

SIGNATURES COMBOS

SIGNATURE CHICKEN SANDWICHES

YOU CAN CHOOSE BETWEEN FLATBREAD OR WRAP

\$12.95

Includes 6oz frozen yogurt or soup and water bottle

CHICKEN TOMATO PESTO ♥

Grilled chicken breast, cheddar cheese, tomato, red onions, spinach and pesto sauce

MANGO THAI CHICKEN 🔥

Grilled chicken breast, cheddar cheese, mango, coconut flakes and mango coconut dressing

SOUTHWEST CHICKEN ♥

Grilled chicken breast, cheddar cheese, black beans, corn and BBQ sauce

PINEAPPLE TERIYAKI CHICKEN

Grilled chicken breast, cheddar cheese, pineapple, mushrooms and Teriyaki sauce

BUFFALO CHICKEN CHEDDAR 🔥

Grilled chicken breast, cheddar cheese, bluecheese, and Hot Sauce



Ask for your daily soup

\$3.55 6oz | **\$5.55** 12oz

• Add a second side for \$2

SIGNATURE KIDS MEAL

Includes 6oz frozen yogurt or soup and water bottle

CHICKEN FIESTA QUESADILLA ♥

Grilled chicken breast, cheddar cheese, tomato, red onions, and chunky sauce

\$12.95

MAC & CHEESE 🌱

Cheddar cheese, and choose one veggie topping

\$10.95



FROZEN YOGURT CREATIONS

1 TOPPING \$0.95 | 3 TOPPINGS \$2.50 | Extras \$0.75

SMALL \$5.35 ♥ REGULAR \$6.55 LARGE \$7.65

TAKE HOME \$12.95 ♥ TAKE HOME KIT \$16.95

PUP-A-CUP ♥ | \$5.85

Frozen Yogurt Original 100% Natural, peanut butter and Milkbone



SIGNATURE
BREAKFAST COMBOS

Includes 6oz oatmeal or buttered toast and 8oz coffee

CHOOSE BETWEEN FLATBREAD OR WRAP

\$12.95

EGG & CHEESE OMELETTE

Egg omelette, american cheese, swiss cheese an Mayo



GARDEN OMELETTE

Egg omelette, american cheese, tomato, red onions, green peppers, mushrooms, spinach and ranch dressing

CHICKEN & BLACK BEAN OMELETTE

Egg omelette, american cheese, black beans, grilled chicken breast and Hot sauce

ASK FOR OUR DAILY OATMEAL

\$2.85 6oz \$4.25 12oz

VEGAN PB&J COMBO Includes 8oz coffee

\$7.95

FRESH BERRY GRILLED PB&J

Whole grain wheat berry bread, fresh strawberries, fresh blueberries , peanut butter and jam



GRILLED BANANA PB&J

Whole grain wheat berry bread, fresh banana, peanut butter and jam

WAFFLE LOVE

Fresh strawberries, fresh bananas and Nutella

WAFFLE JOY

Fresh blueberries , almonds and honey

\$7.95

\$7.95

FROZEN LATTE CREATIONS

ALMOND JOY

CARAMEL AMARETTO

FRED'S DIRTY CHAI

CHOCOLATE HAZELNUT

COCO NUTTY

WHITE NUTTY

16 oz
\$7.55

24 oz
\$9.25

HOT LATTE CREATIONS

12 oz
\$5.25

16 oz
\$6.55

TRADITIONAL CREATIONS

MOCHA

8 oz
\$3.85

12 oz
\$4.85

16 oz
\$5.95

CAPPUCCINO

\$3.25

\$4.25

\$4.95

LATTE

\$3.25

\$4.25

\$4.95

AMERICANO

\$3.25

\$4.25

\$4.95

CORTADITO

\$2.25

4 oz

MACCHIATO

\$2.25

4 oz

ESPRESSO

\$2.25

4 oz



Casa Grande

WELLNESS BAR & BOWL

FRESH JUICE

\$9.85

BEAUTY & THE GREENS 🌿❤️

Apple, lemon, Spinach, Cucumber and Celery

SWEET GREEN ZING 🌿

Apple, lemon, Spinach, Cucumber Celery and Ginger

24 CARROT SPINACH 🌿

Carrot, orange and spinach

FRED & GINGER 🌿❤️

Apple, beets, ,lemon and ginger

SPICY COLD BURNER

Apple, carrot, orange, lemon , qinger and cayenne

SIMPLY ORANGE \$7.95

GREEN SMOOTHIES

APPLE GINGER SPINACH 🌿

Apple juice, spinach, banana and ginger

THE SPB 🌿

Pineapple juice, pineapple, spinach, and banana

CITRUS MANGO GREENS ❤️🌿

Orange juice, spinach, banana and mango

SPINACH BOWLS

ADD CHICKEN FOR \$2.00

STRAWBERRY FIELDS BOWL 🌿❤️

Spinach, bluecheese, strawberries, cranberries, almonds and strawberry vinaigrette

TROPICAL PARADISE BOWL 🔥🌿

Spinach, mango, walnuts, coconut flakes , parmesan cheese and mango coconut dressing

VEGGIE SENSATION BOWL 🌿❤️

Spinach, tomato, red onion, corn, black beans, green peppers, cheddar cheese and lemon vinaigrette

ACAI BOWLS

BERRIES SWEET

Acai, Granola, Coconut Oil, Banana, Strawberries, Blueberries, Nutella, and Coconut flakes

TROPICAL FUSSION

Acai, Granola, Coconut Oil, Banana, Pineapple, Mango and Coconut flakes

PB PROTEIN

Acai, Granola, Coconut Oil, Banana, Blueberries, and Peanut Butter

SWEET AREQUIPE

Acai, Granola, Coconut Oil, Strawberries, Blueberries, white chocolate chip, coconut flakes and "dulce de leche"

FRESH PACK

\$49.95

CITRUS BEETS 🌿

Apple, beets, pineapple, orange, and lemon

TROPICAL FUEL 🌿❤️

Pear, pineapple, mint, cucumber and kiwi

HEART BEETER

Apple, carrots, beets, spinach, lemon and ginger

SWEET SPINACH

Apple, carrots, spinach, orange and lemon

GINGER ENERGY

Apple, carrots and ginger



\$7.25 16 oz

\$9.55 24 oz



\$7.55



\$10.95

\$10.95

\$10.95

\$11.95

SMOOTHIES & PARFAITS

SIGNATURE PROTEIN SMOOTHIE

\$7.50 16 oz

\$9.50 24oz

BANANA PEANUT BUTTER PROTEIN ♥

Banana, peanut butter, organic granola , whey protein and yogurt



FRUIT & YOGURT SMOOTHIES

\$6.55 16 oz

\$8.95 24 oz

STRAWBERRY BANANA 🍏

Strawberries, banana and yogurt

TROPICAL MANGO 🍏♥

Mango, pineapple and yogurt

TROPICAL PINEAPPLE 🍏

Banana, pineapple and yogurt

MANGO BANANA 🍏

Banana, Mango and yogurt

BERRY BANANA 🍏♥

Strawberries, blueberries, banana and yogurt

MIXED BERRY REMIX 🍏

Strawberries, mango and yogurt

MIXED BERRY SWIRL 🍏

Strawberries, blueberries and yogurt

Customize your smoothie with :

Acai
Protein
Peanut Butter
Nutella



TROPICAL FRUIT SMOOTHIES

\$5.95 16 oz

\$7.95 24 oz

STRAWBERRY 🍏♥

Strawberry

TAMARIND 🍏

Tamarind

GUAVA 🍏

Guava

MANGO 🍏

Mango

PASSION FRUIT 🍏♥

Passion Fruit

PAPAYA 🍏

Papaya

SOURSOP 🍏

Soursop



FRUIT + YOGURT PARFAITS

\$8.50 16 oz

\$9.75 24 oz

MIXED BERRY PARFAIT 🍏♥

Strawberry, Blueberry, Banana, organic granola ,and yogurt

TROPICAL PARFAIT 🍏

Pineapple, Mango, Banana, organic granola ,and yogurt

