

# Southeast Grind Menu

\*FRESH, HEALTHY, DELICIOUS\*

## SANDWICHES:

SEVEN GRAIN OR SUB GLUTEN FREE BREAD FOR 50¢

- 1. GRILLED CHEESE \$6.00
- 3 CHEESES & TOMATO
- 2. HUMMUS AMONG US \$7.00
- HUMMUS, FETA, HAVARTI, TOMATO, ONION, MUSTARD, AVOCADO, LETTUCE
- 3. BY THE SEA \$7.00
- TUNA SALAD W/ ONION & CELERY
- 4. FAB TAB \$8.00
- TURKEY, AVOCADO, BACON, PROVOLONE, LETTUCE, TOMATO, MAYO, MUSTARD

SERVED WITH FRUIT OR VEGGIE SALAD & KETTLE CHIPS



## BAGELS:

TRIPLE CHEESE, WHOLE WHEAT, PLAIN, EVERYTHING

- 1. PLAIN OR BUTTER \$1.75
- 2. CREAM CHEESE \$2.25
- 3. HUMMUS \$2.50
- 4. VEGGIE \$3.00
- TOMATO, RED ONION, CUCUMBER

## COOKED PIES:

\$5.00 OR WITH SALAD \$7.00

- 1. VEGAN JAMBALAYA
- 2. QUINOA CRUNCH
- 3. SPINACH, ARTICHOKE, FETA
- 4. ZUCCHINI W/ MUSHROOM
- 5. EGG, VEGGIES & CHEESE

## SALADS:

- 1. QUINOA FIESTA \$4.50
- QUINOA, BLACK BEANS, TOMATOES, CORN, ONION, CILANTRO, LIME, CHIPS
- 2. GREEN ENERGY \$5.00
- SPINACH, LETTUCE, TOMATO, ONION, CELERY, CUCUMBER
- 3. MELON, AVO, STRAW \$6.00
- SPINACH, CANTALOUPE, AVOCADO, STRAWBERRY, ALMONDS
- 4. CLUB SALAD \$6.50
- TURKEY, CHICKEN, CHEDDAR, TOMATO, CUCUMBER, RANCH

## WRAPS:

(LETTUCE OR WHEAT TORTILLA)

- 1. HUMMUS \$7.00
- HUMMUS, BLACK BEANS, SPINACH, CHEDDAR, ONIONS, TOMATO
- 2. TURKEY \$7.00
- TURKEY, AVOCADO, TOMATO, GREENS
- 3. CHICKEN \$7.00
- CHICKEN, BACON, LETTUCE, TOMATO, CHEESE

SERVED WITH FRUIT OR VEGGIE SALAD & KETTLE CHIPS

## BREAKFAST & SNACKS:

- 1. GRANOLA PARFAIT \$3.25
- GRANOLA, BANANA, HONEY, YOGURT (SUB NON DAIRY)
- 2. FRUIT CUP \$2.50
- 3. STEEL CUT OATS (MORNING HOURS ONLY) \$2.50
- w/ BANANAS & CURRANTS \$3.00
- 4. SIDE OF SALAD \$2.00
- QUINOA, GREEN, CUCUMBER-TOMATO OR FRUIT
- 5. HUMMUS PLATE \$4.50
- PITA, TOMATO, CELERY, CUCUMBER, FETA
- 6. POPCORN \$1.00

**HUMMUS:** ROASTED RED PEPPER, GARLIC & LEMON, JALAPEÑO

**SOUP:** CHANCES DAILY, ASK YOUR BARISTA

## BLENDED TREATS & MEALS: 16OZ OF DELICIOUSNESS IN A CUP

- |                 |                 |                      |                |                 |
|-----------------|-----------------|----------------------|----------------|-----------------|
| 1. TUTTI FRUTTI | 2. APPLE PUCKER | 3. STRAWBERRY SPLASH | 4. CLEAN GREEN | 5. FUNKY MONKEY |
| APPLE           | MELON           | STRAWBERRY           | CUCUMBER       | PEANUT BUTTER   |
| MELON           | CELERY          | SPINACH              | AVOCADO        | BANANA          |
| BANANA          | MINT            | CUCUMBER             | SPINACH        | CHOCOLATE       |
| STRAWBERRY      | APPLE           | APPLE                | BANANA         | ESPRESSO        |
| LIME            | LIME            | MINT                 | APPLE          | HEMP MILK       |
| HEMP MILK       | APPLE JUICE     | APPLE JUICE          | HONEY          | \$6.50          |
| \$6.50          | \$6.50          | \$6.50               | APPLE JUICE    |                 |
|                 |                 |                      | \$6.50         |                 |

**ADD:** EMERGEN-C \$.75 SOY PROTEIN \$1.00 SOY, RICE, HEMP MILK \$1.00