



**New For
2026**

Prix Fixe Dinner Menu

\$25 per person

**Appetizer
Entree
Dessert**

Fruit Smoothies

Strawberry Banana	9.00
Mango Madness	9.00
Berry Bomb	9.00
Pineapple Orange	9.00

Green Smoothies

House Special	9.00
Our most popular. Fresh spinach, carrot & cucumber, sweetened w/ apple, banana, orange & coconut water	
TropiKale	9.00
Fresh kale, carrot & cucumber sweetened w/ pineapple, mango, banana & coconut water	
Tropical Green	9.00
Fresh spinach, carrot & cucumber sweetened w/ pineapple, orange, banana & coconut water	
Citrus Beet Cleanse	9.00
Fresh beets & carrots sweetened w/ ripe orange and finished with oat milk.	

Salads

Table One Avocado Salad 14.99

Avocado, tomato & orange supremes tossed in a light vinaigrette and topped w/ crumbled feta cheese and dried cranberries

Watermelon & Feta Salad 13.99

Watermelon Chunks, Feta Cheese, Candied Pecans and Red Peppers served on a bed of Arugula with Honey Sriracha Vinaigrette

Beet & Goat Cheese Salad 13.99

Roasted Beets w/ Orange Slices, Goat Cheese & Candied Pecans tossed in a House Vinaigrette

Super Salad 13.99

Mixed greens w/ avocado, beets, roasted sweet potato, garbanzo beans, hard boiled egg and pickled vegetables.

Cobb Salad 14.99

Turkey, avocado, tomato, hard boiled egg, bacon & cheddar cheese served over crisp lettuce w/ choice of dressing

Grilled Chicken Caesar Salad 13.99

Marinated Grilled Chicken Romaine Lettuce & House Croutons, tossed in Caesar Dressing and Pecorino Romano

Add Chicken.....\$3.00Blackened \$3.00
Add Shrimp.....\$4.00Blackened \$4.00

Under 500 Calorie Menu

BLT w/ Soup	10.99
444 Calories	
Turkey BLT on Hawaiian Roll	11.99
435 Calories	
Turkey Sandwich with Soup	11.99
466 Calories	
Grilled Chicken w/ Soup	11.99
451 Calories	
Shrimp Salad Wrap w Soup	12.99
483 Calories	
Asian Lettuce Wraps	11.99
450 Calories	