



Lunch Wellness Specialties

Our dishes are made to blend culinary senses with healthfulness. They are designed to promote circulation and protect brain and heart function, build lean muscle, boost energy and immunity, and bolster the detoxification system.

Iced Caribbean Gazpacho Soup 16

A blend of heirloom tomatoes, cucumbers, garlic, sweet red onions, red bell peppers, cherry vinegar, virgin olive oil, & Scotch Bonnet peppers. Served with bread. (110 cal)

Chilled Cucumber Soup with Yogurt, Cilantro & Coriander 16

A refreshing blend of organic cucumber, shallots, garlic, Greek yogurt, lime juice, cilantro, and flaxseeds. (125 cal)

Add shrimp: **6** / (21 cal)

The Rainbow Raw Salad 18

A colorful raw vegetable salad made of lettuce, carrot, cucumber, beetroot, radish, green beans, spicy cashew nuts, and an apple cider vinegar dressing. (123 cal)

Zesty Quinoa Salad 18

A large salad with quinoa, tomato, cucumber, bell peppers, onion, cilantro, tofu cheese, olives, cumin, lime juice, and olive oil. (131 cal)

Bamboo Steam Soy Shrimp 36

Bamboo basket with 6 steamed, marinated shrimp with organic garden vegetables and a soy sesame seed dip. (479 Cal)

Grilled Jerk Beef Filet 48

Original Jamaican Jerk marinated beef tenderloin grilled to perfection on bed of grilled sweet potatoes and greens (520 Cal)

Lunch Wellness Juices

The Greens 14

Parsley is another oft overlooked juicing ingredient when in fact it's loaded with antioxidants as well as vitamins A, C, and folic acid. Combine parsley with kale and apples for one of the best-tasting juice combinations around.

Parsley, green apple, kale, cucumber and lemon.

Cool Down 14

Kale has been hot news lately in the world of health and nutrition and for a good reason!

Kale is packed with healthful nutrients, particularly beta-carotene, vitamin C, and vitamin K. It's also rich in calcium.

Kale, pineapple, cucumber and lemon.

Ambrosia 14

The orange brings in lots of vitamin C while mango provides plenty of antioxidants and pineapple adds beta carotene, B6, and folate into the mix. The addition of kale ups the nutritional output of this juice even more.

Mango, pineapple, orange and kale.

Glowing 14

Combine celery with ginger and apple for even more health benefits. This one-of-a-kind juice combination for cleansing and detoxing is notable for helping the body get rid of excess toxins.

Celery, fresh ginger, green apple. and cilantro.

A 10% Service Charge and an 12% Government Tax will be added to your check