

- BREAKFAST -



breakfastblock

- breakfast sandwich - small coffee - whole fruit
- southwest breakfast bowl - hot tea, coffee, bottled water

BAKERY

Croissant	2.79 280 cal
Muffins	2.79 410-510 cal
Donuts	1.50
Bagel	1.39 280-300 cal
with assorted cream cheese	2.29 45-70 cal
Assorted Pastries	2.89



SIGNATURE BREAKFAST

- Southwest Breakfast Bowl** **6.99** 580 cal
scrambled eggs, quinoa, black beans, avocado, tomatoes, onions, cilantro and crema
- Peach Farro Oat Bowl** **7.99** 280 cal
farro, cinnamon, milk, orange peel, peaches
- FYUL Sustained Energy: Farro with Pickled Carrots & Egg** **7.99** 260 cal
farro, egg, green onions, carrots, chili peppers, garlic, kale, mushrooms

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.



Want a breakfast sandwich? Want it toasted?
Look for our featured sandwiches and ask an associate!
We'd love to help

- JACK & OLIVE
Priced as marked

- SIDES -

Chips	1.25
Pretzels	1.25
Popcorn	1.25
Whole Fruit	90-110 cal 1.19
Soup of the Day	3.69
Fresh Fruit Cup	50 cal 3.59

- DESSERTS -

Assorted Gourmet Cupcakes	190-330 cal	3.59
Assorted Colossal Cookies	460-540 cal	1.99



- NAKAMA
Priced as marked

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- LUNCH / DINNER -



lunchblock

- classic sandwich - bottled water - bag of chips or whole fruit
- signature sandwich - bottled water
- earth bowl - bottled water

CLASSIC SANDWICHES

served cold or panini pressed

Add bacon (80cal), avocado (160cal) or fresh mozzarella (160cal) **1.50** or **Block + 1**

Turkey & Bacon	7.29 640cal
lettuce, tomato, bacon, chipotle mayo, ciabatta	
Avocado BLT	7.29 1230cal
avocado, bacon, leaf lettuce, tomato, lemon pepper mayo, baguette	
Classic Club Wrap	7.29 870cal
ham, turkey, lettuce, tomato, bacon, mayo, wheat wrap	
Tuna Salad	7.29 460cal
leaf lettuce, tomato, cucumber, croissant	
Chicken & Cheddar	7.29 510cal
lettuce, tomato, horseradish mayo, pretzel roll	

SIGNATURE SANDWICHES

served cold or panini pressed

Quinoa-Avocado Wrap	7.99 790cal
quinoa, avocado, arugula, tomato, black bean, pickled carrot, hummus, whole wheat wrap	
Turkey Avocado & Cilantro Wrap	7.99 550cal
tomato, red onion, leaf lettuce, wheat wrap	
California Chicken Club	7.99 830cal
grilled chicken, bacon, avocado, cheddar, lettuce, tomato, chipotle mayo, croissant	
Portobello Philly Melt	7.99 490cal
peppers, onions, provolone	
F flank Steak Bahn Mi	9.89 590cal
grilled flank steak, sweet soy sauce, ginger, garlic, jalapeno, cucumber, pickled carrots, cilantro, sambal mayo, baguette	
Chicken Bahn Mi	9.89 750cal
grilled chicken, sweet soy sauce, ginger, garlic, jalapeno, cucumber, pickled carrots, cilantro, sambal mayo, baguette	

EARTH BOWLS

Tempeh Noodle Bowl	7.99
rice noodles in vegetarian miso broth with tempeh, spinach, mushroom & edamame	
Chicken Noodle Bowl	8.99
rice noodles in vegetarian miso broth with chicken, mushroom, pickled carrot & scallions	
Beef Noodle Bowl	8.99
rice noodles in vegetarian miso broth with flank steak, arugula, bell peppers & kimchi	
Peach Farro Oat Bowl	7.99 280 cal
farro, cinnamon, milk, orange peel, peaches	
FYUL Sustained Energy: Farro with Pickled Carrots & Egg	7.99 260cal
farro, egg, green onions, carrots, chili peppers, garlic, kale, mushrooms	

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lunchblock

- classic salad - bottled water - bag of chips or whole fruit
- signature salad or flatbread - bottled water

dinnerblock

- classic salad - bottled water - bag of chips - whole fruit
- signature salad or flatbread - bottled water - bag of chips or whole fruit

- SIGNATURE SALADS -

Superfoods Salad	8.99 750 cal
super green mix of kale, brussel sprouts, Napa cabbage, red cabbage and radicchio, with chickpeas, quinoa, pickled carrots, cucumbers, flax seed, avocado, edamame, lemon vinaigrette	
Thai Chicken Salad	9.89 270 cal
almonds, grilled chicken, romaine, edamame, bell peppers, pickled carrots, cilantro, fresh jalapenos, crispy wonton, strips, sesame-ginger dressing	
Grilled Marinated Steak Salad	9.29 780 cal
romaine, egg, sliced flank steak, tomato, red onion, bleu cheese, buttermilk ranch	

- SIGNATURE FLATBREADS -

Buffalo Chicken Ranch	8.29 1230 cal
chicken, mozzarella, green onion, ranch	
Korean BBQ Beef	9.49 930 cal
flank steak, mozzarella, pickled carrots, kimchi, scallions, olive oil	
Margherita	8.29 610 cal
red sauce, fresh mozzarella, tomato, basil	
Wild Mushroom	8.29 300 cal
garlic, shallots, white wine, mozzarella, arugula, lemon juice	
Tuscan	8.29 1100 cal
red sauce, ricotta, sausage, spinach	
Classic Cheese Pizza	8.29 630 cal
red sauce, mozzarella	
Classic Pepperoni Pizza	8.29 890 cal
red sauce, mozzarella, pepperoni	

- SIDES -

Chips	1.25
Pretzels	1.25
Popcorn	1.25
Whole Fruit	90-110 cal 1.19
Soup of the Day	3.69

- DESSERTS -

Assorted Gourmet Cupcakes	190-330 cal 3.59
Assorted Colossal Cookies	460-540 cal 1.99

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- ALL DAY -



- BEVERAGES -

HOT BEVERAGES

	tall	grande	venti
Starbucks Coffee	1.85 5cal	2.10 5cal	2.35 5cal
Cappuccino	2.75 9cal	3.40 120cal	3.85 150cal
Café Mocha	3.35 290cal	4.05 360cal	4.25 450cal
White Chocolate Mocha	3.35 340cal	4.05 450cal	4.25 530cal
Caramel Macchiato	3.40 190cal	4.50 250cal	4.95 310cal
Latte	2.50 150cal	3.30 190cal	3.80 250cal
Vanilla Latte	3.00 200cal	3.80 250cal	4.10 320cal
Caffé Americano	2.25 10cal	2.50 15cal	2.75 25cal
Hot Chocolate	2.59 320cal	3.09 400cal	3.29 500cal
Teavana Chai Latte	3.60 190cal	3.95 240cal	4.15 310cal
Teavana Hot Tea	1.39 5cal	2.00 5cal	2.25 5cal
Assorted			
Flavored Syrup	0.50 per shot 40cal		
Espresso	1.85 solo 5cal		
	2.50 doppio 5cal		
	0.75 extra shot		
Milk	0.75 extra		
Soymilk, Almondmilk, or Coconutmilk			

COLD BEVERAGES

	tall	grande	venti
Iced Coffee	2.45 5cal	2.75 5cal	3.15 5cal
Cold Brew Coffee	2.95 5cal	3.45 5cal	3.75 5cal
Vanilla Sweet Cream Cold Brew	3.45 100cal	3.95 110cal	4.25 200cal
Teavana Shaken Iced Tea	1.95 30cal	2.45 45cal	2.75 60cal
Iced Black Tea, Iced Passion Tango® Tea, Iced Green Tea, Iced White Tea			
Shaken Iced Tea Lemonade	2.45 70cal	2.95 90cal	3.45 130cal
Teavana Iced Chai Latte	3.60 180cal	4.25 240cal	4.45 340cal
Frappuccino Blended Beverages			
Coffee	3.65 180cal	4.25 240cal	4.75 340cal
Caramel	3.95 300cal	4.75 380cal	5.25 500cal
Mocha	3.95 280cal	4.75 380cal	5.25 500cal
Java Chip	3.95 340cal	4.75 460cal	5.25 600cal
White Chocolate Mocha	3.95 300cal	4.75 420cal	5.25 530cal
Coffee-Free			
Vanilla Bean	3.95 340cal	4.25 470cal	5.25 600cal
Strawberries & Creme	4.45 370cal	4.95 470cal	5.45 650cal
Double Chocolate Chip	3.95 310cal	4.75 420cal	5.25 540cal
White Chocolate	3.95 280cal	4.75 400cal	5.25 490cal

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