

EATS & SWEETS



SIGNATURE SANDWICHES

balsamic chicken caprese 620 cal	9.99
pimento cheese BLT 780 cal	8.99 *
phoenix club 680 cal	8.99 *
steepd chicken salad 400 cal	8.99 *

BOWLS

chicken pesto 830 cal	9.99 *
harvest bowl 680 cal	8.99 *
açaí bowl 450 cal	11.95
açaí puree, strawberry, banana, chia seeds, coconut flakes, honey, pyramid salt	

SIDES

Carolina Kettle Chips	1.99
house-made pasta salad	8.99

*eligible for Meal Exchange

PASTRIES

plain croissant 350 cal	3.99 *
chocolate-hazelnut croissant 500 cal	5.99 *
strawberry scone	3.99 *
blueberry iced scone	3.99 *
banana nut muffin (vegan)	4.49 *
blueberry crumble muffin	4.49 *



All pastries & desserts are scratch-baked
by **Bondi's Bakery** – Burlington, NC

DESSERTS

warm cinnamon bun	5.49 *
oatmeal crème pie	5.49 *
giant chocolate chip cookie	3.99 *
chocolate chess pie	5.99 *

DRINKS



TEA 0-10 cal

	12oz	16oz
Finnigan's Wakeup	2.99 *	3.49
Cocoa Maté	2.99 *	3.49
CPR (caffeine free)	2.99 *	3.49
Green Peace	2.99 *	3.49
Jamie's Grey	2.99 *	3.49
Peachy Keen	2.99 *	3.49
Strawberry Summer (caffeine free)	2.99 *	3.49
Jade Oolong	3.49 *	3.99
Nepalese Green	3.49 *	3.99
Himalayan Black	3.49 *	3.99
Chad's Original Black Chai	3.49 *	3.99
Chad's Red Chai (caffeine free)	3.49 *	3.99

*eligible for Meal Exchange



ICED TEA

	12oz	16oz
Himalayan Black	3.99 *	4.99
Peachy Keen	3.99 *	4.99
Strawberry Summer (caffeine free)	3.99 *	4.99

LATTE (hot or iced)

Option of oat milk, almond milk or whole milk	12oz	16oz
Chad's Black Chai 100-1400 cal	4.49	4.99
Matcha Latte 190-280 cal	6.49	6.99

MEAL EXCHANGE = ELIGIBLE MENU ITEM + 12OZ TEA

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information is available upon request. Nutrition information is calculated based on our standard recipes. Our products may be customized, therefore exact information may vary.