

SMOOTHIES

SUPER VEGGIES

ISLAND GREEN 410 cal
spinach, kale, mango, pineapple & banana

AVOCOLADA 600 cal
avocado, pineapple, spinach, kale, coconut & lime

DETOX ISLAND GREEN 180 cal
spinach, kale, mango, pineapple, banana & fresh ginger

BALANCED FUSIONS

PEANUT PARADISE 730 /680 cal
peanut butter, banana, non-fat yogurt with choice of pea or whey protein

CHIA BANANA BOOST 770 /610 cal
roasted banana, chia seeds, almonds, whole-grain oats, cinnamon, dates & coconut with choice of peanut butter or strawberries

ACAI BERRY BOOST 470 cal
acai, pomegranate, banana, blueberries & strawberries

FRUIT BLENDS

SUNRISE SUNSET 400 cal
strawberries, pineapple, mango & orange juice

JETTY PUNCH 370 cal
strawberries & banana

KIWI QUENCHER 450 cal
kiwi, strawberries & non-fat yogurt



PARADISE POINT 430 cal
strawberries, banana & pineapple

MANGO MAGIC 400 cal
mango, pineapple & non-fat yogurt

BLIMEY LIMEY 480 cal
strawberries, pineapple, orange juice & lime

MANGO MAGIC 400 cal
mango, pineapple & non-fat yogurt

BLIMEY LIMEY 480 cal
strawberries, pineapple, orange juice & lime

BLUEBERRY BLISS 340 cal
blueberries, strawberries & banana

POMEGRANATE PLUNGE 520 cal
pomegranate, banana, cranberry & strawberries

TROPICAL TREATS

BAHAMA MAMA 510 cal
strawberries, pineapple, coconut & white chocolate

PEANUT BUTTER CUP 700 cal
peanut butter, banana & chocolate

BEACH BUM 550 cal
strawberries, banana & chocolate

MOCHA MADNESS 540 cal
chocolate, coffee, cappuccino & non-fat yogurt

WRAPS

CARIBBEAN JERK CHICKEN

grilled chicken, rice, black beans, cheddar, roasted pineapple salsa, romaine & jerk sauce

590
cal

BUFFALO CHICKEN

grilled chicken, tomatoes, romaine, mozzarella, buffalo sauce & lite ranch

510
cal

BAJA CHICKEN

grilled chicken, rice, black beans, smashed avocado, romaine, pickled red onions, cheddar & roasted tomato salsa

640
cal

THAI CHICKEN

grilled chicken, carrots, sesame seeds, wontons, cilantro, scallions, romaine & Thai peanut sauce

500
cal

HUMMUS VEGGIE

hummus, smashed avocado, pepper jack, romaine, rice, black beans, pickled red onions, tomatoes & lite ranch

710
cal

SUPERGREEN CAESAR CHICKEN

grilled chicken, romaine, spinach, shredded parmesan, tomatoes, parmesan crisps & caesar

600
cal

DILLAS

SANTA FE CHICKEN

grilled chicken, black beans, roasted red pepper & onion, queso blanco, cheddar, a smoked cheese blend & roasted tomato salsa

540
cal

THREE CHEESE CHICKEN

grilled chicken, queso blanco, cheddar, a smoked cheese blend & roasted tomato salsa

550
cal



SANDWICHES

TURKEY BACON RANCH

turkey, bacon, tomatoes, romaine, swiss & lite ranch on ciabatta

560
cal

SALADS

SUPERGREEN CAESAR

grilled chicken, shredded parmesan, tomatoes & parmesan crisps on a bed of romaine and spinach & served with caesar dressing

550
cal

THAI CHICKEN

grilled chicken, carrots, sesame seeds, cilantro, scallions & wontons on a bed of romaine & served with Thai peanut dressing

370
cal

FLATBREADS

CHIPOTLE CHICKEN CLUB

grilled chicken, bacon, tomatoes, romaine, pepper jack & chipotle mayo

490
cal

CHICKEN BACON RANCH

grilled chicken, bacon, tomatoes, romaine, cheddar & lite ranch

500
cal

CHICKEN PESTO

grilled chicken, tomatoes, shredded parmesan, mozzarella & pesto

430
cal

