



SANDWICHES & WRAPS

MALIBU

roasted chicken, applewood smoked bacon, avocado, cheddar cheese, greens, tomato, caramelized onion aioli, ciabatta

\$8.50 800 CALS

CHIPOTLE CHICKEN WRAP

crispy chicken, cheddar, pico de gallo, lettuce, chipotle dressing, wheat tortilla

\$8.00 800 CALS

BLTA

crispy smoked bacon, lettuce, tomato, avocado, 9 grain bread

\$8.00 430 CALS

MARK CUBANA

roasted chicken, applewood smoked bacon, black bean spread, avocado, chihuahua cheese, chipotle aioli, spinach tortilla

\$8.75 920 CALS

ALL DAY BREAKFAST BURRITO

chopped steak, cage free eggs, jack cheese, sauteed peppers & onions, seasoned potatoes, wheat tortilla, green salsa

\$7.00 670 CALS

BLACK BEAN & GRAIN V

seasoned black beans, cilantro lime rice, pico de gallo, avocado, flour tortilla option

\$6.50 630 CALS

ADD CHICKEN OR STEAK \$2.00

FEATURED

TURKEY AVOCADO GRINDER

roasted turkey, white cheddar cheese, avocado, shredded lettuce, sliced cucumber, red wine vinaigrette, roasted garlic aioli, ciabatta bread

\$8.50 850 CALS



GROWN UP GRILLED CHEESE

white cheddar cheese, bacon, baby spinach, tomato, avocado, 9 grain bread

\$8.00 570 CALS

OPTIONS

ADD MEAT GF DF
\$2.25

HOUSEMADE CHIPS VG GF DF
\$2.00 140 CALS

BACON (2) GF DF
\$2.25 130 CALS

AVOCADO VG GF DF
\$1.25 60 CALS

CHEESE VG GF
\$1.25 110 CALS

BREAD SUBSTITUTE

can be substituted with gluten-free bread or wrap (honey wheat, spinach or flour)

V-VEGETARIAN

VG-VEGAN

GF-GLUTEN FREE

DF-DAIRY FREE

CN-CONTAINS NUTS



THOROUGHLY COOKING FOODS OF ANIMAL ORIGIN SUCH AS BEEF, EGGS, FISH, LAMB, MILK, POULTRY OR SHELLFISH REDUCES THE RISK OF FOODBORNE ILLNESS. INDIVIDUALS WITH CERTAIN HEALTH CONDITIONS MAY BE AT HIGHER RISK IF THESE FOODS ARE CONSUMED RAW OR UNDERCOOKED.



FOOD PREPARED MAY CONTAIN WHEAT, FISH, DAIRY, EGGS, SOY, & NUTS.