

greens & lemons



healthy and mediterranean



To Share

Mediterranean

HOMEMADE HUMMUS // 9.99

Hummus spread topped with chili powder & served with crispy pita chips.

TZATZIKI W/ PITA BREAD // 8.99

Homemade tzatziki cucumber yogurt served with pita bread.

DOLMAS // 11.99

Ten grape leaves filled with rice & beef served with a side of tzatziki.

VEGAN FLATBREAD // 9.99

Pita bread topped with hummus & grilled vegetables.

KIBBEH // 8.99

Four meat kibbehs served with tzatziki.

MEAT EMPANADAS // 8.99

Four meat empanadas w/ tzatziki.

Carpaccios

PORTOBELLO CARPACCIO // 13.99

Portobello carpaccio with spinach & parmesan over hummus served with nopal tostadas.

BEET CARPACCIO // 12.99

Beet carpaccio topped with pistachios, cilantro, & tzatziki served with tostadas.

SALMON CARPACCIO // 14.99

Salmon carpaccio in ponzu sauce topped with spicy mayo & sesame seeds.

Vegan Or Veggie

CAULIFLOWER CURRY STEAK // 9.99

Baked Cauliflower in a tahini sauce.

SPINACH EMPANADAS // 8.99

Four empanadas filled with spinach served with tzatziki.

BEET TOSTADA // 6.50

Our delicious nopal tostada with habanero mayo and cubed beets topped with avocado and peanuts.

BUFFALO CAULIFLOWER // 8.99

Fried (or Grilled as per customer's request) cauliflower florets drizzled with buffalo sauce.



Vegan



Vegetarian



Spicy

Ceviches

All ceviches have spicy mayo drizzled on top.

HEARTS OF PALM // 13.99

Pico de gallo, ginger dressing, hearts of palm, jicama, & avocado.

CAULIFLOWER CEVICHE // 13.99

Sliced cauliflower with capers, olives, pico de gallo & avocado.

ASPARAGUS & AVOCADO // 13.99

Diced asparagus, avocado with tomato, red onion, & cilantro.

TUNA TOSTADAS // 15.99

Tuna ceviche with cilantro, green onions, avocado, & crispy onions.

GREEN FISH CEVICHE // 14.99

Fresh cod ceviche served with tostadas.

HABANERO FISH CEVICHE // 15.99

Fish ceviche, avocado, green onions, cilantro, & habanero.

SALMON CEVICHE // 15.99

Salmon ceviche with mango, pico de gallo, & avocado.

SHRIMP CEVICHE // 15.99

Shrimp ceviche, mandarines, pico de gallo & avocado.



Salads and Bowls

Greens

CHOPPED SALAD // 14.99

Spring mix, chicken, avocado, tomato, red onion, seeds, bacon & feta cheese.

SOUTHWEST SALAD // 13.99

Spring mix, chicken, corn, black beans, avocado, panela cheese, tortilla chips, & carrots with chipotle cilantro dressing.

BISON BURGER BOWL // 15.99

Romaine lettuce, tomato, avocado, red onions, mushrooms, & mozzarella topped with a bison burger pattie.

CRISPY CHICKEN SALAD // 14.99

Spring mix, crispy chicken, edamame, carrots, jicama, sesame seeds & peanut dressing.

GRILLED SALMON & PEAR SALAD // 15.99

Spinach, cranberries, fresh pear, goat cheese & grilled salmon.

SHRIMP & ASPARAGUS SALAD // 15.99

Asparagus, hearts of palm, celery, olives, & shrimp with mustard dressing.

GREEK BOWL // 14.99

Greek rice, lamb, tomato, red onion, lettuce, avocado, tzatziki, & salsa.

CHIPOTLE, SHRIMP & MANGO // 15.99

Shrimp, spring mix, quinoa, cilantro, carrots, mango, & chipotle dressing.

SMOKED SALMON SALAD // 14.50

Mixed greens, smoked salmon, red onion, capers, avocado, tomato & shanklish.

Favorites

SALMON CAESAR SALAD // 15.99 🌶️

Romaine lettuce, red onion & parmesan cheese, topped with a grilled salmon drizzled with red pepper flakes & caesar dressing.

BURRATA SALAD // 14.99

Spring mix, burrata, grilled asparagus, cherry tomatoes, avocado, pesto dressing & balsamic.

CHIPOTLE CHICKEN SALAD // 13.99 🌶️

Spring mix, grilled chicken marinated with chipotle dressing, and topped with walnuts, celery & grapes.

BUFFALO CHICKEN SALAD // 13.99 🌶️

Mixed greens, mozzarella cheese, avocado, cucumber, & buffalo chicken.



Vegan



Vegetarian



Spicy

Vegetarian or Vegan

MONKS BOWL // 11.99 ●●

Spinach, tabbouleh, black beans & regular or vegan spicy mayo.

ORIENTAL SALAD // 9.50 ●●

Mixed greens, carrots, jicama, cashews, seeds & ginger dressing.

SPINACH SALAD // 9.99 ●●

Spinach, walnuts, strawberries, grapes & balsamic dressing.

MEDITERRANEAN SALAD // 11.50 ●●

Mixed greens, tomatoes, cucumber, artichokes, feta cheese & olives.

FALAFEL SALAD // 14.99 ●●

Spring mix, tabbouleh, 3 falafel patties, hummus & avocado.

CAULIFLOWER BOWL // 13.99 ●●

Cauliflower rice with veggies, spinach, & avocado.

ZUCCHINI NOODLES BOWL // 13.99 ●●

Zucchini noodles & veggies with tomato sauce & vegan cheese.

QUINOA BOWL // 13.99

Organic quinoa with grilled veggies & avocado over spinach.



Poke Bar

KETO BOWL // 15.95 🌶️

Zucchini noodles, spinach, marinated tuna and salmon, cucumber, avocado, toreado peppers & spicy mayo.

GODZILLA POKE BOWL // 15.95 🌶️

Quinoa, salmon, raw tuna, cucumber, jicama, edamame, avocado, ponzu & sriracha.

GAME OF THRONES // 13.99 🌶️

Brown rice, shrimp, cucumber, radish, avocado, spinach, and carrots with chipotle dressing & toreado peppers.

VIVI'S POKE // 14.99 🌶️

White rice, tampico, tuna, jicama, edamame, carrots, toreado peppers, crispy onions, & avocado.

TOFU BOWL // 10.95 🌱

Mixed greens, chipotle-marinated tofu, carrots, avocado, beets, cilantro & seeds.

BEET IT // 11.99 🌱🌶️

Spinach, marinated beets, avocado, green onions, cilantro & spicy peanuts.

PATO POKE // 15.99 🌶️

White rice, tuna, salmon, edamame, seaweed, sesame seeds, peanuts, tampico paste, ponzu, sriracha & spicy mayo.

HEALTHY RGV // 11.95 🌶️

Brown rice, chicken, black beans, carrots, red onions, jalapenos, & chipotle dressing.

SHRIMP DELIGHT // 15.99

Mixed greens, brown rice, 5 marinated jumbo shrimp, avocado, tomato, cucumber, cilantro dressing & spicy mayo.

Favorites

ALANA'S POKE // 14.99 🌶️

White rice, tuna, tampico, edamames, cucumber, avocado, carrots, oriental dressing, sriracha, sesame seeds, spicy mayo and crispy onions.

NANCY'S POKE // 14.99 🌶️

Brown rice, zucchini noodles, cooked spicy salmon, tampico paste, carrots, cucumber, toreado peppers & spicy mayo.

🌱 Vegan 🌱 Vegetarian 🌶️ Spicy

Build Your Own Poke

SMALL // 11.95

1 scoop of protein

MEDIUM // 13.95

2 scoops of protein

LARGE // 15.95

3 scoops of protein

Base

White Rice
Brown Rice
Organic quinoa
Green Leaves

Protein

Chicken
Tuna
Salmon
Shrimp
Tofu

Sides

Choose 4
Spinach
Spring Mix
Zucchini Noodles
Mushrooms
Carrots
Jicama
Edamame
Beets
Cucumber
Garbanzos
Black Beans
Crispy Onions
Chiles Troados
Sesame Seeds
Peanuts
Seaweed

Toppings Extras

Spicy Mayo
Crispy Onions
Chiles Troados
Sesame Seeds
Peanuts
Seaweed

Avocado // 1.50
Tampico Paste // 1.50

Dressings:

Ponzu, Sriracha, Cilantro, Chipotle, Oriental, Balsamic,



Our Food

Entrees

MIDDLE EASTERN PLATE // 17.99

4 grape leaves, 2 meat empanadas, 2 kibbeh, greek rice, tabbouleh, & tzatziki.

CHIMICHURRI CHICKEN // 14.99

Grilled chicken breast marinated in homemade chimichurri served with couscous salad.

SALMON TACOS // 17.99

3 corn tortillas with marinated salmon, beets, & avocado.

HABANERO MANGO SALMON // 17.99

Grilled salmon topped with habanero sauce & fresh mangos served with grilled veggies & a side salad.

SHRIMP TACOS // 15.99

Three corn tortillas with shrimp, pico de gallo & mozzarella cheese.

ZATTAR AND ALMOND BARRAMUNDI // 17.99

White fish grilled & breaded with zattar & almonds served with greek rice & hummus.

GREEN CHICKEN ENCHILADAS // 12.99

Three corn tortillas topped with shredded chicken tomatillo sauce & mozzarella.

LAMB KABOBS // 17.50

Two lamb kabobs served with tabbouleh salad, greek rice, & two grape leaves.

Favorites

ALMOND CRUSTED CHICKEN // 14.99

Almond flour breaded chicken served with greek rice, & grilled veggies.

FISH TACOS // 15.99

3 corn tortilla tacos filled with grilled cod, chipotle, cabbage, apples & spicy mayo.

PISTACHIO & LEMON CRUSTED SALMON // 17.99

Grilled salmon topped with crispy pistachios served with salad & couscous.

CRISPY SALMON // 17.99

Crispy grilled salmon on a bed of spinach, asparagus & mushrooms.



Vegan



Vegetarian



Spicy

CHICKEN KABOBS // 16.50

Two kabobs served with tabbouleh, greek rice, & 2 grape leaves.

TERIYAKI SALMON // 16.99

Grilled salmon in a teriyaki sauce with grilled veggies & salad.

SRIRACHA SALMON // 16.99

Grilled salmon with sriracha sauce, sesame seeds served with grilled veggies & salad.

VEGAN ENCHILADAS // 11.99

Three corn tortillas filled with mushrooms. (Your choice of red or green)

CHICKEN FAJITAS // 14.99

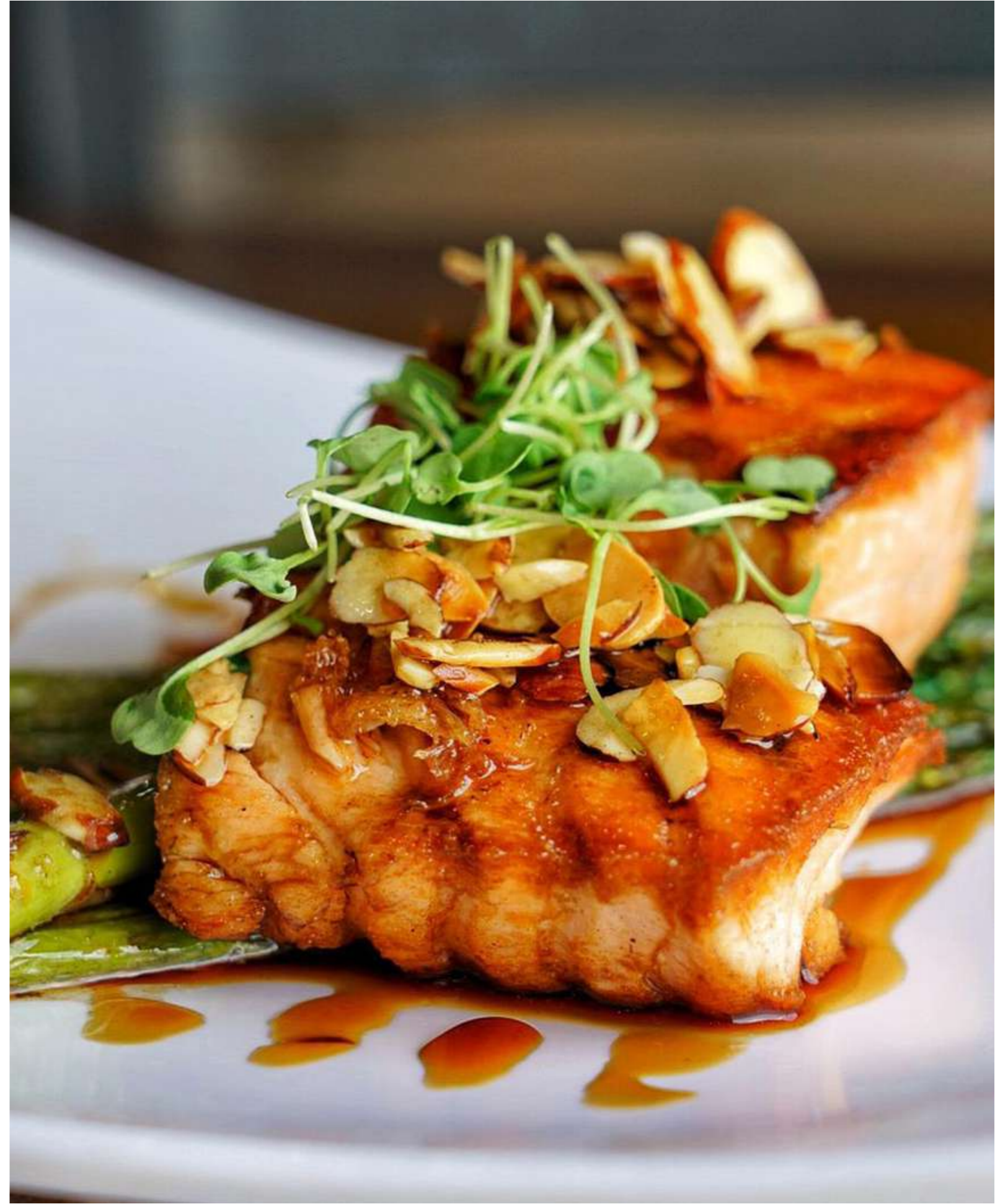
Chicken fajitas with mushrooms, peppers, onions & zucchini.

PICO DE GALLO SALMON // 17.99

Salmon topped with baked spicy mayo & pico de gallo served with mushrooms & avocado.

GARLIC LIME SALMON // 15.99

Grilled salmon with roasted garlic & lime served with grilled veggies & a salad.



Sandwiches

All sandwiches are accompanied with sweet potato or regular fries and a side salad.

CHICKEN OR TURKEY AVOCADO // 12.99

Grilled chicken breast or turkey, tomato, avocado, spicy mayo & mozzarella in ciabatta.

HAM AND CHEESE // 12.99

Ham, cheese & spicy mayo in ciabatta.

GYRO // 13.99

Soft pita bread, lamb, tzatziki, red onion & tomato.

SMOKED SALMON SANDWICH // 14.99

Tzatziki, zattar, capers, smoked salmon, onions, tomato, & lettuce.

THE FANCY // 14.99

Beef, mozzarella, red onion, tomato & avocado.

CROISALMON // 16.99

Grilled sriracha salmon, goat cheese, spinach and avocado in a croissant.

TURKEY BURGER // 12.99

Turkey homemade pattie, mozzarella cheese, onions, mushrooms in a bun.

Favorites

BISON BURGER // 15.99

A bison burger pattie with mozzarella cheese, grilled onions, and mushrooms.

HABANERO TURKEY HAM SANDWICH // 12.99

Turkey ham, sliced green apple, mozzarella cheese, and habanero aioli.

BUFFALO CHICKEN SANDWICH // 14.99

Almond breaded chicken tossed in buffalo sauce in a potato bun.



Vegan



Vegetarian



Spicy

Vegan Options

AMAZING VEGAN // 11.99

Whole grain bread toasted spread with hummus, balsamic, portobello, zucchini, red peppers, avocado & spinach.

FALAFEL SANDWICH // 12.99

Pita bread with hummus, falafel, tomatoes & onions.

QUINOA BURGER // 13.99

A quinoa pattie in a whole wheat bun.



Drinks

The Usual

CUCUMBER LEMONADE OR
HIBISCUS WATER // 2.99

Refills // 1.50

TEA // 2.50

ORANGE JUICE // 4.99

CANNED SODA // 1.99

FOUNTAIN DRINK // 2.50

BEETROOT JUICE // 11.50

WATER BOTTLE // 1.99

COCONUT WATER

COFFEE // 1.99

Shots

ANTIBIOTIC // 2.99

Lime, garlic, honey & water.

IMMUNITY // 2.99

Lime, ginger, honey, cayenne pepper & water.

WAKE UP // 2.99

Apple & ginger

LIBID // 2.99

Macca, dates, & almond milk.

GINGER SHOT // 4.99

Pure ginger.

Juices

CLEANSER // 6.99

Kale, spinach, celery, cucumber, and green apple.

IMMUNIZER // 6.99

Spinach, pineapple, green apple, celery, ginger and lemon.

PURIFIER // 6.99

Beets, ginger, lemon, green apple, cucumber and basil.

BEAUTIFIER // 6.99

Carrots, ginger, green apple, and lemon.

ENERGIZER // 6.99

Pineapple, green apple, cucumber & mint.

LEANER // 6.99

Pineapple, carrot, ginger, celery and lemon.

Smoothies

IRONMAN // 7.99

Almond milk, cacao, banana, vanilla, cinammon, dates, flaxseed & chia.

SKINNY GREEN // 7.99

Coconut water, banana, kale, spinach, pear, chia, flaxseed, & dates.

ROCKET // 7.99

Papaya, banana, spinach, almond milk, chia & flaxseed.

INVISIBLE // 7.99

Almond milk, banana, mixed berries, vanilla, flaxseed & honey.

BERRY PRETTY // 7.99

Blueberries, strawberries, banana, almond milk, chia & flaxseed.

POWER UP // 7.99

Water, banana, strawberries, kale, spinach, chia & honey.