



# 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\*, creamy sriracha sauce, served with fresh fruit - GF wrap available
- CHICKEN SAUSAGE QUINOA-CRUSTED QUICHE.....  
locally-made chicken sausage, green & yellow pepper, onions, mozzarella, parmesan, served with fresh fruit
- AVOCADO TOAST WITH FRIED EGG.....  
honey oat toast topped with smashed avocado, Prima's evoo, fried egg, salt & pepper, served with fresh fruit - GF
- PEANUT BUTTER BANANA TOAST.....  
honey oat toast topped with peanut butter, bananas, chia seeds\*, raw honey - GF
- CHIA PARFAIT.....  
chia pudding topped with fresh fruit
- OATMEAL WITH FRESH FRUIT.....  
gluten free oats, apples, cinnamon\*, maple drizzle
- FRESH FRUIT TRAY.....  
seasonal fruits with nuts & honey

## COLD PRESSED JUICES

- SWEET GREEN .....  
pineapple, cucumber, green apple, mint
- BEET REVIVAL .....  
beet, carrot, honeydew melon, apple, ginger
- HYDRATION TWIST .....  
watermelon, strawberries, raspberries, mint
- IMMUNE BOOSTER .....  
orange, carrot, pineapple, turmeric
- RIPTIDE .....  
pear, green apple, pineapple, blue majik
- POWER GREENS .....  
spinach, kale, green apple, cucumber, ginger

## ACAI BOWLS

### 1. PICK A BASE

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

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

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

## SMOOTHIES


- GREEN APPLE .....  
green apples, honeydew melon, spinach, kale, almond milk
- PEANUT BUTTER BANANA .....  
peanut butter, banana, dates, almond milk
- DRAGONFRUIT & BERRY .....  
dragonfruit, strawberries, mango, coconut water
- TROPICAL WAVE .....  
blue majik, pineapple, pear, banana, coconut water
- BLACKBERRY BLISS .....  
blackberries, pineapple, spinach, almond milk
- RED RASPBERRY .....  
raspberries, strawberries, almond milk, banana

# SIGNATURE SALADS & GRAIN BOWLS


TURN ANY BOWL INTO A WRAP

 suggested dressing pairing


APPLE PECAN GRAIN BOWL . . . . .  
arugula\*, wild rice\*\*, apples, cranberries,  
toasted pecans, goat cheese

 maple balsamic vinaigrette

BUFFALO CHICKEN GRAIN BOWL . . . . .  
romaine\*\*, wild rice\*\*, chicken, carrots  
grape tomatoes, 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\*, sundried figs, blackberries, wal-  
nuts, goat cheese

 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

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 & WRAPS

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

#### ORGANIC GREENS

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

#### ORGANIC GRAINS

- tri-colored quinoa
- wild rice blend\*\*

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

- |                     |                        |                        |
|---------------------|------------------------|------------------------|
| apples              | <b>cranberries</b>     | mushrooms              |
| <b>beet hummus</b>  | croutons (gf)          | <b>parmesan cheese</b> |
| beets (cold)        | <b>cucumber</b>        | pickled cauliflower    |
| <b>bell peppers</b> | feta                   | <b>pickled onions</b>  |
| blackberries        | <b>figs (sundried)</b> | red cabbage            |
| <b>black beans</b>  | garbanzo beans         | <b>red onion</b>       |
| black olives        | <b>goat cheese</b>     | roasted chickpeas      |
| <b>bleu cheese</b>  | grape tomatoes         | <b>sesame seeds</b>    |
| blueberries         | <b>grapes</b>          | sour cream             |
| <b>broccoli</b>     | jalapeños              | <b>spicy pepitas</b>   |
| carrots             | <b>kalamata olives</b> | sunflower seeds        |
| <b>celery</b>       | mandarin oranges       | <b>sweet corn</b>      |

### 3. ADD 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 | jalapeño cilantro lime // V GF DF   | lemon tahini // V GF DF             |
| sweet basil vinaigrette // V GF DF    | fresh tomato vinaigrette // V GF DF | fig balsamic vinaigrette // V GF DF |
| creamy sriracha // GF                 | greek vinaigrette // V GF DF        | sesame ginger // V GF DF            |
| caesar // GF                          |                                     |                                     |

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

## MEALS TO SHARE

WHOLE ROTISSERIE CHICKEN . . . . .  
all natural chicken with Prima's poultry rub\*

FAMILY DINNER SERVES 3-4 . . . . .  
whole rotisserie chicken, 3 sharable sides, garden salad & dressing

SIDES . . . . . 16oz . . .  
brussels sprouts, sweet potatoes, roasted beets, cauliflower, rice