

SANDWICHES

All sandwiches include American cheese, lettuce, tomatoes, onions, and a side of celery and carrots.

Grilled Salmon

Salmon, lettuce, tomatoes, cheese, grilled onions and house chipotle mayo. 14.50

Sirloin and Cheese

Sirloin, grilled onions, mushrooms, sweet peppers, cheese, lettuce, tomatoes and jalapeño ranch. 12.50

Chicken Pesto

Chicken breast, basil pesto, spinach, tomatoes, grilled bell peppers, onion and cheese. 11.25

Chicken Chipotle

Chicken breast, turkey bacon, lettuce, tomatoes, cheese, grilled onions and our house chipotle mayo. 11.50

Hummus Cucumber

Hummus, lettuce, spinach, tomatoes, sweet bell peppers, red onions and cucumbers. 8.25

Spinach Turkey

Turkey ham, lettuce, spinach, tomatoes, cheese, bacon and our house spinach mayo. 8.50

Tuna

Tuna salad made with carrots and celery, cheese, lettuce and tomatoes. 8.50

Veggie Avocado

Avocado, lettuce, spinach, tomatoes, and our house spinach spread. 9.25

SALADS

All salads are made to order with the freshest ingredients.

Antioxidant Salad

Lettuce, spinach, tomatoes, cucumbers, avocado, red grapes, pecans, olive oil, vinegar and pepper. 10 *Add protein for extra charge*

Grilled Chicken Caesar

Romaine lettuce with grilled chicken breast sprinkled with Parmesan cheese, croutons and Caesar dressing. 10

Greek

Sweet yellow and red bell peppers, black olives, purple onion, and mushrooms over a bed of fresh lettuce and spinach tossed in Greek vinaigrette. 7 *Add protein for extra charge*

House Salad

Fresh lettuce, carrots, cucumbers and tomatoes tossed in balsamic vinaigrette. 7 *Add protein for extra charge*

Mandarin Strawberry

Lettuce, spinach, mandarin, strawberries and pecans tossed in strawberry vinaigrette. 10.25 *Add protein for extra charge*

Salmon Apple

Grilled salmon, apple, raisins and cherry tomatoes served over fresh lettuce tossed in our pomegranate dressing. 13.25

Shrimp Cucumber

Cooked shrimp with cucumber, celery and carrots over fresh lettuce drizzled with pomegranate vinaigrette. 9.50

LUNCH SPECIAL

Monday-Friday 10:00 am - 3 pm

Choose Sandwich plus Soup or Salad

Substitute House Salad for any other small salad of your choice for 4. See salad and soup section.

Grilled Salmon 15.50

Hummus Cucumber 9.25

Chicken Pesto 12.25

Chicken Chipotle 12.50

Tuna Salad 9.50

Sirloin & Cheese 13.50

Spinach Turkey Bacon 9.25

Veggie Avocado 10.50

Soup and House Salad 7.25

SOUPS

All of our soups are made from scratch with the freshest ingredients. Large 7.50 Small 5.50

Lentils

Homestyle lentil soup served with fresh cilantro.

Cauliflower

Creamy, rich and incredibly comforting.

Cilantro

Our most popular soup made with cilantro and squash.

Carrot

Healthy, creamy and delicious.

Potato with Sausage

Potato soup is everything!

ENTREES

Entrees served with choice of 1 regular side and small salad. Add small soup for 4

Salmon

Grilled salmon in our house sauce. 18

Chicken With Vegetables

Grilled chicken topped with grilled sweet peppers, onions, tomatoes, and summer squash. 12.75

Chicken Chipotle

Boiled chicken breast with a creamy chipotle sauce. 12.75

SIDES

Broccoli 4

House Salad 4

Smashed potato 4

White rice 3

SMOOTHIES **Buy 2 get 1 free Mon-Fri 1-3**

All of our smoothies are made to order with the freshest fruits and vegetables. 7.25

All Green

Cucumber, spinach, celery, broccoli and pineapple juice. Cal. 145

Antioxidant

Strawberries, blueberries, raspberries, blackberries, banana and water. Cal. 130

Anti-Stress

Blueberries, banana, lavender, non-fat natural yogurt and fat-free milk. Cal. 205

Anti-Aging

Strawberries, grapes, lettuce, spinach, coconut syrup, non-fat natural yogurt and fat-free skim milk. Cal. 204

Chocolate Protein

100% cocoa, almond butter, banana, spinach and fat-free milk. Cal. 359

Detox

Pear, kale, lemon, ginger, grapes, cilantro and pineapple juice. Cal. 171

Energy Booster

Banana, apple, carrot, celery, ginger, strawberries and orange juice. Cal. 137

Fat Burner

Grapefruit, cactus, celery, pineapple and orange juice. Cal. 205

Green Tea

Green tea powder, sugar-free vanilla syrup and fat-free milk. Cal. 84

Protein

Peanut butter, oats, banana, low-fat vanilla yogurt and fat-free milk. Cal. 354

Strawberry Banana

Strawberries, banana, and fat-free milk. Cal. 213

ADD-INS

Seeds/Nuts/Grains: Chia seeds, flaxseeds, granola, oats, and pecans. 1 (ea)

Dairy: Almond milk. 2 (ea)

Sweeteners: 100% natural honey, Splenda, and sugar-free vanilla syrup. .50 (ea)

Other: Almond butter 1.50, egg whites 2, extra fruit or veggie 1, and peanut butter 1.

BREAKFAST (ALL DAY)

T-Coaster's Special \$7.50

2 eggs (any style)	turkey ham or turkey bacon	2 whole wheat pancakes or wheat toast or fruit with yogurt
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Create Your Own Omelette

Three egg omelette includes cheese and three ingredients of your choice 10.50 Select options have additional price. Additional ingredients 1

Selection: Avocado, chicken breast, cilantro, egg whites 2, ham, jalapeños, mushrooms, onions, peppers, salmon 4, sirloin 2, spinach, tomatoes, turkey bacon and turkey ham.

Chilaquiles

Tomato Sauce, avocado, cheese, and red onion with two eggs cooked to your liking. 11 Add Sirloin 3 Chicken 2

Sandwiches

All sandwiches include lettuce, tomatoe and cheese. Served with a side of yogurt and granola.

Egg-Salmon 13.50

Egg-Sirloin 12

Egg-Chicken Breast 11

Egg-Mushroom and Spinach 7

Egg-Ham 7

Avocado Toast and Egg

Two fried egg over avocado toast and arugula with two strips of turkey bacon. 8 Add Salmon 4

Sweet Potato Pancakes

Three pancakes served with banana. 8.50

Add pecans 2

Oatmeal

Served with banana and brown sugar.

Add strawberries 3 Large 6 Small 4

Whole Wheat Pancakes

Three pancakes served with fresh seasonal fruit. 8

Add pecans 2

BEVERAGES

Drink of the Day 4.25

Apple Juice 2.50

Diet Coke 2.50

Iced Tea 3.25 (free refills)

Lemonade 3

Hot Tea 2.75

Hot Chocolate 2.75

Orange Juice 4.50

Coffee 3.25 (free refills)

Chocolate Milk 3

Milk 2

FREE COFFEE

Every Wednesday

7:00am - 10am

DESSERTS

Ask your server for today's selection.



HOURS

Monday-Friday 7 am - 3 pm

Saturday 8 am - 3 pm

Sunday closed

We reserve the right to refuse service to anyone. If you need separate check please remind our server before you order. We are not responsible for lost articles. We accept all major credit cards. We do not accept checks. We cannot guarantee that any of our products are free from allergens (including dairy, eggs, soy, tree nuts, wheat and others) as we use shared equipment to store, prepare and serve them. Items in our vegetarian or vegan category do not include meat, fish, and shellfish but may contain milk and egg products. Please refer to item description or ask your server for more information. Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs or unpasteurized milk may increase your risk of food-borne illness. Prices and items listed on this menu are NOT guaranteed, and are subject to change without notice.