Deli Menu

1. Burgers, Panini’s, Pitas, Wraps
2. Sandwiches
3. Salads
4. Entree’s, Sushi
5. Raw Living Food, 16oz Soups
6. Organic Juice Bar
7. All Natural Shakes, Smoothies, Wheatgrass, Gingershots

Open 7 Days a Week!

Mon-Fri 7AM - Midnight
Sat 8AM - Midnight
Sun 9AM - Midnight

Juice Bar Hours
Mon-Fri 7:30AM - 10PM
Sat 8:30AM - 10PM    Sun 9:30AM - 10PM
BURGERS
CHICKEN BURGER DELUXE
GRILLED TURKEY CHEDDAR BURGER DELUXE
VEGETABLE GARDEN BURGER DELUXE

PANINI’S
CHICKEN FAJITA PANINI
EGGPLANT PARM PANINI
VEGETARIAN PANINI

PITA’S
ROASTED RED PEPPER HUMMUS with TABOULE PITA

WRAPS
BALSAMIC CHICKEN WRAP
BLACK BEAN & QUINOA TORTILLA WRAPS
BUFFALO CHICKEN WRAP
CHICKEN FAJITA WRAP
CHICKEN GRILLED CEASAR WRAP
CHICKEN PARMAGIAN WRAP
CHICKEN with ROASTED PEPPERS & MOZERELLA WRAP
FONTINA TORTILLA WRAP
GRILLED CHICKEN SPINACH & FETA WRAP
GRILLED CHICKEN VEGETABLE WRAP
GRILLED VEGGIE WRAP
SESAME CHICKEN TORTILLA WRAP
SOUTHWEST CHICKEN WRAP
TERYAKI SESAME TORTILLA WRAP
TEXAS BBQ TORTILLA WRAP
TUNA WRAP
TURKEY CLUB WRAP
TURKEY MUENSTER DIJON WRAP
SANDWICHES
All sandwiches are made with Eli’s Bread, lettuce, tomato, alfalfa sprouts and mayo.

ALL NATURAL SANDWICHES
EGG SALAD SANDWICH
CHICKEN SALAD SANDWICH
CURRY CHICKEN SANDWICH
HONEY CHICKEN SALAD SANDWICH
HONEY FRUIT CHICKEN SALAD SANDWICH
HONEY MAPLE HAM & SWISS CHEESE SANDWICH
HONEY MUSTARD CHICKEN SALAD SANDWICH
PEANUT BUTTER & JELLY SANDWICH
ROAST BEEF SWISS CHEESE SANDWICH
ROASTED CHICKEN BREAST SANDWICH
ROASTED CHICKEN CHEDDAR SANDWICH
ROASTED CHICKEN MOZZARELLA SANDWICH
ROASTED CHICKEN SWISS SANDWICH
ROASTED TURKEY BREAST SANDWICH
ROASTED TURKEY CHEDDAR SANDWICH
ROASTED TURKEY MOZZARELLA SANDWICH
ROASTED TURKEY SWISS CHEESE SANDWICH
SALMON SALAD SANDWICH
SHRIMP SALAD SANDWICH
SMOKED CHICKEN BREAST SANDWICH
SMOKED TUNA SALAD SANDWICH
TUNA SALAD SANDWICH
TURKEY SALAD SANDWICH

VEGAN, VEGETARIAN SANDWICHES
VEGAN BBQ TOFU SALAD SANDWICH
VEGAN CHICKEN SALAD SANDWICH
VEGAN CHICKEN SOY CHEESE SANDWICH
VEGAN SPICY CHICKEN SALAD SANDWICH
VEGAN SUNDRIED TOMATO CHICKEN SALAD SANDWICH
VEGAN TOFU SALAD SANDWICH
VEGAN SPICY TOFU SALAD SANDWICH
VEGAN TURKEY SALAD SANDWICH
VEGAN SPICY TURKEY SALAD SANDWICH
VEGAN TURKEY SOY CHEESE SANDWICH
SALAD’S

All salad’s are prepared with fresh organic produce.

BALSAMIC ROSEMARY CHICKEN SALAD
green leaf lettuce, shredded parmesan cheese, rosemary, cherry tomato, bell & evans chicken breast, balsamic vinegar, canola oil, spices, croutons

BLUE LAGOON
green leaf lettuce, walnuts, dried sweetened cranberries, blueberries, blue cheese, cherry tomato

CHEF SALAD
green leaf lettuce, cheddar cheese, swiss cheese, applegate farms roasted chicken, hard boiled egg, cherry tomato

CHICKEN CUTLET with PARMESAN & CROUTONS
green leaf lettuce, shredded parmesan cheese, breaded chicken cutlet, croutons

COBB SALAD
green leaf lettuce, blue cheese, cucumber, egg, applegate farms roasted turkey

GREEK SALAD
green leaf lettuce, feta cheese, tomatoes, cucumbers, stuffed grape leaves

GREEN DELIGHT SALAD
green leaf lettuce, alfalfa sprouts, baby carrots, red bell pepper, red cabbage, cherry tomato

GRILLED CHICKEN SALAD
green leaf lettuce, shredded parmesan cheese, chicken breast, croutons

GRILLED ORANGE GINGER SALAD
green leaf lettuce, tomato, cucumbers, salmon, dressing (water, sugar, vinegar, soy sauce, orange, peel, ginger, xanthan gum, spice, less than 1/10 of 1% sodium benzoate)

HARVEST SALAD
green leaf lettuce, walnuts, dried sweetened cranberries, olives, feta cheese, cherry tomato

TUNA SALAD
green leaf lettuce, cucumber, tomato, tuna fish (tuna, mayo, onions, celery, lemon juice, pepper, salt)

WILD ALASKAN BAKED SALMON SALAD
green leaf lettuce, tomato, cucumbers, onion, lemon, salmon, marinade

KALE & CHICKPEA QUINOA SALAD
kale, chickpeas, quinoa, red onions, olive oil, lemon juice, vinegar, salt, pepper, spices

ORANGE LENTIL SALAD
lentils, beans, cranberries, orange mandarin, scallions, almonds, lemon juice, oil, spices

QUINOA SALAD
quinoa, scallions, celery, cranberries, carrots, vinegar, olive oil, spices

RED QUINOA CHICKPEA SALAD
red quinoa, chickpeas, scallions, celery, carrots, vinegar, olive oil, spices

RED QUINOA HEARTS OF PALM
red quinoa, hearts of palm, scallions, celery, carrots, vinegar, olive oil, spices

ROASTED EGGPLANT CHICKPEA SALAD
chickpeas, eggplant, yellow squash, green squash, carrots, parsley, scallions, lemon juice, vinegar, oil, spices

SPICY 3 BEAN SALAD
black beans, edamame beans, red beans, scallions, parsley, sliced almonds, lemon juice, olive oil, jalapeno, spices

SPINACH & FETA COUSCOUS
couscous, spinach, feta cheese, red cabbage, lemon juice, olive oil, dill, spices

CANTALOPE MELON CHUNKS

HONEYDEW MELON CHUNKS

PINEAPPLE CHUNKS

WATERMELON CHUNKS
VEGAN BUCKWHEAT SOBA NOODLES
VEGAN GARDEN PENNE PASTA
VEGAN PAD THAI & DUMPLINGS
VEGAN INGAPORE RICE NOODLES
VEGAN SZECHUAN WHOLE WHEAT NOODLES
VEGAN CHICKEN SPINACH DUMPLINGS
VEGAN GOURMET SPICY DUMPLINGS
VEGAN WHOLE WHEAT BLACK PEPPER CHICKEN LOMEIN
VEGAN WHOLE WHEAT SESAME NOODLES
VEGAN GOURMET PENNE PASTA
VEGETARIAN PESTO PENNE PASTA
VEGAN SINAGAPORE NOODLES with DUMPLINGS
VEGAN RAINBOW DUMPLINGS
(SPINACH, SHANGHAI & GOURMET DUMPLINGS)
VEGAN THAI COMBO
(PAD THAI, THAI DUMPLINGS, CURRY CHICKEN)
VEGAN SZECHUAN COMBO DUMPLINGS
(SZECHUAN NOODLE, SPICY DUMPLING, SPICY CHICKEN)
VEGAN THAI DUMPLINGS (GLUTEN FREE)
VEGAN TOKYO COMBO (BUCKWHEAT SOBA, DUMPLINGS, SEAWEED)

SUSHI

All Sushi is prepared with brown rice nori

BOSTON ROLL
organic brown rice, organic cucumber, organic avocado, nori, sesame seeds, lite mayo, lettuce, shrimp

CALIFORNIA ROLL
organic brown rice, sushi rice vinegar, brown sugar, nori, sesame seed, cucumber, crab meat, ginger, wasabi

COMBO ROLL
organic brown rice, vinegar, brown sugar, nori, sesame seeds, spinach, carrot, ginger, wasabi, salmon, tuna, shrimp, crab meat

CUCUMBER ROLL
organic brown rice, organic cucumber, organic avocado, nori, sesame seeds

DRAGON ROLL
organic brown rice, sushi rice vinegar, brown sugar, nori avocado, cucumber seaweed, sesame seeds, ginger, wasabi, imitation crab meat

MAKI COMBO ROLL
organic brown rice, sushi rice vinegar, brown sugar, nori, salmon, avocado, shiitake mushroom, carrots, cucumber, sesame seeds, ginger wasabi

MUSHROOM SUSHI ROLL
organic brown rice, sushi rice vinegar, brown sugar, nori, shiitake mushroom, carrot, avocado, sesame seeds, ginger, wasabi

RAINBOW ROLL
organic brown rice, sushi rice vinegar, brown sugar, nori, avocado, sesame seeds, cucumber, crab meat, salmon, white fish, ginger, wasabi

SALMON AVOCADO ROLL
organic brown rice, sushi rice vinegar, brown sugar, nori, avocado, salmon, sesame seeds, ginger, wasabi

SALMON ROLL
organic brown rice, sushi rice vinegar, nori, sesame seeds, salmon, ginger, wasabi

SWEET POTATO ROLL
organic brown rice, sushi rice vinegar, brown sugar, nori, sesame seeds, sweet potato, sweet mirin, ginger, wasabi

TUNA ROLL
organic brown rice, nori, tuna fish

VEGETABLE ROLL
organic brown rice, sushi rice vinegar, brown sugar, nori, avocado, carrots, cucumber, sesame seeds, ginger, wasabi

VEGETABLE COMBO ROLL
organic brown rice, sushi rice vinegar, nori, shiitake mushroom, avocado, carrot, cucumber, sesame seeds, ginger, wasabi
AVOCADO SALAD
BLACK BEAN SALAD
BEET SALAD
CURRY SEITAN with CHICKPEAS, POTATO and KALE
FLAXSEED PIZZA topped with tomatoes, raisins, basil, onions, garlic, peppers, and parsley
GREEK SALAD
GREEN KALE SALAD
JACKFRUIT with BROWN RICE and BLACK BEAN WRAP
MANGO AVOCADO SALAD
MISO SOUP 16oz
POTATO and BEET SALAD
QUINOA PILAF
SPICY PASTA with GRAIN MEAT SAUSAGE (GLUTEN FREE)
SPRING ROLL (4)
 TOMATO AVOCADO SALAD
WILD RICE with VEGETABLES & CRANBERRIES

RAW BEVERAGE
ALMOND IRIS MOSS 16oz
COCONUT IRISH MOSS 16oz
LEMON GINGER SPLASH 16oz
SOURSORP 16oz
100% ORGANIC WATERMELON JUICE 16oz

16OZ READY-TO-HEAT SOUPS
CARIBBEAN JERK CHICKEN
CARROT GINGER
CHICKEN NOODLE
CHICKEN STEW
GRILLED CHICKEN CORN CHOWDER
LENTILS
MARYLAND VEGETABLE CRAB
NEW ENGLAND CLAM CHOWDER
TOMATO GARDEN VEGETABLE
ORGANIC SPLIT PEA & KALE
ROASTED VEGETABLE
TURKEY BEAN CHILI
THREE BEAN CHILI
WHITE BEAN CHICKEN CHILI
WHITE BEAN ESCAROLE
#1 ONLY GREEN MIX
[ spinach, kale, celery, dandelion, cucumbers, parsley, collards ]

#2 BLOOD BUILDER
[ carrots, apple, beets, spinach, dandelion ]

#3 SWEET CHRISTINE
[ apple, grapefruit, beets, lemon, carrots ]

#4 CARROT JUICE
[ pure carrot puree ]

#5 THE GREEN SMILE
[ cucumber, celery, parsley, apple, lemon ]

#6 CLEANSER JUICE
[ carrots, apple, beets, lemon, ginger ]

#7 GREEN LEMONADE
[ celery, kale, apple, lemon, ginger ]

#8 ALL ‘C’ JUICE
[ grapefruit, lemon, ginger, bell pepper, garlic, orange ]

#9 SPICY PARADISE
[ apple, lemon, lime, pineapple, cilantro, spinach, cayenne pepper ]

#10 INNER CLEANSE
[ apple, grapefruit, lemon, beets, cayenne pepper ]

#11 GRAPEFRUIT JUICE
[ pure grapefruit juice ]

#12 MINERAL MADNESS
[ carrots, celery, apple, parsley, spinach, lemon ]

#13 SNEEZE-AT-EASE
[ apple, beets, parsley, lemon, celery, ginger, neem extract ]

#14 ALKALINE BUILDER
[ spinach, cucumber, celery, carrots, apple ]

#15 DEE’S CILANTRO LEMONADE
[ apple, lemon, lime, cilantro, celery, spinach ]
ALL NATURAL SHAKES & SMOOTHIES

1 young coconut is added to SELECT shakes. For additional coconuts to be added to your shake regular price of coconut will be charged.

#16 GREEN NUT SHAKE
[ green raw power, goji berries, cacao powder, almond butter, cinnamon, choice of milk (almond, hemp or rice) ]

#17 COCO ALMOND BUTTER SHAKE
[ 1 scoop of almond butter, 1 coconut meat, coconut water ]

#18 QUEEN BEE SHAKE
[ almond butter, banana, spirulina, bee pollen, choice of milk (almond, hemp or rice) ]

#19 COCO PEANUT BUTTER SHAKE
[ 2 scoop of honey roasted peanut butter, 1 coconut meat, coconut water ]

#20 ARIEL’S TROPICAL COCONUT SHAKE
[ 1 coconut meat, coconut water, spirulina, strawberries, blueberries, banana, bee pollen ]

#21 STAMINA SHAKE
[ maca powder, vitality extract, banana, honey roasted peanut butter, cinnamon, choice of milk (almond, hemp or rice) ]

#22 COCONUT SHAKE
[ 1 coconut meat and coconut water blended]

#23 ALMOND GINGER BLAST SMOOTHIE
[ almond butter, cacao powder, ginger, banana, choice of milk ( almond, hemp or rice), ice ]

#24 CHAMPION BREAKFAST SHAKE
[ almond butter, cacao powder, ginger, banana, choice of milk ( almond, hemp or rice), ice ]

#25 SPICE-MAN SMOOTHIE
[ organic lakewood cold pressed pineapple juice, banana, cinnamon, cayenne pepper, ice ]

ALL SHAKES AND SMOOTHIES ARE CUSTOMIZED—"THERE ARE NO SUBSTITUTIONS"
You can add extra ingredients for an additional charge: price varies

CHOICE OF SHOTS

2 OZ PURE GINGER

2 OZ GINGER SPICE
ginger, lemon,
cayenne, turmeric

1 OZ or 2 OZ PURE WHEATGRASS