

SANDWICHES & SALADS

SANDWICHES

THE BIG REUBEN

760 Cal | \$13.99

Pile of pastrami topped with sauerkraut, swiss and 1000 Island dressing on rye bread

THE DEMON CLUB

710 Cal | \$13.99

Three layered sandwich with ham, turkey, and bacon on white bread

THE ITALIAN

990 Cal | \$13.99

Piled high with ham, salami, pepperoni, and provolone on ciabatta

THE CORDON BLEU

820 Cal | \$13.99

Chicken, ham, swiss, bacon, dijon mustard, and mayo on ciabatta

GET CAPRA-ZAY

690 Cal | \$9.49

Mozzarella, tomato, basil, pesto, olive oil, and balsamic glaze on a baguette

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

WAKE'S CHICKEN SALAD

460 Cal | \$10.89

House made chicken salad with celery and red grapes with lettuce, tomato, and craisins on wheatberry

SICILIAN GOBBLER WRAP

710 Cal | \$10.89

Smoked turkey, provolone, pesto, mayo, spring mix, and tomato on a spinach wrap

CHICKEN CAESAR WRAP

660 Cal | \$10.49

Chicken, Tomato, Parmesean Cheese and Caesar Dressing wrapped snuggly in a spinach tortilla.

BUILD YOUR OWN SANDWICH

\$12.39

SALADS

KALE YEAH

590 Cal | \$10.89

Kale, quinoa, carrots, feta, strawberry, and balsamic dressing

AL FRESCO ANTIPASTA

660 Cal | \$10.89

Romaine, pepperoni, ham, mozzarella, grape tomatoes, banana peppers, egg, olives, and Italian vinaigrette

YOU FETA BELIEVE IT

570 Cal | \$10.39 Romaine, chickpeas, cucumbers, tomatoes, pickled onions, hummus, feta, and balsamic dressing

RODEO ROUNDUP

610 Cal | \$10.89

Romaine and spring mix, chicken, cheddar cheese, red onions, mixed peppers, corn, tortilla strips, bbq sauce, and avocado ranch

BUILD YOUR OWN SALAD

\$12.39

BUILD YOUR OWN AÇAÍ

Build your bowl with four
toppings of your choice
FLAVORS

Original (260 Cal)
Waffle Bowl (90 Cal) +\$.50

TOPPINGS

Banana (100 Cal) | Granola (30 Cal)
Jif Peanut Butter (90 Cal) | Chocolate Chips (70 Cal)
WOW Butter (100 Cal) | Coconut Shavings (35 Cal)
Oreo Crumbles (35 Cal) | Mixed Berries (5 Cal) |
Caramel Glazed Apples (10 Cal) | Honey (50 Cal) |
Strawberries (5 Cal) | Dragon Fruit (10 Cal) | Mango (5
Cal) | Peaches (5 Cal) | Chia Seeds (25 Cal) |
Chocolate Syrup (45 Cal)

SIDES AND DRINKS

Soup (100-250 Cal)	\$4.89
Fountain Drink (0 -280 Cal)	\$2.59
Chips	\$1.39
Roll (130 Cal)	\$0.59



MAKE
YOUR
OWN



BobaChiller™

Comes with Strawberry Popping Boba

	CAL	PRICE
MANGO Juicy mango with a hint of lemon	150	\$6.49
PINEAPPLE MANGO Sweet pineapple & tropical mango	120	\$6.49
STRAWBERRY LEMON Classic strawberry & lemonade	180	\$6.49
STRAWBERRY JASMINE TEA Green tea with hints of ripe strawberry	160	\$6.49

Iced Tea Fusions

	CAL	PRICE
JASMINE CLOUD TEA   Premium green tea topped with cold foam	220	\$6.49
STRAWBERRY JASMINE CLOUD TEA   Strawberry and green tea topped with cold foam	250	\$6.49
MANGO JASMINE CLOUD TEA   Bright mango and green tea topped with cold foam	240	\$6.49
MANGO BLACK TEA   Juicy mango and black tea topped with cold foam	220	\$6.49
PINEAPPLE BLACK TEA   Pineapple and black tea topped with cold foam	200	\$6.49
CLASSIC MILK TEA  Smooth, creamy tea + brown sugar boba	240	\$6.49
SALTED CARAMEL MILK TEA  Black tea with salted caramel swirls + brown sugar boba	270	\$6.49

 Allergens: Contains Milk  Allergens: Contains Soy.
Produced in a facility that also uses Tree Nuts and Wheat
2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Additional information available upon request.

Nostalgic Twists

	CAL	PRICE
PINEAPPLE WHIP  Pineapple & sweet cream blended and topped with whipped cream	240	\$6.49
BLUEBERRY LEMON  Creamy lemon & freeze-dried blueberries topped with whipped cream	310	\$6.49
FROZEN MANGO LEMONADE Tropical mango & lemon ice-blended and topped with strawberry boba	250	\$6.49
FROZEN STRAWBERRY LEMONADE Sweet strawberry & tart lemon ice-blended and topped with strawberry boba	280	\$6.49
FROZEN LEMONADE Classic ice-blended lemonade topped with strawberry boba	240	\$6.49

Boosted Smoothies

With 24g of Dairy Protein with 1 Serving of Fruit. Immune Support with Vitamins A, C, E, and Zinc

	CAL	PRICE
STRAWBERRY BANANA SMOOTHIE   Sweet strawberry, banana & cream boosted with protein	210	\$7.49
MANGO SMOOTHIE   Creamy mango boosted with protein	170	\$7.49
VANILLA PROTEIN SHAKE   Rich creamy vanilla boosted with protein	180	\$7.49

