



WRAPS / PANINIS

Protein: Chicken, Turkey, Asada, Roast Beef,
Ham, Meat Balls, Chicken Salad, Tuna,
Shrimp, Salmon,
Protein \$4.00 Seafood \$6.00

Green Wrap	\$10.00
Wheat Wrap	\$10.00
Panini Veggie	\$10.00
Panini with Protein	\$14.00
Spring Salad	\$12.00

Side Choices for your: Panini, Bake Potatoe, Wraps, Sandwich

Over night oats | Pasta Salad | Yogurt w/chia & honey
Fresh Fruit | Bag of Chips | Soup of the Day

JUICES & SMOOTHIES

Freshly made juices and Smoothies

Juice	S \$6.00	L \$8.00
Smoothie	S \$7.00	L \$9.00

- Green Juice
- Vampiro Juice
- V8 Juice
- Fat Burner
- Diuretic
- Cholestorol
- Irregularity
- Gastritis
- Berry Berry Smoothie
- Strawberry
- Blueberry
- Yogurt & Honey
- Papaya
- Cantaloupe
- Mango
- Banana



*Prices are subject to change at any time without notice

WEEK SPECIALS



MONDAY
All Potatos



TUESDAY
Paninis / Sandwich



WEDNESDAY
All Wraps



THURSDAY
Caesar Salad



FRIDAY
Soup/ Breadbowl

\$11.99 +Tax
Choice of One side

SOUPS MADE FRESH DAILY

- MONDAY** Lentils | Chicken Noodle | Tomato Basil
TUESDAY Lentils | Chicken Broth | Chipotle Veggie
WEDNESDAY Lentils | Meat Balls | Cheese Broccoli
THURSDAY Lentils | Chicken Tortilla | Tomato Basil
FRIDAY Lentils | Clam Chowder | Tomato Basil

S \$4.00 M \$6.00 L \$12.00
 10oz 16oz 30oz

CEVICHE FRIDAYS ONLY

TILAPIA FISH & SHRIMP

SMALL
FISH \$9.00
SHRIMP \$12.00
LARGE
FISH \$18.00
SHRIMP \$24.00



TO GO MENU



SALADS 2K

Place Your Order Now!

#1 12215 Telegraph Rd.
Santa Fe Springs, CA 90670
562.203.5533

#2 13238 E. Imperial Hwy.,
Santa Fe Springs, CA 90607
562.483.0002

SALADS

Our salads are made to order, tossed before your very eyes using only the freshest and highest quality ingredients. No preservatives, no artificial flavors and no M.S.G.

Caesar Salad..... **\$12.00**
Romaine, croutons, parmesan cheese

Health Protein Salad..... **\$12.00**
Romaine, raisins, alfalfa, carrots, oat bran, cheese sunflower seed, avos, mushrooms, egg

Spinach Salad..... **\$12.00**
Spinach, tomato, mush-rooms, bacon bits, olives egg, avocado

Tuna or Chicken Salad..... **\$16.00**
Romaine, tomato, cucumbers, carrots, celery, cauliflower, olives, tuna or chicken

Combo Salad Supreme..... **\$18.00**
Romaine, tuna salad, chicken salad, tomato, cucumbers, carrots, cheese, olives

Garden Salad..... **\$12.00**
Romaine, tomato, celery, carrots, cauliflower, mushroom, cucumbers

Chinese Chicken Salad..... **\$16.00**
Iceberg, carrots, green onion, wontons, rice noodles, cabbage, chicken, mandarin oranges, almonds

B.L.T. Chicken Salad..... **\$16.00**
Romaine, tomato, cucumbers, green onions, bacon bits, chicken, avocados

Cobb Salad..... **\$16.00**
Romaine, cheese, tomato, bacon bits, egg, chicken, avocado

Natural Chicken Salad..... **\$16.00**
Romaine, mushrooms, carrots, cucumber, celery, cauliflower, tomatoes, chicken

Protein:

Chicken, Turkey, Asada, Shrimp, Salmon, Protein \$4.00 Seafood \$6.00

All salads are served with 2 slices of pita bread and your choice of one of our delicious gourmet dressings.

SALADS

Pasta Salad..... **\$16.00**

Romaine, Pasta, tomato, cucumbers, carrots, olives, cheese

Turkey Breast Salad..... **\$16.00**

Romaine, mushroom, carrots, cucumber, celery, cauliflower, tomato, eggs, olives, turkey breast

Chef's Salad..... **\$16.00**

Romaine, mushroom, carrots, cucumber, celery, cauliflower, tomato, ham, turkey, egg

Shrimp & Avocado Salad..... **\$18.00**

mixes greens, tomato, lemon, shrimp, corn, beets, red onion

Chunky Tuna and Veggie Salad..... **\$16.00**

Romaine tomato, cauliflower, carrots, albacore, olives, egg

California Salad..... **\$16.00**

Lettuce, mixed fruit, mozzarella, tomato, green onion, avocado

Chicken Pineapple Salad..... **\$16.00**

Romaine, pineapple, celery, raisins, chicken

Taco Salad..... **\$16.00**

Lettuce, mixed in Caesar lime dressing, chips, taco meat, cheese, olives, tomato, green onion sour cream, salsa

High Energy Salad..... **\$16.00**

Romaine, tomato, celery, cauliflower, tuna, chicken, turkey, olives, egg, mushroom

Greek Salad..... **\$12.00**

Romaine, feta cheese, greek olives, tomato, cucumbers

Roast Beef and Veggie Salad..... **\$16.00**

Romaine, mushroom, carrots, cucumber, celery, cauliflower, tomato, eggs, olives, roast beef



Balsamic Vinegar | Blue Cheese | Caesar | Honey Mustard | Italian | Ranch | Sesame Oil | Thousand Island | Balsamic Vinegar | Red Vinegar | Fresh Lemon Juice | Olive Oil

BAKED POTATOES



Baked fresh daily, our baked potatoes come with your choice of Mozzarella, Cheddar, Cheese Sauce, Parmesan, or Swiss Cheese and your choice of a green salad or pasta salad

Broccoli and Cheese..... **\$10.00**

Broccoli, Chicken and Cheese..... **\$13.00**

Steamed Vegetable and Cheese..... **\$10.00**

Vegetable, Chicken and Cheese..... **\$13.00**

Tuna or Chicken Salad Spud..... **\$13.00**

Taco Spud..... **\$13.00**

Chili Beef and Cheese..... **\$13.00**

B.B.Q. Chicken..... **\$13.00**

Cheese Sauce and Bacon..... **\$13.00**

Sour Cream and Chives..... **\$9.00**



SALAD ON A BUN

All Salads-on-a-Bun served on whole wheat bun or pita bread alfalfa with lettuce, tomatoes, sprouts, cheese, mayonnaise and mustard.

Tuna or Chicken Salad..... **\$13.00**

Chicken Breast Natural Salad..... **\$13.00**

Roast Beef Natural..... **\$13.00**

Turkey Breast Natural..... **\$13.00**

California Natural..... **\$10.00**

Pita Natural..... **\$10.00**

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