00 Large \$14.00