



# PRIMA CAFE

salad & juice bar

eat well, be well

## ALL DAY BREAKFAST

- VEGGIE OMELETTE .....  
broccoli, mushrooms, tomatoes, cheddar cheese, served with fresh fruit
- CHICKEN SAUSAGE QUINOA CRUSTED QUICHE.....  
locally made chicken sausage, spinach, green & yellow pepper, mozzarella, served with fresh fruit
- CHIA PARFAIT.....  
chia pudding topped with fresh fruit
- OATMEAL WITH FRESH FRUIT.....  
gluten free oats, apples, cinnamon\*, maple
- FRESH FRUIT TRAY.....  
seasonal fruits with nuts and honey
- HARD BOILED EGG.....
- ENERGY BITES.....

## COLD PRESSED JUICES

- SWEET GREEN.....  
pineapple, cucumber, green apple, mint
- ISLAND BEET.....  
beet, carrot, lemon, apple, ginger
- SPICY WATERMELON.....  
watermelon, beet, lime, mint, green apple, jalapeño
- IMMUNE BOOSTER.....  
orange, carrot, pineapple, turmeric
- ENERGIZER.....  
apple, beet, carrot, celery, ginger, orange
- MEAN GREEN.....  
spinach, kale, celery, orange

## ACAI BOWLS

### 1. PICK A BASE

- ACAI BERRY.....  
blend of acai berries, banana, strawberries
- GREEN MACHINE.....  
blend of baby spinach, pineapple, banana
- ADD SPINACH.....

### 2. CHOOSE YOUR TOPPING (UP TO 4)

- banana, **strawberries**, blueberries, **toasted coconut**, gf granola, **chia seeds\***, cocoa shavings, **maple drizzle**, dollop of peanut butter

## SOUP

- ROASTED BUTTERNUT SQUASH..... 12oz.....  
butternut squash, carrot, apple, onion, cinnamon\*, ginger\*, spicy pepitas, maple cream drizzle

## MEALS TO SHARE

- WHOLE ROTISSERIE CHICKEN.....  
all natural chicken with Prima's poultry rub\*
- SOUP TO SHARE..... 32oz.....

We support local, sustainable, and organic ingredients! A \* denotes an organic ingredient.

# SIGNATURE SALADS & GRAIN BOWLS

 suggested dressing pairing

GRAPE, AVOCADO & ARUGULA SALAD . . . . .  
arugula\*, spinach\*, red grapes, avocado,  
goat cheese, roasted walnuts, red onions,  
grape tomatoes

 sweet basil vinaigrette

STRAWBERRY HILL . . . . .  
spinach\*, strawberries, gf granola, toasted  
coconut, golden raisins, shaved fennel,  
goat cheese

 lemon poppy vinaigrette

SESAME PEANUT SALAD WITH CHICKEN . . . . .  
mixed greens\*, chicken, mandarin  
oranges, carrots, red cabbage, peanuts,  
sesame seeds

 sesame peanut

SEARED SALMON SALAD . . . . .  
arugula\*, spinach\*, sautéed green beans,  
roasted sweet potatoes, salmon, sesame  
seeds

 sesame peanut

BERRY & CITRUS SALAD . . . . .  
spinach\*, mandarin oranges, blueberries,  
cranberries, sunflower seeds, bleu cheese

 raspberry vinaigrette

BLT COBB . . . . .  
spinach\*, arugula\*, grape tomatoes,  
locally made black pepper bacon, sweet  
corn, avocado, hard boiled egg, bleu  
cheese

 fresh tomato vinaigrette

ROASTED BEETS & WALNUTS WITH ARUGULA . . . . .  
wild rice\*, arugula, roasted beets (served  
cold), roasted walnuts, grape tomatoes,  
goat cheese

 maple balsamic vinaigrette

QUINOA BOWL WITH SAUTÉED SHRIMP . . . . .  
quinoa\*, sautéed shrimp, cucumbers, beet  
hummus, tomatoes, feta, parsley

 lemon tahini

SOUTHWESTERN CHICKEN & WILD RICE . . . . .  
wild rice\*, avocado, grape tomatoes,  
black beans, corn, chicken, crispy roasted  
chickpeas, sour cream

 jalapeño cilantro lime

[ substitutions available for grains & greens ]

## BUILD YOUR OWN

### 1. PICK YOUR BASE (UP TO 2)

#### GREENS

- spinach
- arugula
- baby kale
- mixed greens
- romaine

#### GRAINS

- tri-colored quinoa
- wild rice blend

### 2. PICK YOUR TOPPINGS (UP TO 6)

- |                    |                         |                          |
|--------------------|-------------------------|--------------------------|
| apples             | feta                    | pickled onions           |
| <b>beets</b>       | <b>garbanzo beans</b>   | <b>red cabbage</b>       |
| bell peppers       | gf granola              | red grapes               |
| <b>black beans</b> | <b>golden raisins</b>   | <b>red onions</b>        |
| black olives       | grape tomatoes          | roasted beet hummus      |
| <b>blueberries</b> | <b>jalapeños</b>        | <b>roasted chickpeas</b> |
| broccoli           | kalamata olives         | shaved fennel            |
| <b>carrots</b>     | <b>mandarin oranges</b> | <b>sour cream</b>        |
| celery             | mushrooms               | spicy pepitas            |
| <b>corn</b>        | <b>parmesan</b>         | <b>strawberries</b>      |
| cranberries        | peanuts                 | sunflower seeds          |
| <b>cucumber</b>    | <b>peas</b>             | <b>toasted coconut</b>   |

### 3. ADD PREMIUM TOPPINGS

- chicken . . . . .
- salmon . . . . .
- sautéed shrimp . . . . .
- tofu . . . . .
- bacon . . . . .
- hard boiled egg . . . . .
- avocado . . . . .
- sautéed green beans . . . . .
- roasted sweet potatoes . . . . .
- pomegranate seeds . . . . .
- sliced almonds . . . . .
- roasted walnuts . . . . .
- bleu cheese . . . . .
- goat cheese . . . . .

### 4. CHOOSE A DRESSING

- |                                     |                                     |  |
|-------------------------------------|-------------------------------------|--|
| maple balsamic vinaigrette // GF DF | jalapeño cilantro lime // V GF DF   | raspberry vinaigrette // V GF DF         |
| sweet basil vinaigrette // V GF DF  | fresh tomato vinaigrette // V GF DF | tuscan herb & 18 year aged BV // V GF DF |
| lemon tahini // V GF DF             | lemon poppy vinaigrette // V GF DF  | sesame peanut // V GF DF                 |
| caesar // GF                        |                                     |  |

V VEGAN // GF GLUTEN FREE // DF DAIRY FREE