

COFFEE DRINKS 16OZ

FRESH BREWED
COMMUNITY COFFEE 1.50
ICED COFFEE
2.85 16OZ 3.35 24OZ
CAFÉ LATTE' 3.85

ESPRESSO 1.75
EXTRA SHOT 1.00

AMERICANO 1.95★
CHAI LATTE 4.05
ADD FLAVOR .50
(VANILLA, MOCHA, CARAMEL, HAZELNUT, CANE SWEETNER, SF VANILLA, SF CARAMEL SUGAR FREE SWEETNER)

FRAPPES

16 OZ 4.50 24 OZ 5.50 32 OZ 6.50

*CAFFEINATED *NO CAFFEINE
MOCHA FRAPPE CHOCOHOLIC
CARAMEL MOCHA CARAMEL CREAM
SALTED CARAMEL LATTE STRAWBERRY CREAM
HORCHATA CHOCOLATE CREAM
WHITE CHOCOLATE MOCHA VANILLA CREAM
WHITE CHOCOLATE

CRUSHED FRUIT SMOOTHIES

16 OZ 4.50 (260cal) 24 OZ 5.50 (380cal) 32 OZ 6.50 (520cal) *SWEETEND W/ CANE SUGAR

TIGER PRIDE -strawberry, raspberry, blueberry, blackberry
WHO DAT- strawberry, peach, pear, apricot
SWAMP THANG-strawberry, banana, pineapple, coconut
PINEAPPLE PARADISE- pineapple, creamy coconut, banana
MANGO TROPICS-mango, pineapple, banana
STRAWBERRY MANGO – strawberry, mango, pineapple, banana
MANGO PEACH- mango, pineapple, banana, peach, pear, apricot
PINEAPPLE MANGO- pineapple, coconut, banana, mango
PALM PEACH- lemonade, peach, pear, apricot
STRAWBERRY BANANA
STRAWBERRY LEMONADE
STRAWBERRY
PEACH PEAR APRICOT
STRAWBERRY COLADA
LEMONADE
BANANA

- VEGAN
- GLUTEN-FREE
- LACTOSE-FREE
- NO ARTIFICIAL FLAVORS
- NO PRESERVATIVES
- NO HFCS

100% FRUIT SMOOTHIES

16 OZ 4.95 (260cal) 24 OZ 5.95 (380cal) 32 OZ 6.95 (520cal) *NO SUGAR ADDED

“FOUNTAIN OF YOUTH”- pomegranate, acai, blueberry, blackberry
“ISLAND DELIGHT”- passion fruit, orange juice, pineapple, guava, banana, pear, white grape, apple
CARROT ORANGE VEGGIE- carrot, orange, celery, beet, parsley, lettuce, spinach, watercress, white grape, apple

DRINKS

BOTTLED WATER 1.25
CANNED DRINKS 1.00

REFRESHERS

16 OZ 3.50 24 OZ 4.25 32 OZ 4.75

STRAWBERRY ACAI
WILDBERRY HIBISCUS
WATERMELON CUCUMBER MINI
COCONUT ORANGE GINGER

BUBBLE TEAS

TEA 16OZ 3.25 - 24OZ 4.25
(PEACH, MANGO, PASSION FRUIT, HONEY)
MILK TEA 16 OZ 3.50 24OZ 4.75
ALMOND MILK ADD 1.00

Add a Burst of Flavor to Teas,
Smoothies, Refreshers, Smoothie Bowls
POPPING BOBAs .75 FLAVORED
- MANGO - STRAWBERRY, JELLY .50
- PEACH - PASSION FRUIT
- KIWI - RAINBOW MANGO- RAINBOW



BREAKFAST

HALF PANINI 3.75 / WRAP 3.75
HAM, EGG AND CHEESE
TURKEY, EGG, AND CHEESE
BACON, EGG AND CHEESE
STEAK ADD .75



THE “BIG CHEESY” QUESADILLAS 6.95

CHICKEN OR STEAK

CHOICE OF -HERB GARLIC OR SPINACH

DIPPING SAUCE-Ranch, Jalapeno Ranch, Sour Cream, Salsa, Chipotle Mayo, Pesto



CHIPS .99



PANINI 6.95 / WRAPS 6.95

HERB GARLIC OR SPINACH



CLASSIC CHICKEN CAESAR (629cal) GRILLED CHICKEN WITH CAESAR, PARMESAN, & LETTUCE

TURKEY & SWISS (630cal) OVEN ROASTED TURKEY & SWISS W/ BASIL PESTO SAUCE, LETTUCE, RED ONIONS, & TOMATOES

VEGGIE (550cal) BASIL PESTO SAUCE W/ SWISS, LETTUCE, RED ONIONS, TOMATOES, BLACK BEANS, & CORN *ADD HUMMUS 1.00

TUNA (585cal) TUNA W/ LETTUCE, & TOMATOES

GRILLED CHICKEN PESTO (730cal) GRILLED CHICKEN & SWISS W/BASIL PESTO SAUCE, RED ONIONS, TOMATOES, & LETTUCE

HAM & CHEESE (600cal) HAM & SWISS W/ MAYO, LETTUCE, ONIONS & TOMATOES

CHIPOTLE STEAK (650cal) STEAK W/ MOZZARELLA, CHIPOTLE MAYO, TOMATOES, & RED ONIONS

CHICKEN BACON CLUB (750cal) GRILLED CHICKEN & BACON W/ SWISS, MAYO, LETTUCE, RED ONIONS, & TOMATOES

CHICKEN BACON RANCH (700cal) GRILLED CHICKEN & BACON, W/ SWISS, RANCH, LETTUCE, RED ONIONS, & TOMATOES

HONEY BBQ CHICKEN (650cal) GRILLED CHICKEN W/ MOZZARELLA, BBQ SAUCE, & RED ONIONS

FRESH MEX CHICKEN OR STEAK W/ LETTUCE, CORN, BLACK BEANS, TOMATOES, & RED ONIONS

CHIPOTLE CHICKEN (650cal) GRILLED CHICKEN W/ MOZZARELLA, CHIPOTLE MAYO, TOMATOES, & RED ONIONS

BOURBON STREET CLUB (590cal) OVEN ROASTED TURKEY, HAM & BACON W/ SWISS, LETTUCE, RED ONIONS, TOMATOES, & RANCH

PROTEIN “GEAUX” BOWLS

8.95 (ONE PROTEIN) 11.95 (TWO PROTEINS) 13.95 (THREE PROTEINS)

- (1) PICK YOUR BASE – ROMAINE, SPINACH, OR RICE
- (2) PICK YOUR PROTEIN - CHICKEN / STEAK / SHRIMP / HUMMUS
- (3) PICK YOUR TOPPINGS- black beans, corn, edamame, red onions, tomatoes, jalapenos
- (4) PICK YOUR SAUCE/ DRESSING



Ranch, Caesar, Balsamic Vinaigrette, Italian, Honey Mustard
Thousand Island, Jalapeno Ranch, Sour Cream, Salsa

SALADS

CHICKEN CAESAR (275cal) 6.95 GRILLED CHICKEN W/ LETTUCE, PARMESAN CHEESE, & CROUTONS

CAESAR (95cal) 5.25 LETTUCE W/ PARMESAN CHEESE, & CROUTONS

GRILLED CHICKEN (245cal) 6.95 GRILLED CHICKEN W/ LETTUCE, SHREDDED CHEESE & TOMATOES

CHEF SALAD (175cal) 6.95 OVEN ROASTED TURKEY & HAM W/ LETTUCE, SHREDDED CHEESE, TOMATOES & CROUTONS

TUNA (585cal) 5.95 TUNA W/ LETTUCE, & TOMATOES

HOUSE (95cal) 5.25 LETTUCE W/ SHREDDED CHEESE, TOMATOES & CROUTONS

SMOOTHIES BOWL 7.95

PICK YOUR SMOOTHIE BASE

CHOOSE 6 TOPPINGS ADDITIONAL TOPPINGS .50

ADD PROTEIN BOOST-WHEY \$1.00 PLANT \$2.00

STRAWBERRY

BLUEBERRY

BANANA

GRANOLA

ALMONDS



NUTELLA

PEANUT BUTTER

CARAMEL

HONEY

COCONUT FLAKES

POWER HOUSE SMOOTHIES 24 OZ 6.95



PB & J SMOOTHIE
STRAWBERRY,
STRAWBERRY
BLACKBERRY
BLUEBERRY RASPBERRY
PEANUT BUTTER



NEW “GREEN MACHINE” DETOXIFIER
Our Delicious blend of Pineapple, Mango, Banana, Spinach, Kale, Ginger Root, Ginkgo Biloba Leaf, Taurine, Chamomile, Peppermint, Coconut



FIT
W/ WHEY PROTEIN
CHOCOLATE PEANUT BUTTER
BANANA SMOOTHIE

SPECIALTY SMOOTHIES

16 OZ 4.95 24 OZ 5.95 32 OZ 6.95

STRAWBERRY BUBBLE GUM
PEANUT BUTTER CUP

BLEND-IN ENHANCERS 1.00 each

SUPER GREEN BLEND / LEAFY GREENS-KALE & SPINACH / VEGGIE BLEND / *PREMIUM ENERGY BLEND* /

FAT BURNER / HANG OVER BLEND / MULTI-VITAMIN & MINERAL SUPPLEMENT
IMMUNE BLEND / PEANUT BUTTER /

NON-FAT YOGURT / WHEY PROTEIN (VANILLA / CHOCOLATE)

PLANT PROTEIN ADD 2.00