

# SANDWICHES

**CALIFORNIA MELT**   8  
Sourdough bread, house-made spinach pesto, cheddar cheese, red onions, artichoke hearts, tomatoes, cucumbers, avocado

**LAWNBOY**   9  
Sourdough bread, turkey, avocado spread, cheddar cheese, spinach, tomatoes, red onions, chipotle mayo

**TOASTED CHEESE**   4  
Toasted sourdough bread, cheddar cheese

# WRAPS

**ZONE**   9  
GRILLED. Spinach wrap, lentil walnut burger, cheddar cheese, spinach, pickles, red onions, tomatoes  
**In the zone**  
ketchup, mustard, vegenaïse®  
**Danger Zone**  
BBQ sauce, chipotle mayo  
**Twilight Zone**  
avocado, vegenaïse®

**LUGOSI**   9  
GRILLED. Spinach wrap, buffalo chicken, spinach, hot ranch sauce, red onions, chives, cheddar cheese

**26TH STREET**   9  
GRILLED. Spinach wrap, turkey, bacon, cheddar cheese, spinach, tomatoes, red onions, pickles, vegenaïse®, stoneground mustard

**CHICKEN BACON RANCH**   9  
GRILLED. Spinach Wrap, Chicken, Bacon, red onions, spinach, cheddar cheese, ranch dressing

**MAKE ANY WRAP A SALAD** 9  
Any wrap ingredients served on a bed of spinach  

# SMOOTHIES

12 ounces

**PEANUT BUTTER BANANARAMA**  8  
Bananas, yogurt, oats, choice of milk, peanut butter, maca powder, cacao powder, agave, cinnamon

**GREEN CREW**   9  
Kale, spinach, bananas, kiwi, flax seeds, hemp seeds, spirulina, agave, choice of milk, ice, coconut manna, ginger, almonds

**THREE LIGHTHOUSES**   8<sup>50</sup>  
Blackberries, blueberries, dragon fruit, coconut milk, agave

**BEACH SIX**   8  
Mango, strawberries, pineapple, goji berries, pineapple coconut juice, choice of milk

**SHORTCAKE**   7<sup>50</sup>  
Strawberries, bananas, orange juice, choice of milk

**PEACHES & CREAM**   8  
Peaches, raspberries, apple juice, coconut whipped cream, choice of milk

Make it 16 ounces for \$2 more!

Add a wheatgrass shot to any smoothie for \$2

MILK CHOICES: Dairy, coconut milk, almond milk or add vegan or dairy yogurt to your smoothie!

# FRESH JUICES

12 ounces

**ELMWOOD ELIXIR**   9  
Cucumber, kale, spinach, lemon, garlic, wheatgrass, ginger

**EIGHT-ONE-FOUR**   7<sup>50</sup>  
Carrot, beet, apple, ginger

**PRESQUE ISLE BAE**   8  
Apple, cucumber, orange, lemon, spinach, lime, agave

**CELERYBRATE ERIE**   8  
Celery, cucumber, kale, parsley, spirulina

Make it 16 ounces for \$2 more!

Add a wheatgrass shot to any juice for \$2

Add any extra super food, maca powder, flax seed, charcoal, cacao powder, or hemp protein powder for an additional \$1 each

# JUICE SHOTS

4 ounces

**ENERGIZER**   4  
Wheatgrass juice served with an orange wedge

**SOOTHER**   3<sup>25</sup>  
Lemon juice, ginger juice, tumeric root

**CLEANSER**   3<sup>25</sup>  
Apple cider vinegar, lemon juice, cayenne, agave

# COFFEE

SMALL	1.95
MEDIUM	2.25
LARGE	2.75
CO-OPUCCINO 	3.50

Cold brewed coffee, ice cream, milk, swirl of chocolate syrup, and whipped cream (contains dairy)

# BAGELS

BAGEL 	2
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Delivered fresh daily from New York Bagel & Deli

Made with organic flour and available toasted!

CREAM CHEESE	.79
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 Vegan option available.

 Gluten free option available.  
Prepared in a shared kitchen.

All of our menu options are made with certified organic ingredients when available.

While we are exceptionally attuned to providing the safest food possible, we urge you to be cautious about what you eat. There is always a small chance that cross-contamination of the major allergens—dairy, eggs, nuts and wheat—can occur.



Mon-Sun 9am-7pm  
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