

# MENU

## AVOTIZERS

**TROPICAL GUAC** ..... \$8.99

Freshly made daily, our creamy guacamole is packed with flavor. Served with crunchy lightly seasoned tortilla chips.

**SWEET CHILI COCONUT SHRIMP BOMBS (8)** ..... \$9.99

Delicious bites that combine our perfectly marinated and glazed shrimp, seasoned smashed avocado, in a crunchy multi-grain tortilla scoop.



**AVOCADO PESTO FLATBREAD** ..... \$8.49

Grilled low carb whole wheat flatbread, topped with pesto sauce, avocado slices, grilled red onions, feta cheese, finished off with avocado cilantro sauce. Add chicken for \$2.99, steak or shrimp for \$4.99.

## POWER BRUNCH TOASTS

**MORNING PUMP** ..... \$7.99

Multigrain organic toast, smashed avocado, canadian bacon, fat free cheddar cheese, poached egg, inside an avocado slice spiral.

**RED SPARK** ..... 5.99

Multigrain organic toast, smashed avocado, cherry tomatoes, fresh basil, and balsamic wine vinegar.

## AVOKETO (STUFFED AVOCADO WITH KETO FRIENDLY INGREDIENTS)



**SPICY CRAB** ..... \$11.99

Made in house fresh spicy crab salad topped with panko crumbs.

**STEAK AND CHEESE** ..... \$12.99

Steak, diced sweet onions, peppers, sharp provolone cheese, and avocado lime aioli.

**CAPRESE MOZZARELLA** ..... \$8.99

Mozzarella pearls, cherry tomatoes, pesto sauce, basil and balsamic vinegar.

## AVO-CRUNCH

Avocado slice spiral stuffed with your choice of protein or veggies on top of a crunchy grilled gluten free arepa (corn cake), seasoned smashed avocado, finished with avocado lime aioli.

**MOJO GRILLED CHICKEN** ..... \$12.49

**TOP SIRLOIN STEAK OR SHRIMP** ..... \$13.99

**SPICY CRAB OR HUMMUS (V)** ..... \$14.99

**TOMATOES, ONIONS & PEPPERS (V)** ..... \$14.99

**SURF AND TURF  
(STEAK AND SHRIMP OR CRAB)** ..... \$14.99

**TRIPLETA  
(CHICKEN, STEAK AND SHRIMP OR CRAB)** ..... \$15.99



## IT'S A WRAP

**CHICKEN BACON BLUE** ..... \$9.99

Green spinach wrap, mojo grilled chicken, avocado slices, bacon bits, blue cheese crumbles, avocado lime aioli.

**STEAK AND CHEESE** ..... \$12.99

Green spinach wrap, top sirloin, red onions, green peppers, provolone, avocado, creamy garlic aioli sauce.

**VEGAN HUMMUS** ..... \$9.49

Green spinach wrap, homemade avocado hummus, green lettuce, tomatoes, red onions, avocado cilantro sauce.

## SALADS

**STACKED COBB** ..... \$11.99

Romaine lettuce, baby spinach, basil, tomatoes, chicken breast, hard boiled eggs, avocado, blue cheese, turkey bacon, topped off with avocado light dressing.

**GREEK AVO** ..... \$11.75

Romaine lettuce, tomatoes, onions, olives, chicken breast, avocado, feta cheese, and light balsamic vinaigrette served with low carb whole wheat pita bread.



## PURE ENERGY SMOOTHIES

**MEAN LIME GREEN** ..... \$6.49

Avocado, green apple, fresh mint, almond milk lime juice.

**GUAVOMAMA** ..... \$6.99

Avocado, Guava, lime juice, almond milk.

**COCOLOCO** ..... \$6.99

Avocado, coconut cream, pineapple, almond milk.

**MANGOCADO** ..... \$6.75

Avocado, mango, almond milk, lime juice.

## GUILT FREE DESSERT

**AVOCOLADA POP** ..... \$2.99

Refreshing cold treat made with all natural ingredients; coconut milk, avocado, coconut flakes and pineapple chunks.

**CADOMISU** ..... \$4.99

Italian favorite, avocado infused coffee-flavored dessert.

**TRES LECHES VERDE** ..... \$4.99

Delicious moist cake with strawberry filling, smooth whipped icing and pecans on the sides, plus fresh green coconut matcha tea sprinkled on the top.

**CHEESECADO** ..... \$4.99

New York Style cheesecake made with real Wisconsin cream cheese, low sugar caramel drizzle and avo whipped cream.

## DRINKS

Coke, Diet Coke, Sprite, Bottled Water, Malta, Lipton Green Tea, Cola Champagne, Hawaiian Punch.

\*Most of our dishes are seasoned with pink himalayan salt, peppercorn medley and Extra Virgin Olive Oil (EVOO) for that extra punch of flavor. We use low fat or fat free ingredients in all of our dishes, sauces and dressings.

