



PRIMA CAFE

salad & juice bar

eat well, be well

ALL DAY BREAKFAST

- VEGGIE OMELETTE
broccoli, mushrooms, tomatoes, cheddar cheese, served with fresh fruit
- BREAKFAST BURRITO.....
scrambled eggs, local chicken sausage, onions, peppers, tomatoes, spinach*, avocado, creamy sriracha sauce, served with fresh fruit - GF wrap available
- VEGGIE QUINOA-CRUSTED QUICHE.....
spinach*, asparagus, mushrooms, garlic, roma tomatoes, feta, mozzarella, parmesan, 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 & honey

COLD PRESSED JUICES

- | | |
|---|---|
| <p>SWEET GREEN
pineapple, cucumber, green apple, mint</p> <p>WHAT'S UP DOC
carrot, red apple, ginger</p> <p>JUMPSTART.....
blueberry, honeydew melon, beet, red apple</p> | <p>IMMUNE BOOSTER
orange, carrot, pineapple, turmeric</p> <p>HYDRATION TWIST
watermelon, raspberry, strawberry, mint</p> <p>POWER GREENS.....
kale*, spinach*, parsley, cucumber, green apple, ginger</p> |
|---|---|

SMOOTHIES

- STRAWBERRY PEACH
strawberries, peaches, banana, almond milk
- MIXED BERRY.....
blueberries, raspberries, hemp powder, banana, almond milk
- MANGO MATCHA.....
matcha green tea*, spinach*, mango, banana, almond milk

ACAI BOWLS

1. PICK A BASE

- | | |
|--|--|
| <p>ACAI BERRY
blend of acai berries, banana, strawberries</p> <p>ADD SPINACH*.....</p> | <p>GREEN MACHINE
blend of baby spinach*, pineapple, banana</p> |
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2. CHOOSE YOUR TOPPINGS (UP TO 4)

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

SIGNATURE SALADS & GRAIN BOWLS

APPLE PECAN GRAIN BOWL.....
arugula*, wild rice**, apples, cranberries, toasted pecans, goat cheese
☞ maple balsamic vinaigrette

BUFFALO CHICKEN GRAIN BOWL.....
romaine**, wild rice**, grape tomatoes, carrots, pickled cauliflower, celery, bleu cheese
☞ creamy sriracha vinaigrette

CHICKEN & MANDARIN SALAD.....
mixed greens*, chicken, red cabbage, mandarin oranges, carrots, sugar snap peas, sesame seeds
☞ sesame ginger vinaigrette

MEDITERRANEAN SALAD WITH FALAFEL.....
mixed greens*, lemon herb falafel, grape tomatoes, kalamata olives, pickled onions, cucumbers, feta
☞ greek vinaigrette

FIG, BLACKBERRY & ARUGULA SALAD.....
arugula*, fresh figs, blackberries, walnuts, goat cheese
☞ fresh fig balsamic vinaigrette

SEARED SALMON SALAD.....
arugula*, spinach*, salmon, sautéed green beans, roasted sweet potatoes, grape tomatoes, sesame seeds
☞ sesame ginger vinaigrette

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

ROASTED BEETS & WALNUTS WITH ARUGULA.....
wild rice**, arugula*, warm roasted beets, roasted walnuts, grape tomatoes, goat cheese
☞ maple balsamic vinaigrette

☞ suggested dressing pairing

LOADED VEGGIE GRAIN BOWL.....
baby kale*, quinoa*, brussels sprouts, roasted beets, roasted cauliflower, butternut squash
☞ fresh tomato vinaigrette

QUINOA BOWL WITH SAUTÉED SHRIMP.....
quinoa*, arugula*, sautéed shrimp, cucumbers, roasted cauliflower, beet hummus, feta
☞ lemon tahini dressing

SOUTHWESTERN CHICKEN & WILD RICE.....
wild rice**, avocado, grape tomatoes, black beans, sweet corn, chicken, crispy roasted chickpeas, sour cream
☞ jalapeño cilantro lime

[add a protein to any bowl. substitutions available for grains & greens]

BUILD YOUR OWN SALADS & GRAIN BOWLS

1. PICK YOUR BASE (UP TO 2)

ORGANIC GREENS

- spinach
- arugula
- baby kale

- mixed greens
- romaine**

- tri-colored quinoa

ORGANIC GRAINS

- wild rice blend**

2. PICK YOUR TOPPINGS (UP TO 6)

- apples
- beet hummus**
- beets (cold)
- bell peppers**
- blackberries
- black beans**
- black olives
- bleu cheese**
- blueberries
- broccoli**
- carrots
- celery**

- cranberries**
- croutons
- cucumber**
- feta
- fresh figs**
- garbanzo beans
- goat cheese**
- grape tomatoes
- grapes**
- jalapeños
- kalamata olives**
- mandarin oranges

- mushrooms**
- parmesan cheese
- pickled cauliflower**
- pickled onions
- red cabbage**
- red onion
- roasted chickpeas**
- sesame seeds
- sour cream**
- spicy pepitas
- sunflower seeds**
- sweet corn

3. ADD PROTEIN & PREMIUM TOPPINGS

- chicken
- salmon.....
- sautéed shrimp.....
- tofu.....
- falafel.....
- bacon.....
- hard boiled egg
- avocado.....
- sautéed green beans.....
- roasted sweet potatoes.....
- butternut squash
- brussels sprouts
- roasted cauliflower.....
- roasted beets.....
- sugar snap peas.....
- toasted pecans
- toasted walnuts.....

4. CHOOSE A DRESSING

- maple balsamic vinaigrette // V GF DF
- sweet basil vinaigrette // V GF DF
- creamy sriracha // GF
- caesar // GF

- jalapeño cilantro lime // V GF DF
- fresh tomato vinaigrette // V GF DF
- greek vinaigrette // V GF DF

- lemon tahini // V GF DF
- fresh fig balsamic vinaigrette // V GF DF
- sesame ginger // V GF DF

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

SOUP

ROASTED BUTTERNUT SQUASH 12oz // 32oz
 butternut squash, carrot, apple, onion, cinnamon*,
 ginger*, spicy pepitas, maple cream drizzle

SOUP OF THE DAY 12oz // 32oz
 typically a vegan & gluten free soup will be available, as well
 as a chicken broth based soup

vegan option avail. without maple cream

HOT PLATES

DINNER PLATES

Coming Soon!

MEALS TO SHARE

Coming Soon!

SIDES

Coming Soon!