

SANDWICHES 11.95

TURKEY REUBEN

Sliced Turkey, Swiss Cheese, Sauerkraut, 1000 Island Dressing, Multigrain Bread

TUNA

Tuna Salad, Swiss, Romaine, Tomato, French Baguette

AVOCADO GRILLED CHEESE & TOMATO SOUP

Cheddar, Swiss, Avocado, Country White Bread, Cup Of Tomato Bisque

JUNO BEACH

Turkey, Romaine, Guacamole, Swiss Cheese, Sprouts, Tomato, Cucumber, French Baguette

SOUPS CUP 4.50 / BOWL 5.95

CHICKEN NOODLE | TOMATO BISQUE

VEGAN CHILI | VEGAN SPLIT PEA



*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

HALF SANDWICH & SOUP
Choice of Any Sandwich & a Cup of Soup

PLANT BASED SHAKES 9.50

THE PUMP



Banana, Peanut Butter, Chocolate Protein, Maca, Almond Milk

MATCHA NEEDED



Kale, Banana, Medjool Dates, Organic Matcha, Flax, Homemade Almond Butter, Vanilla Protein, Vanilla Almond Milk

ALMOND BROTHERS



Strawberry, Blueberry, Medjool Dates, Homemade Almond Butter, Vanilla Protein, Almond Milk

PLANT BASED SMOOTHIES 8.50

GREEN GODDESS



Kale, Pineapple, Banana, Medjool Dates, Almond Milk

SUNSHINE



Mango, Pineapple, Fresh Squeezed Orange Juice

PINK BANANA



Strawberry, Banana, Apple Juice

BERRY BERRY SUNNY



Strawberry, Blueberry, Pineapple, Orange Juice



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ACAI BOWLS



FLAG BOWL 10.25

Strawberry, Banana, Blueberry, Local Granola, Sambazon Organic Acai, Organic Coconut, Honey Drizzle

ROOT TRAIL 11.50

Strawberry, Banana, Nutella, Homemade Almond Butter, Local Granola, Sambazon Organic Acai, Organic Coconut, Honey Drizzle

REEF ROAD 10.25

Strawberry, Banana, Pineapple, Local Granola, Sambazon Organic Acai, Organic Coconut, Honey Drizzle

HOMEMADE GINGER LEMONADE
4.50

ACAI ADD ONS 1.25

**HOMEMADE ALMOND BUTTER | CREAMY PEANUT BUTTER | GOJI BERRIES
CHIA SEEDS | NUTELLA FLAX | CACAO NIBS**

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BREAKFAST

8 AM - 11 AM



Rolling Hills
COFFEE CO

AVOCADO TOAST 8.95

Smashed & Seasoned Avocado Topped with Cage Free Egg, Arugula, Sunflower Seeds, Red Pepper Flakes, Served on Multigrain Toast

MEXICAN WRAP 8.95

Freshly Scrambled Eggs, Jack Cheddar, Salsa, Jalapeno, Whole Wheat Wrap

LATTE

4.99

AMERICANO

3.99

CAPPUCCINO

4.49

CHAI TEA

4.29

MATCHA

4.69

CINNAMON SPICE LATTE

5.09

HOT TEA

2.89

EL CHAPO - MEXICAN MOCHA LATTE 5.99

EXTRAS

ADD A FLAVOR . 59 | ADD A SHOT OF ESPRESSO .79

ADD ALMOND OR OAT MILK .99

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