

BREAKFAST - 7AM-11AM

GRAPEFRUIT \$5

{GF,V} 175 . 33 . 4 . 5 . 5 . 3 (22)

chile / mint / almonds / honey

STEEL-CUT OATMEAL \$10

{GF,V} 360 . 53 . 10 . 14 . 8 . 9 (15)

blueberries / banana / maple / pecans

BERRY PARFAIT \$13

{GF} 370 . 63 . 18 . 7 . 12 . 91 (35)

market berries / housemade granola
greek yogurt / honey

TROPICAL PARFAIT \$14

{GF} 415 . 62 . 18 . 12 . 6 . 91 (40)

mango / pineapple / housemade granola
greek yogurt / honey / toasted coconut

OMELET \$19

575 . 47 . 43 . 24 . 7 . 529 (4)

three eggs / spinach / mushrooms / chicken / avocado

BURRITO \$15

490 . 40 . 28 . 16 . 12 . 735 (4)

egg whites / bacon / avocado / menonita cheese
sweet potato / caramelized onion

BUCKWHEAT PANCAKES \$16

425 . 29 . 14 . 8 . 4 . 329 (31)

blueberries / black walnuts

LUNCH - 11AM-CLOSE

AVOCADO TOAST \$10 215 . 30 . 6 . 9 . 7 . 265 (1)

wheat / parsley / celery leaf / piquillo pepper / lemon

BAKED TARO CHIPS \$10 {GF,V} 210 . 24 . 8 . 10 . 6 . 182 (3)

grilled avocado hummus / cilantro / harissa

CHEESE QUESADILLA \$11 390 . 36 . 23 . 18 . 5 . 640 (2)

whole-wheat tortilla / menonita cheese / salsa fresca / guacamole
add chicken al carbon **\$17 140 . tr . 26 . 5 . 0 . 263 . (tr)**

CHIPS & DIP \$12 {GF,V} 185 . 17 . 4 . 8 . 1 . 422 (1)

baked tortilla chips / guacamole / housemade salsa fresca

HANDHELDS

TURKEY WRAP \$18 485 . 52 . 27 . 21 . 10 . 795 (5)

wheat tortilla / turkey / bacon / gem lettuce / tomato / avocado

JERK CHICKEN SALAD SANDWICH \$19

380 . 23 . 36 . 16 . 3 . 428 (3)

potato bun / pepper jack / lettuce / tomato / avocado

CHICKEN TACOS \$17 {GF} 435 . 42 . 23 . 20 . 5 . 704 (7)

chicken al carbon / salsa fresca / cabbage slaw / guacamole / lime

GRILLED SALMON* \$24 275 . 23 . 29 . 7 . 4 . 68 (2)

farro / fennel / orange / herbs

SALADS

GRILLED BROCCOLI SALAD \$15

{GF,V} 245 . 27 . 10 . 14 . 10 . 576 (8)

cherry tomato / avocado / scallion / peanuts / miso vinaigrette

SEXY CAESAR SALAD \$17

{GF} 355 . 26 . 16 . 10 . 6 . 234 (2)

gem lettuce / boquerón / herbs / parmesan vinaigrette

ADDS

TOFU \$4 {GF,V} 110 . 2 . 12 . 7 . 1 . 33 (tr)

GRILLED SHRIMP \$7 {GF} 120 . 1 . 23 . 2 . tr . 485 (3)

GRILLED CHICKEN BREAST \$6 {GF} 120 . tr . 26 . 3 . 0 . 63 (tr)

BEVERAGES

SIGNATURE JUICES 12oz

VEGAS RECOVERY \$9

{GF,V} 155 . 36 . 2 . tr . 3 . 60 (18)
beets / apple / ginger / orange
pomegranate / green tea

WILY RABBIT \$9

{GF,V} 140 . 34 . 1 . 1 . 4 . 86 (24)
carrots / orange / ginger

INFLAMMATION FIGHTER \$10

{GF,V} 165 . 40 . 2 . 1 . 1 . 9 (18)
cherry / ginger / turmeric / pineapple / orange

BIG GREEN MACHINE \$9

{GF,V} 145 . 30 . 6 . 1 . 8 . 310 (10)
cucumber / celery / kale / wheatgrass / turmeric

NUTRITIOUS & DELICIOUS \$8

{GF,V} 115 . 26 . 1 . 1 . 2 . 4 (19)
spinach / banana / grapes / pineapple

ABCs \$10

{GF,V} 145 . 38 . 2 . tr . 4 . 3 (28)
apples / beet / carrot

FRESH-PRESSED ORANGE JUICE

8oz \$7 {GF,V} 100 . 23 . 2 . tr . 2 . 1 (18)
12oz \$10 {GF,V} 150 . 34 . 3 . 1 . 3 . 3 (27)

SHOTS 1.5oz

WHEATGRASS \$5

ORANGE / TURMERIC / BLACK PEPPER \$4

GINGER JUICE \$3

SOM APPLE VINEGAR \$5

NUTRIENT ANALYSIS

Calories . carb grams . protein grams . fat grams . fiber grams . sodium milligrams (sugar grams) tr = trace (less than 1 gram)
{GF} = Gluten-Free (no wheat / rye or barley) {V} = Vegan (contains no animal product)

* Consuming raw or undercooked meats / poultry / seafood / shellfish or eggs may increase your risk of foodborne illness especially if you have certain medical conditions.

We offer a variety of freshly prepared gluten-free items (no wheat / rye or barley) / however our kitchens are not gluten-free environments.

SMOOTHIES 16oz

SUPER GREEN \$11

{GF,V} 150 . 37 . 3 . 1 . 8 . 135 (22)
kale / spinach / apple / mango / lemon / coconut milk

PB SPLIT \$12

{GF,V} 250 . 35 . 9 . 10 . 5 . 44 (20)
banana / strawberry / peanut butter / almond milk

WORK OUT \$10

{GF,V} 155 . 38 . 2 . 1 . 7 . 62 (24)
market berries / orange / apple / carrot juice

PIÑA COLADA \$11

{GF,V} 220 . 34 . 3 . 4 . 4 . 32 (20)
pineapple / lemon / honey / coconut milk

ROOTS \$11

{GF,V} 115 . 30 . 1 . tr . 3 . 9 (25)
carrot / ginger / turmeric / lemon / apple

ADDS \$3

PROTEIN

whey / soy
vegetable

OMEGA 3

flax seed or chia seed

COCOA NIBS

FIBER

wheat germ

LAMILL COFFEE DRINKS

CANYON RANCH BLEND

12oz \$5 / 16oz \$7

regular or decaf

ESPRESSO \$4

regular or decaf

AMERICANO \$5

CAPPUCCINO \$5

LATTE \$5

COLD BREW

8oz \$5 / 12oz \$7

MILK TEAS 8oz \$5 / 12oz \$7

HOUSEMADE CHAI

MATCHA

COCKTAILS

A FLOWER A DAY \$12

prosecco / elderflower liquor
lemon-ginger sour

GREEN IGUANA \$13

casa nobles reposado tequila
fresh honeydew juice / lime and mint syrup

BRAMBLE ON \$13

farmer's organic gin / raspberry syrup
lemon juice / fever tree club soda

DESERT BREEZE \$12

hanson's mandarin organic vodka
cranberry syrup
fresh-pressed grapefruit juice

CANYON PALMER \$13

hanson's boysenberry vodka / simple syrup
lemon juice / lady blue earl grey iced tea

ORGANIC WINES ON TAP \$12

SIMI SAUVIGNON BLANC / CALIFORNIA

MARK WEST PINOT NOIR / CALIFORNIA

BUBBLES \$12g \$48 btl

CRÉMANT DE LIMOUX BLANC / FRANCE

MIONETTO PROSECCO / ITALY

CRAFT BEERS

SESSION PREMIUM LAGER \$8 – OREGON

THE RINGER PILSNER \$5 - LAS VEGAS

BLUE STAR WHEAT \$6 – CALIFORNIA

HAZY LITTLE THING IPA \$6 – CALIFORNIA

CHRONIC AMBER ALE \$7 – CALIFORNIA