

SMOOTHIES

\$6.75

Buy 2, Get 1 Free.

Monday to Friday 3-4pm

We reserve the right to refuse service to anyone. If you need separated check please remind our server before you order. We are not responsible for a 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.

ALL GREEN • Cal 145

Cucumber, Spinach, Celery, Broccoli and Pineapple Juice.

ANTIOXIDANT • Cal 130

Strawberries, Blueberries, Raspberries, Blackberries, Banana and Water.

ANTI-AGING • Cal 204

Strawberries, Grapes, Lettuce, Spinach, Coconut Syrup, Non-fat Natural Yogurt and Fat-free Skim Milk.

ANTI-STRESS • Cal 205

Blueberries, Banana, Lavender, Non-fat Natural Yogurt and Fat-free Milk.

CHOCOLATE PROTEIN • Cal 359

100% Cocoa, Almond Butter, Banana, Spinach and Fat-free Milk.

DETOX • Cal 171

Pear, Kale, Lemon, Ginger, Grapes, Cilantro, and Pineapple Juice.

ENERGY BOOSTER • Cal 137

Banana, Apple, Carrot, Celery, Ginger, Strawberries and Orange Juice.

FAT BURNER • Cal 205

Grapefruit, Cactus, Celery, Pineapple and Orange Juice.

GREEN TEA • Cal 84

Green Tea Powder, Sugar-free Vanilla Syrup and Fat-free Milk.

PROTEIN • Cal 354

Peanut Butter, Oats, Banana, Low-fat Vanilla Yogurt and Fat-Free Milk.

STRAWBERRY BANANA • Cal 213

Strawberries, Banana and Fat-free Milk.

ADD-INS

SEEDS/NUTS/GRAINS

Chia Seeds, Flaxseeds, Granola, Oats, Pecans and Raisins. \$1(ea).

DAIRY

Almond Milk and Soy Milk \$2(ea)

SWEETENERS

100% Natural Honey, Splenda, Sugar-free Vanilla Syrup. \$.50(ea)

OTHERS

Almond Butter \$1.50

Egg Whites \$2

Extra Fruit or Veggie \$1

Peanut Butter \$1

FOLLOW US!
TCOASTERS



- DRINK OF THE DAY \$3.50
- APPLE JUICE \$2.50
- BOTTLED WATER \$2.50
- DIET COKE \$2.50
- FLAVORED ICE TEA \$3
- ICED TEA \$3
- LEMONADE \$3
- FLAVORED LEMONADE \$3
- HOT CHOCOLATE \$2.75
- ORANGE JUICE \$4.50
- COFFEE \$3
- CHOCOLATE MILK \$2.25
- GRAPEFRUIT JUICE \$5
- HOT TEA \$2.75

BEVERAGES

DESSERTS

- ASK FOR TODAY'S SELECTION



T-Coasters
The Healthy Choice



SANDWICHES

TILAPIA \$13

Tilapia, Lettuce, Tomatoes, Cheese, Grilled Onions, Mushrooms, Chipotle Mayo, Mustard

GRILLED SALMON \$14

Salmon, Lettuce, Tomatoes, Cheese, Grilled Onions and House Chipotle Mayo.

SIRLOIN & CHEESE \$12

Sirloin, Grilled Onions, Mushrooms, Grilled Bell Peppers, Cheese, Lettuce, Tomatoes and Jalapeño Ranch.

CHICKEN CHIPOTLE \$11

Chicken Breast, Turkey Bacon, Lettuce, Tomatoes, Cheese, Grilled Onions and House Chipotle Mayo.

CHICKEN PESTO \$10.75

Chicken Breast, Basil Pesto, Spinach, Tomatoes, Grilled Bell Peppers, Onion and Cheese.

HUMMUS CUCUMBER \$8.25

Hummus, Lettuce, Spinach, Tomatoes, Grilled Bell Peppers,

Purple Onions and Cucumbers.

SPINACH TURKEY \$8.50

Turkey Ham, Lettuce, Spinach, Tomatoes, Cheese and Our House Spinach Mayo.

TUNA \$8.50

Tuna Salad Mixed With Carrots and Celery, Cheese, Lettuce and Tomatoes.

VEGGIE \$9.25

Avocado, Lettuce, Spinach, Tomatoes and Our House Spinach Spread.

All Sandwiches Include White American Cheese and Side of Celery and Carrots.



SALADS

•ANTIOXIDANT \$10

Spinach, Lettuce, Cucumbers, Tomatoes, Avocado, Red Grapes, Pecans, Olive Oil, Vinegar and Pepper.

GRILLED CHICKEN CAESAR \$9.50

Romaine Lettuce, Grilled Chicken Breast, Parmesan, Croutons, Caesar Dressing.

•GREEK \$7

Yellow and Red Bell Peppers, Black Olives, Purple Onion, Mushrooms, Spinach and Greek Vinaigrette.

•HOUSE SALAD \$7

Lettuce, Carrots, Cucumbers, Tomatoes and Balsamic Vinaigrette.

•MANDARIN STRAWBERRY \$10.25

Spinach, Lettuce, Mandarin, Strawberries, Pecans, Raisins and Strawberry Vinaigrette.

SALMON APPLE \$13

Grilled Salmon, Apple, Raisins, Cherry Tomatoes, Lettuce and Pomegranate Dressing.

SHRIMP CUCUMBER \$9.50

Shrimp, Cucumber, Celery, Carrots, Lettuce and Pomegranate Vinaigrette.

• ADD PROTEIN FOR EXTRA CHARGE



LUNCH SPECIAL

SANDWICH + SOUP OR SALAD

- TILAPIA \$14
- GRILLED SALMON \$15
- HUMMUS CUCUMBER \$9.25
- CHICKEN CHIPOTLE \$12
- CHICKEN PESTO \$11.75
- TUNA SALAD \$9.50
- SIRLOIN & CHEESE \$13
- SPINACH TURKEY \$9.25
- VEGGIE AVOCADO \$10.25
- SOUP & HOUSE SALAD \$7.25

SUBSTITUTE HOUSE SALAD FOR ANY OTHER SMALL SALAD OF YOUR CHOICE FOR \$4

MONDAY - FRIDAY 10:30-15:00



SOUPS

•LENTILS

Non-Dairy, Lentils With Cilantro.

CREAMY CAULIFLOWER

Rich and Comforting.

CREAMY CILANTRO

Made With Cilantro and Summer Squash.

CREAMY CARROT

•POTATO AND ITALIAN SAUSAGE

• NON-DAIRY

LARGE \$7.25 SMALL \$5.25



ENTREES

WITH CHOICE OF 2 REGULAR SIDES. ADD SMALL SOUP FOR \$4

SALMON \$17.50

Grilled Salmon Covered With Our House Sweet Orange-Pecan Sauce.

CHICKEN WITH VEGETABLES \$12

Grilled Chicken Topped With Grilled Bell Peppers, Onions, Tomatoes and Summer Squash.

CHICKEN CHIPOTLE \$12

Boiled Chicken Breast Covered With a Creamy Chipotle Sauce.

SIDES

Asparagus \$6 Brown Rice \$4 Broccoli \$4 House Salad \$4 Mashed Potatoes \$4 White Rice \$3



T•COASTERS SPECIAL \$7.50

2 EGGS (ANY STYLE)

+ TURKEY HAM OR + TURKEY BACON

2 WHOLE WHEAT PANCAKES/ WHEAT TOAST/ FRUIT WITH YOGURT

BREAKFAST

MONDAY-FRIDAY 8:00-11:00 SATURDAY 8:00-12:00

CREATE YOUR OMELETTE \$10

3 Eggs Omelette, Cheese, 3 Ingredients of your Choice. Extra \$1 Selection: Avocado, Chicken Breast, Cilantro, Ham, Jalapeños, Mushrooms, Onions, Peppers, Spinach, Tomatoes, Turkey Ham and Bacon, Egg White \$2, Salmon \$4, Sirloin \$2

SANDWICHES

•EGG-SALMON \$13 •EGG-SIRLOIN\$11.50

•EGG-CHICKEN BREAST \$10.50 • EGG-HAM \$7

•EGG-MUSHROOM AND SPINACH \$7

AVOCADO TOAST & EGG \$8

2 Fried Eggs Over Avocado Toast With Arugula and Turkey Bacon.

SWEET POTATO PANCAKES \$8.25

3 Pancakes, With Banana, Add Pecans or Raisins. \$2

OATMEAL LARGE \$6 SMALL \$4

Served With Banana, Raisins, Brown Sugar, Add Strawberries. \$3

WHOLE WHEAT PANCAKES \$8

3 Pancakes Served With Seasonal Fruit. Add Pecans or Raisins. \$2