

SMOOTHIE**SM \$ 7.99****LG\$8.99**

- **Super protein**
Banana ,peanut butter,Protein powder,soy milk
- **Berry bland**
Blue berry,Strawberry,black berry,Orange juice
- **Super food**
Avocado,Green apple,Kale,Banana,Soy milk
- **Green breakfast**
Spinach,Banana,Peanut butter,Honey,Almond milk
- **Energy boost**
Banana,Berries,Honey,Chia seeds,Oat milk

Create your own smoothie

- Banana
- Blueberry
- Blackberry
- Apple
- Strawberry
- Orange Juice
- Mango
- Raspberry
- Soy Milk
- Pineapple
- Honey
- Cinnamon Powder

JUICES**SM\$7.99****LG\$8.99**

- **Green Tea**
Kale,Spinach,Cucumber,Green apple,ginger and Lemon
- **Mean Green**
Apple,Beet,Carrot,Celery,Ginger
- **Heart Beat**
Carrot,Orange,Apple,Beet,Kale
- **Green Lemonade**
Apple,Cucumber,Kale,Spinach,Lemon
- **Carrot apple**
Carrot,Apple,Lemon Juice
- **Liquid Sunshine**
Pineapple,Apple,Spinach,Cucumber

COFFEE BAR

- Coffee SM-\$2.50 LG-\$3.00
- Loose Leaf Tea SM-\$2.50 LG-\$3.00
- Espresso SM-\$3.00 LG-\$4.50
- Americano SM-\$4.50 LG-\$5.50
- Macchiato SM-\$5.00 LG-\$6.00
- Cappuccino SM-\$4.00 LG-\$5.00
- Latte SM-\$4.50 LG-\$5.50
- Mocha SM-\$5.00 LG-\$6.00
- Hot chocolate SM-\$4.00 LG-\$5.00
- Chai Latte SM-\$4.00 LG-\$5.00

Cold brew + Draft

- Pure Black Iced Coffee SM-\$4.00 LG-\$5.00
- Latte SM-\$5.00 LG-\$6.00
- Ice Tea SM-\$4.00 LG-\$5.00
- Ice Green Tea SM-\$4.00 LG-\$5.00
- Pure Black Cold Brew SM-\$5.00 LG-\$6.00

BAGEL

- Bagel (Plain, Sesame, Poppy, Everything, Whole wheat, Raisin, Onion&Garlic and Pump) \$1.95
- Plain CC (Cream cheese) \$2.75
- Flavored CC \$3.25
- Lox spread \$4.25
- Lox \$9.95
- Butter or Jelly \$1.95
- Peanut butter \$3.50
- Nutella \$3.50
- Extras . 50cents

BREAKFAST

- Egg Any Style Sandwich \$3.00

Extra

- Egg, all other Vegetables +\$0.50
- Premium cheese +\$1.00
- Ham, Bacon, Sausage +\$1.00
- Egg White, Turkey bacon, Beef Sausage, Turkey Sausage, Turkey +\$2.00
- Hero, Special bread, Wrap +\$1.00
- Platters includes Home Fries and Toast +\$3.00

OMELETS (3 EGGS)

\$6.95

- Bacon Omelet- Bacon, Cheddar Cheese, Broccoli
- Ham Omelet-Ham, Swiss Cheese, Onion, Pepper
- Avocado Omelet -Avocado, Bacon, Jack Jalapeno
- Southwestern Omelet -Grilled chicken, Pepper jack cheese, Tomato, Spinach
- Spinach Feta Omelet-Feta cheese, Spinach Tomato & Pesto
- All American Omelet-Ham, Bacon Cheddar & Mushroom

CRATE YOUR OWN OMELET

\$6.95

With 3 Eggs and choose up to 3 Veggies and 1 Meat

Tomato	Onion	Cheddar	Cheddar	Bacon	Spinach
Mushroom	Sausage	American cheese		Turkey	Broccoli
Feta Cheese	Ham	Swiss cheese		Pepper	Kale

- Pancake \$5.25
- French Toast \$5.25
- Grilled Cheese \$5.25
- B.L.T \$5.95
- OAT MEAL SM \$3.95 LG \$4.95

ADD ON - Raisins/Granola/Brown sugar/Honey/Banana/Strawberry/Seasonal Berries
(Breakfast only)

BREAKFAST SPECIAL SANDWICH

\$6.95

- Green Egg and Ham with Prosciutto, Pesto, Arugula
- Chorizo Scramble, Scrambled egg, Chorizo, Cheddar cheese, Fried potatoes, Grilled onion, Hot peppers
- Gold's Six egg white, Guacamole and Turkey breast whit Greens
- Mushroom Toast Soft scrambled egg, Portobello mushroom, Spinach and Gruyere cheese
- Egg BLT Avo Egg over easy Bacon, Tomato and Greens whit avocado
- Scrambled Chicken Scrambled egg, chicken, Sausage, Sharp cheddar whit Mix greens
- Wake Up Call Fried egg, Spinach, Avocado and tomato with Hummus
- Steak & Egg Grilled roast beef, Fried egg, sausage with Caramelized onions
- BAM BAM Bacon, Egg, Cheese, Sausage on Cinnamon bun with Maple syrup
- Breakfast Burger Ground beef patty, Bacon, Hash brown, Over easy egg Onion and Tomato

- **Hangover Cure** Ham, Bacon, Over easy egg, Tomato, Mushrooms, Potatoes and Jalapenos
- **Pork Belly Burro** Pork belly, Hash browns, Kale, Avocado, Fried egg with onion, and Salsa
- **Veggie Wraps** Portobello mushrooms, Scrambled egg, Kale, Spinach, Swiss cheese and avocado
- **Banana crunch** Peanut butter, Banana, Honey, Granola

AVOCADO TOAST

Build your Own AVO Toast Served on walnut bread, Multigrain or White

Base (with Avocado) **\$6.95**

Add on

Sprouts, Carrot, Cucumber, Tomato, Kale, Arugula, Broccoli + \$0.50

Hummus, Egg, Nuts and Seeds, Seasonal fruits, Bacon, Cheese + \$1.00

- Avocado, Lemon Juice, Chili Flakes, Olive Oil **\$6.50**
- Avocado, Alfalfa sprouts, Sliced apples, Sea salt, Feta cheese crumble **\$8.50**
- Avocado, Lemon juice, Parmesan cheese, Sliced cucumber, Extra V.O. Drizzles, Sea salt, Tomato **\$8.50**
- Avocado, Salted cashews, Grains, Chi seed **\$8.50**
- Avocado, Smoke salmon, Creme franchise, Hard boiled egg, Radish, Caper **\$12.50**
- Avocado, Ricotta cheese, Walnut, Granola Honey (Seasonal berries) **\$10.95**

HOMEMADE SOUP

Please check for our daily selections

SM \$4.95 LG \$5.95

SPECIAL COLD SANDWICH

\$ 9.95

- **Turkey & apple club** Turkey, Cheddar, Bacon, Kale and Apples slices with Honey mustard
- **Turkey bacon ranch** Turkey, Swiss cheese, Turkey bacon, L\T, Onion, Ranch dressing
- **Ultimate Club** Ham, Turkey, Gouda, L\T, Bacon, Chipotle mayo
- **King Caesar Chicken** Grilled chicken, Parmesan, Tomatoes, Romaine, Caesar dressing
- **Hummus & Bello Hummus, Pepper jack**, Tomato, Avocado, Bello Mushroom
- **Jerk chicken breast** Jerk chicken, jack cheese, L\T, Red onion and Avocado
- Buffalo chicken cheese, L/T, Buffalo sauce, Blue cheese dressing
- **Turkey roast beef** Swiss cheese, Cole slaw, Russ Grilled chicken, Crumble blue dressing

SANDWICH

\$9.95

- **Turkey apple**
Smoke turkey breast, French brie cheese, Green apple, mix green, Honey mustard
- **Ultimate Club**
Ham, Turkey, Bacon, Cheddar cheese, Lettuce, Chipotle mayo
- **American**
Ham, Turkey, Roasted beef, Cheddar cheese, Lettuce, Tomato, Russian dressing
- **Italian**
Salami, Pepperoni, Capicola ham, Provolone cheese, Banana pepper, Lettuce, Tomato, Oil and Vinegar
- **Jerk Chicken Breast**
Jerk or buffalo chicken, Jack cheese, Avocado, Bermuda onion, Lettuce
- **Nova**
Smoked salmon, Cream cheese, Tomato, Bermuda onion, Caper
- **Oh, my god**
Roast Beef, Grilled chicken, Swiss cheese, Coleslaw, Russian dressing
- **Veggie Monster**
Grilled portabello mushrooms, Avocado, Mozzarella, Blue cheese crumble, Lettuce, Alfalfa sprouts, Cucumber, Carrot, Tomato
- **Fresh Mozzarella or Prosciutto**
Fresh mozzarella or Prosciutto, Tomato, Basil, Caper, Virgin oil, Balsamic vinegar

WRAP & PANINI

\$9.95

- **Crispy Chicken Wrap**
Breaded Chicken, Avocado, Baby arugula, Tomato and Chipotle mayo
- **Oven-gold Turkey Wrap**
Turkey, Bacon, Avocado, lettuce, tomato, Mayo
- **Pesto Chicken Wrap**
Fresh mozzarella, Lettuce, Tomato, Roasted pepper
- **Chicken Cesar Wrap**
Grilled chicken, Parmesan cheese, Roasted peppers, Tomato, Croutons
- **Abraco Tuna Wrap**
Tuna salad, Lettuce, Tomato, Alfalfa sprouts
- **Cafe Frame Wrap**
Oven turkey, Avocado, Lettuce, Roasted pepper, Tomato, Ranch dressing
- **Green Smoke Wrap**
Smoke turkey breast, French brie cheese, Green apple, Mix green, Honey Mustard
- **California Wrap**
Grilled chicken breast, Avocado, Lettuce, Roasted peppers, Tomato, Ranch dressing

PANINI

- **Monte Cristo Panini**
Turkey, Ham, Swiss cheese, Cheddar cheese, Coleslaw, Honey mustard
- **Italiano Panini**
Grilled chicken, Pesto sauce, Roasted peppers, Fresh mozzarella
- **Cubano Panini**
Roasted pork, Ham, Swiss cheese, Pickle, Mustard
- **Chicken Club Panini**
Grilled Chicken, Bacon, French brie cheese, Ranch dressing,
- **Chicken Fajita Panini**
Grilled Chicken, Cheddar cheese, Roasted peppers, Onion, Salsa
- **Tuna Melt Pannini**
Albacore tuna, Cheddar cheese, Tomato
- **Delightful Panini**
Honey -glazed turkey breast, Cheddar, cheese, Cole claw, Mustard

HOT SANDWICH SPECIAL

\$9.95

P.B.

Pork belly, Brie, Roasted garlic, Red onion, Lettuce, Tomatoes

Sorry About it

Roast beef, Provolone melt, Mushroom, Avocado, Red onion, Jalapeno, Pesto mayo

Grilled Cheese Haven

Provolone, Gruyere Cheese cheddar, Oven-roasted Tomato, Pesto mayo

Fabulous Me

Tuna salad, avocado, Havarti cheese melt

Pastrami

Seared pastrami, Swiss melt, Pickles, Red onion, Alfalfa sprout, Sriracha mayo

Better B.L.T

Bacon, Tomato, Arugula, Avocado, Smoked cheddar cheese

Chipotle Chicken

Grilled chicken, Bacon, L/T, Pepper jack cheese, Chipotle mayo

Pesto Chicken

Grilled chicken, Tomato, Parmesan, Roasted red pepper and Pesto

Steak Tzatziki

Steak, Red onion, Sliced tomato, Cucumber, feta cheese

Baja Chicken

Grilled chicken, Green, Red pepper, Red onion, L/T, Mozzarella, Salsa

Chicken F-mozzarella

Grilled chicken, F-mozzarella, Roasted red pepper, Basil, balsamic v.

HOT SANDWICHES

.Grilled Chicken	\$7.95
.Breaded Chicken Cutle	\$7.95
.Roast Beef	\$7.95
.Pastrami	\$7.95
.Corn Beef	\$7.95
.Turkey	\$8.95
.Philly Cheese Steak	\$9.95
.Mushroom Cheese Steak	\$9.95

Extra

+\$1.00 Hot peppers, Roast pepper, Sweet peppers, Sauerkraut, Cole slaw

+\$1.75 Cheese, Avocado, Bacon

BURGERS

- **American classic** American cheese \$5.95
- **Mexican** Guacamole,pepper jack cheese,L/T, Spicy sauce \$6.95
- **B.B.Q** Cheddar cheese,Grilled onion,Grilled mushroom,Topped with Fried egg \$7.95
- **Blue burger** Blue cheese,Bacon,L/T,Onion \$7.95
- **Turkey burger** L/T,Onion \$5.95
- **Veggie burger** Kale, Tomato, & Grilled onion \$5.95

CREATE YOUR OWN-Just ask

Extra

+**0.50** Sprouts,Apple,Cucumber,Roasted pepper,Green leaf,Hot peppers,Sauerkraut,sliced pickles,Capers,Basil,Olives,Carrots,Cole slaw

+**\$1.00** Hummus,Cheese,Extra meat,Bacon

+**1.50** Avocado,Brie,Fresh mozzarella,Premium cheese

+**\$1.75** Turkey,Bacon

If you didnt see what you want,please ask to make it happen.

Slide Order

Plain fries	\$3.00	Parm Fries	\$3.50
Old bay seasoned fries	\$3.50	Onion ring	\$3.50

BUILD YOUR OWN SALAD

Salad \$9.95 Wrap \$9.95(1 protein+ 5 Toppings)

Step 1. Choose Greens Mixed greens,Romaine lettuce,Spinach,Arugula,Fresh Kale

Step 2. Choose Proteins(pick one)Grilled chicken,Ham,Tuna,Turkey,Avocado
(extra protein add+\$1.50)
Shrimp+\$2.00 Salmon ,Steak+\$2.50

Step 3.Choose Toppings (pick 5)

Simple Extra toppings \$+.75

Alfalfa sprouts	Cucumber	Dried cranberries
Bean sprouts	Edamame	Pepperonis
Beets	Garbanzo beans	Purple cabbage
Black olives	Granny smith apples	Rainbow tortellini pasta
Black beans	Grape tomatoes	Raisins
Broccoli	Hard boiled eggs	Red bell peppers
Caramelized onions	House croutons	Red onions
Carrots	House pita chips	Sauteed mushrooms
Celery	Jalapeno	Sunflower seeds
Crispy onions	Kidney beans	Tortilla chips
Crispy chow mein	Mandarin oranges	
Corn	Peanuts	

Premium +\$1.00 (EXTRA TOPPING)

Roasted cauliflower	Candied walnuts	Roasted red peppers
Brussels sprout	Hearts of palm	Sugar snap peas
Artichoke hearts	Hummus	Sun dry tomatoes
Asparagus	Quinoa	Tofu
Roasted almonds		

Premium cheese topping +\$1.00

Shredded cheddar	Goat cheese	Shredded mozzarella
Feta	Blue cheese	Parmesan cheese
		Fresh mozzarella balls

Dressings

Olive oil,Russian,Blue cheese,Honey dijon,Caesar,Ranch,Sesame ginger,Balsamic vinegar,Lemon ginger,French,Red wine vinegar,Tomato basil vinaigrette,Asian sesame
LOW FAT Italian,Raspberry,Ranch,Dijon,Lemon herb

SIGNATURE SALAD

- **Farm fresh** salad \$9.95 | wrap \$9.95
Mixed greens, Cucumber, Beets, Tomato, Garbanzos, Carrot, Goat cheese
- **Chopchop** salad \$9.95 | wrap \$9.95
Romaine, Grilled chicken, Mozzarella, Tomato, Cucumber, Garbanzos, Red onion, Roasted peppers
- **Cali** salad \$9.95 | wrap \$9.95
Romaine, Roasted turkey breast, Grape tomatoes, Red onions, Mozzarella
Garbanzo beans and Rainbow tortellini pasta
- **Caesar** salad \$9.95 | wrap \$9.95
Romaine, Grilled chicken, House crutones and shredded Parmesan
- **Chinatown** salad \$9.95 | wrap \$9.95
Romaine, Grilled chicken, Crispy chinese noodle, Mandarin oranges, and Roasted Almonds
- **Chicken coob** salad \$9.95 | wrap \$9.95
Romaine, Chicken breast, Crispy, bacon. Blue cheese, Grape tomato, Hard boil egg, red onion
- **Kale chop** salad \$9.95 | wrap \$9.95
Kale, Grilled chicken, Egg, Feta cheese, Dried cranberries, Tomato, Carrot
- **Spinach Loaded** salad \$9.95 | wrap \$9.95
Baby spinach, Grape tomatoes, Bacon, Black olives, Sliced mushroom and Avocado

UDON & SOBA (Choose miso or Original broth)

- Veggie udon **\$8.95**
 - Chicken, Beef, Kimchee **\$9.95**
 - Shrimp tempura, Shrimp shumai, Veggie dumplings **\$10.95**
- Soba +\$1.00**
all other extra item +\$ 2.00

KOREAN FOOD STATION

- Soft tofu soup (Mild//Spicy/Very spicy) **\$9.95**
 - Beef Veggie Chicken Kimchee Seafood
 - Ramen **\$8.95**
 - Korean style dumpling soup **\$9.95**
 - Bulgogi(thin sliced rib eye steak) **\$10.95**
 - Spicy chicken **\$10.95**
 - Spicy pork **\$11.95**
 - Japchae(Stir fried glass noodles with Vegetables) **\$10.95**
 - Tteakbokki (Rice cakes with sweet red chili sauce) **\$9.95**
 - Kimchee Fried rice w/Fried egg **\$9.95**
- All extra item+\$1.00**

- K-Style spicy Rice cake **\$ 9.95**
- Spicy Pork over rice **\$11.95**
- Spicy seafood soup **\$12.95**
- Kim chee soup **\$10.95**
- Beef Bone Soup **\$10.95**
- Spicy Beef soup **\$11.95**
- Seaweed soup **\$ 9.95**
- K-style chicken noodle **\$10.95**
- K-style Black Beans soba **\$9.95**
- Cold Noodles soup **\$11.95**

TAQUERIA

- 3 TACOS \$10.95
- BURRITOS \$10.95
- QUESADILLA \$ 9.95
- BURRITO BOWL \$10.95
- TACO BOWL \$10.95
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TOPPINGS : Sour cream,Pico de gallo,Lettuce,Jalapenos,Cheddar,Mozzarella,
Guacamole,Lime,Cilantro.

Salsa: Salsa verde,Med, Hot chilly salsa.

Extra meat \$1.50
Guacamole \$1.00

KOREAN FOOD

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