

SÄLADS

Posh 15

Chicken, Sliced Pears, Creamy Goat Cheese, Cranberries & Toasted Almonds over Fresh Baby Spinach Served with a Side of Balsamic Vinaigrette

East Meets West 16

Shrimp, Avocado, Cucumber, Brown Rice with Toasted Sesame Seed over a Bed of Arugula Served with a Side of Chili-Lime Vinaigrette

The Greek 10

Cucumbers, Chickpeas, Cherry Tomato, Red Onion, Olives & Feta served over Romaine with a Side of Greek Dressing

Traditional American Cobb 15.5

Chicken, Avocado, Corn, Green Onion, Hard Boiled Egg, Bacon, Cherry Tomato & Crumbled Blue Cheese served over Romaine w/ a side of Honey Mustard Vinaigrette

The Fudgarten 11

Zucchini, Peppers, Avocado, Walnuts, Red Onion, Quinoa & Creamy Goat Cheese over Baby Spinach and Arugula served with a Side of Balsamic Vinaigrette

Classic Caesar Salad 10

Croutons, Romaine & Freshly Grated Parmesan Mixed with Our Homemade Creamy Caesar Dressing

BÖWLS

Aphrodite 9

Quinoa, Butternut Squash, Zucchini, Bell Peppers, Feta, and Creamy Pesto Sauce

El Toro 9

Brown Rice, Fresh Guacamole, Sautéed Peppers, Red Onion & Corn Relish, Zucchini, Black Beans, and Jack Cheese

Oishi 8

Brown Rice w/ Toasted Sesame Seed, Sautéed Kale, Broccoli, Mushroom, Green Onion and Our Spicy Asian Sauce

Body 8

Quinoa, Potato, Onion, Mushroom, Broccoli, Avocado, and Lemon-Cilantro Vinaigrette

Add Protein of Your Choice

- + Free Range Chicken 5
- + Turkey 4
- + Grass Fed Steak 7
- + Grass Fed Beef Patty 6
- + Applewood Smoked Bacon 2
- + Wild Caught Fish 6
- + Wild Caught Shrimp 7
- + Tuna Salad 5
- + Tempeh (Vegan) 5
- + Impossible Burger (Vegan) 6

SÄNDWICHES

Served on Ciabatta or Seeded Hero

SoCal 11,5

Chicken, Bacon, Monterey Jack, Fresh Guacamole, Romaine & Juicy Tomato & Homemade Ranch Dressing

Big NY 13

Steak, Onion, Mushrooms, Romaine, Feta and Lemon-Cilantro Vinaigrette

Sophisticated Vegetarian 10,5

Fresh Mozzarella, Zucchini, Fresh Basil, Juicy Tomato, Olive Oil & Crushed Red Pepper

Classic Club 11,5

Turkey, Crispy Bacon, Juicy Tomato, Cheddar, Romaine and Homemade Honey Mustard

Classy Tuna 10,5

Tuna Salad, Pickles, Sauteed Onions, Cheddar, Lettuce and Tomato

BLT Ranchero 10,5

Bacon, Lettuce, Tomato, Guacamole, and Homemade Ranch Dressing

PÄNINIS

Served on Focaccia

Tuscany 10,5

Chicken, Monterey Jack, Sauteed Peppers & Onions, Red Pepper Flake and Pesto

Fresh Harvest 10,5

Turkey, Provolone, Avocado, Fresh Thyme, Mayo and Homemade Cranberry Sauce

Pressed Vegetarian 9,5

Zucchini, Grilled Onion, Butternut Squash, Lemon-Ricotta Spread, Salt & Pepper to taste

WRÄPS

Served on a Whole Wheat Wrap

Gaia 11

Tempeh, Sauteed Mushrooms and Onions, Guacamole, Potato, Lettuce, Tomato, Lemon-Cilantro Vinaigrette

Samurai 12

Brown Rice, Tuna, Avocado, Cucumber, Lettuce, Green Onion, Sesame Seeds, Wasabi-Ginger Sauce, and Secret Sauce

Zen 12

Chicken, Quinoa, Potato, Spicy Peppers, Red Onion, Arugula, and Honey Mustard

SIDES

+ Baked Sweet Potato Fries 4.5

+ Baked Potato Wedges 3.5

BÜRGERS ^{1/4 lb}

Our burgers are all cooked to medium to medium well

Made With Grass-Fed Beef or Impossible Burger

Classic 11.5

Lettuce, Tomato, Onion, Pickle and Our Secret Sauce

Umami 12.5

Avocado, Spinach, Mushroom, Spicy Peppers, Wasabi-Ginger Sauce

Creole 13.5

Cajun Seasoning, Bacon, Arugula, Red Onion, Jack Cheese, Homemade Russian Dressing

Spicy Bacon Ranch 13.5

Lettuce, Tomato, Bacon, Jalapeno, Cheddar
Homemade Ranch Dressing

Fudgarten 12.5

Lettuce, Tomato, Sautéed Onions, Guacamole
Lemon-Cilantro Vinaigrette

● **Add Cheese**

Provolone 1, Cheddar 1, Fresh Mozzarella 1.75, Monterey Jack 1
Blue Cheese 1.5, Feta 1.5, Goat Cheese 1.5

*Burgers Choice of Sweet Potato Fries or Potato Wedges

SHAKES

Choose Between Almond Milk, Oat Milk, Water Coconut Water 1

Sweet Treat 8.5

Banana, Coconut, Cacao Niblets, Grass Fed Whey, Protein, or Vegan

Herculean 8.5

Banana, Spinach, Peanut Butter, Grass Fed Whey, Protein, or Vegan

Caribbean Craze 8.5

Strawberry, Mango, Coconut, Grass Fed Whey, Protein, or Vegan

Strawberry Piña Colada 9

Strawberries, Pineapple, Coconut Water, Coconut, Grass Fed Whey,
Protein, or Vegan

Java-Banana 9

Banana, Walnuts, Honey, Cinnamon, Coffee, Grass Fed Whey,
Protein, or Vegan

Culture Blast 9.5

Strawberry, Banana, Mango, Spinach, Cinnamon, Raw Cacao,
Peanut Butter, Grass Fed Whey, Protein, or Vegan

● **Add Extra**

Grass Fed Whey, Protein, or Vegan 1.5