

CAFFE BAR

Fresh Brewed Coffeereg. \$2.50	lrg. \$3.00	
Espressosingle \$2.25	double \$2.50	
Macchiatoreg. \$2.75	lrg. \$3.00	
Lattereg. \$4.00	lrg. \$4.50	
Cappuccinoreg. \$4.00	lrg. \$4.50	
Dark Mochareg. \$4.25	lrg. \$4.75	
Crème Caramelreg. \$4.25	lrg. \$4.75	
Matcha Lattereg. \$4.25	lrg. \$4.75	
Chai Lattereg. \$4.00	lrg. \$4.50	
Vanilla Lattereg. \$4.25	lrg. \$4.75	
Hot Chocolatereg. \$4.25	lrg. \$4.75	
Americanoreg. \$2.50	lrg. \$3.00	
Coffee Refills	\$1.00	
Add shot\$0.50	Add Syrup\$0.50	Add Soy\$0.85

BREAKFAST- served all day

Oatmeal	\$7
Served with fresh berries, bananas and brown sugar	
Granola	\$7
Toasted oats, farm fresh yogurt, berries and honey	
Seasonal Fruit Plate	\$7
Fresh selection changes seasonably	
Quiche of the Day	\$6
Choice of savory quiche served with side of mixed greens	
French Toast – with orange maple syrup.....	\$9
Belgium Waffleoriginal \$8, with banana or berries add \$2	
Bagel (Plain).....	\$2.75
Bagel & Cream Cheese	\$4
Bagel & Lox	\$9
Toasted bagel served with Smoked Salmon, Cream Cheese, Tomato & Red Onion	
Breakfast Bagel	\$8
Toasted bagel served with scrambled eggs, bacon, tomato and cheddar cheese	

EGGS & OMELETTES

Made with 3 organic eggs and sea salt. Served with your choice of fresh fruit, mixed greens or roasted potatoes.

Tomato & Basil	\$9
Asparagus, Mushroom & Tomato	\$9.50
Spinach, Tomato & Goat Cheese	\$10.50
Bacon, Tomato & Four Cheese	\$11.00
Smoked Salmon & Capers	\$13
3 eggs any style	\$10.50

Choice of sausage or bacon, served with baked potatoes, mixed greens or fruits

BROWN RICE BOWLS

Your healthy choice – brown rice bowl served with steamed vegetables

Baked Salmon	\$11
Grilled Chicken Breast	\$10
Chicken Teriyaki Breast	\$10
Tofu Spinach Kale	\$9
Egg Whites Spinach Grilled Chicken	\$11

PRESSED PANINI

Toasty grilled sandwiches with mixed greens tossed in balsamic

Ham & Swiss	\$9.75
Caprese	\$10.00
Turkey Club	\$12.00
Classic Tuna	\$9.75
Portobello Mushroom	\$9.50
Prosciutto & Mozzarella	\$10.50
Turkey & Havarti	\$11.00
Tuna & Artichoke	\$10.50
Grilled Chicken Pesto	\$11.00
Primo	\$11.00
Roasted Beef	\$10.50
Roasted Veggie	\$9.50

WRAPS

B-L-T	\$8.00
Turkey Avocado	\$9.00
Chicken teriyaki	\$9.00
Chicken Vegetable	\$9.00
Curry Chicken	\$9.00
Portobello Mushroom	\$8.00
Grilled Shrimp	\$9.00
Classic Tuna salad	\$8.00

FRENCH CREPES- savory & sweet

Savory Crepes.....\$9
Each crepe comes with fresh mixed greens and tomatoes tossed in a light balsamic

Bacon, Tomato & Mozzarella	
Turkey, Mozzarella & Caesar	
Ham, Swiss, Tomato & Pesto	
Scrambled Eggs, Ham & Mozzarella	
Chicken, Mushroom & Spinach	
Asparagus, Mushroom and Zucchini	
Sweet Crepes	
Nutella	\$7
Banana & Nutella	\$8
Banana & Dulce de Leche	\$8
Strawberry & Dark Chocolate	\$8
Nutella – Strawberry – Banana	\$9

SALADS & SOUP

Chicken Caesar	\$12
Tender roasted breast of chicken on a bed of traditional Caesar	
Spinach Mango Cranberry	\$13
Fresh spinach leaves in pomegranate dressing, with grilled chicken breast, topped with mango and cranberries	
Greek Salad	\$11
Crisp romaine, red onion, tomato, cucumber, calamata olives and feta cheese tossed with lemon dressing	
Chop-Chop	\$12
Mixed greens, tomato, carrot, celery, swiss cheese, turkey breast, salami and garbanzo beans chopped and tossed in balsamic	
Primo House Salad	\$11
Romaine, cherry tomatoes, bacon, green onion, mint, oregano, croutons, olive oil, house dressing	
Spinach & Pomegranate Salad	\$12
Diced chicken breast on a bed of spinach, pomegranate seeds, spicy pecans, and gorgonzola with pomegranate dressing	
Baked Salmon Pesto Salad	\$14
Filet of salmon dressed in savory pesto on a bed of mixed greens and tomato in a crisp lemon dressing	
Mixed Berry Summer Salad	\$12
Fresh berries on a bed of mixed greens tossed with tomato, walnuts and goat cheese in a raspberry vinaigrette	
Shrimp Avocado Salad	\$14
Grilled shrimp nested on crisp romaine with hard-boiled egg, tomato and avocado, tossed with thousand island dressing	
Baked Salmon Caesar	\$14
Filet of Salmon with our traditional Caesar	
Chicken Avocado	\$13
Snow peas, celery, pomegranate, sweet potato, cherry tomatoes, mint, pomegranate dressing	
Chicken Cobb Salad	\$13
Diced chicken breast, tomato, bacon, avocado and blue cheese tossed with balsamic vinaigrette	
Roasted Sweet Potato Salad	\$12
Rosemary chicken breast with sweet potato, on a bed of mixed greens, walnuts and cherry tomato in pomegranate dressing	
Roasted Veggie Salad	\$11
Roasted tomato, eggplant, zucchini, asparagus and mushroom on a bed of mixed greens tossed in balsamic	
Soup of the Day	\$5.50
Warm up with a bowl of tasty homemade soup served with toast points	

ALL PRICES ARE SUBJECT TO CHANGE

PROTEIN SMOOTHIES

Body Toner Milk, banana, pumpkin seeds, yogurt, whey protein

Acai Berry Apple juice, acai, blueberries, raspberries, strawberries, banana, whey protein.

Muscle Builder OJ, pineapple, peaches, strawberries, banana, glutamine, aloe, spirulina, ginseng, yogurt, protein.

Power Source Milk, banana, glutamine, ginseng, plain yogurt, choco powder, chocolate, whey protein

Energy Burst Milk, banana, glutamine, ginseng, coconut, two scoops of vanilla whey.

Super Detox Apple juice, peaches, pineapples, colostrums, spirulina, pumpkin seeds, vanilla whey.

Oxydizer Apple juice, blueberries, granola, colostrums, fiber, berry yogurt, whey protein.

Smart&Fit Orange juice, pineapple, banana, peach, L-carnitine, multivitamin, whey protein.

Slim&Trim Apple juice, acai, strawberries, banana, L-carnitine, aloe, plain yogurt, whey protein

Mega C Orange juice, mango, strawberries, banana, L-carnitine, Echinacea, plain yogurt, whey protein.

Peanut Butter Blast Milk, peanut butter, banana, L-carnitine, multivitamin, plain yogurt, whey protein.

Immune Booster Milk, banana, dates, colostrums, Echinacea, pumpkin seeds, vanilla or chocolate whey

Strawberry Bliss Orange juice, strawberries, banana, colostrums, L-carnitine, aloe, vanilla whey.

Get skinny OJ, strawberries, blueberries, raspberries, goji berries, banana, L-carnitine, Echinacea, yogurt, whey protein

FRESH SQUEEZED JUICES

Fresh Squeezed Juice.....med. \$5 lrg. \$6
Choice of Apple, Orange, Pineapple, Carrot

Fresh Squeezed Juice Blends.....med. \$6 lrg. \$7

Simply Green - Spinach, kale, parsley, cucumber and ginger

Rejuvenator - Carrots, beets, cucumber and lemon

Body Cleanser - Apples with a spike of mint, ginger and lemon

Pure Power - Apples, carrots, beets, spinach and parsley

Daily Detox - Apples, carrots, beets and kale

Wellness Promoter - Pineapples, carrots, oranges and ginger

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PIZZA

Individual sized, thin-crust pizzas made to order

Margherita.....\$9

Marinara sauce and mozzarella cheese

Roasted Veggie.....\$10

Marinara sauce with peppers, mushrooms and zucchini

Pepperoni.....\$10

Italian Sausage.....\$10

BBQ Chicken.....\$10

Diced chicken breast in tangy bbq sauce, onions and mozzarella

Ham & Pineapple.....\$12

PASTA

Chicken Mushroom Alfredo.....\$11

Penne with meat sauce\$10

Cappellini Marinara.....\$9

Spaghetti with meat balls\$12

Cheese ravioli with marinara.....\$11

Homemade meat lasagna\$11

White truffle shrimp Sauce\$12

Penne eggplant zucchini\$11

Spaghetti Carbonara – bacon – cream sauce\$11

HOUSE SPECIALTIES

Turkey Meat Loaf served with brown rice and kale\$9.95

Turkey Burger served with roasted potatoes\$9

Chicken Parmigiana.....\$13

Breaded herbed chicken breast baked in rich tomato sauce and mozzarella, served with spaghetti and marinara

Chicken Milanese.....\$12.50

Roasted breast of chicken wrapped in herbed bread crumbs, served with mixed green salad

Roasted Chicken

Half chicken served with steamed vegetables and roasted potatoes or brown rice.....\$12

ALCOHOLIC BEVERAGES

BEERS \$5

Stella Artois, Fat Tire, New Castle, Peroni, Amstel, Heineken, Corona, Budlight, Guinness

REDS glass\$7 bottle \$28

Merlot, Cabernet Sauvignon, Pinot Noir, Malbec

WHITES glass\$7 bottle \$28

Chardonnay, Sauvignon Blanc, Pinot Grigio, Orange

Muscat

SPARKLING

Sparkling wine glass\$7 bottle \$28

Mimosa.....\$8

Belini.....\$8

Sangriaglass \$6/pitcher\$26



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