

— CHOOSE TWO —

\$ 7.50

TWO CRACKERS

tuna, egg & olive, pimento cheese, curry chicken, avocado

1/2 SANDWICH

turkey, avocado, fran's chicken salad, curry chicken salad, tuna salad, egg & olive salad, pimento cheese

8 OZ OF SOUP

vegetable beef stew, creamy tomato basil, southwestern tortilla, charro beans

HOUSE SALAD

— BEVERAGES —

12 OZ \$1.95

16 OZ \$2.45

UNSWEETENED ICE TEA

RED ZINGER TEA

GREEN TEA

HIBISCUS TEA

DETOX WATER \$1.00

PARADISE SMOOTHIE \$3.95

mango + pineapple + coconut milk + greek yogurt

BERRYOXIDENT \$3.95

strawberries + blackberries + blueberries + almond milk + greek yogurt

FUNKY MONKEY \$3.95

pb2 powder + coco + bananas

— BREAKFAST —

BREAKFAST TACO \$3.50 EA

whole wheat tortilla or gluten free corn tortilla + organic free range eggs + cheddar or queso fresco + skillet potatoes or turkey bacon or veggies + tomatillo or salsa

MIGAS \$6.95

organic free range eggs + peppers + corn tortillas + house made turkey chorizo or turkey bacon + pico de gallo + queso fresco + avocado

WHOLE WHEAT BISCUITS ala carte \$3.95

2 buttermilk biscuits

-add eggs + turkey bacon or potatoes \$7.95

WHOLE WHEAT PANCAKES ala carte \$4.95

3 whole wheat pancakes + berry compote or maple syrup

- add eggs + turkey bacon or potatoes \$7.95

BANANA BREAD FRENCH TOAST \$7.95

house made banana bread + maple syrup + fresh fruit + 2 turkey bacon or 2 eggs

OATMEAL \$3.95

gluten free + organic rolled oats + flaxseed + chia seeds

PARFAIT \$4.95

greek yogurt + house sugar-free granola + fruit

FRUIT BOWL \$2.95

MUFFINS \$1.95

COFFEE \$1.95



211 Shelley Dr Tyler, TX 75701

903.561.5329

Store Hours M-F 9 a.m - 5 p.m
Eatery Hours M-F 7 a.m - 2 p.m

— SALADS —

SALAD BAR \$10.95

HOUSE SALAD \$5.95

leaf lettuce + cabbage + organic alfalfa sprouts + cherry tomatoes + roasted sunflower seeds + house vinaigrette

-add grilled chicken \$3.00

-add grilled shrimp \$4.00

SOUTHWESTERN CHOPPED \$9.95

grilled chicken + organic mixed greens + corn and black beans + queso fresco + dressing of your choice

ROSE CITY SALAD \$9.95

grilled chicken + organic mixed greens + honey roasted almonds + dried cranberries + gorgonzola cheese + dressing of choice

— SOUPS —

8 oz \$3.95

12 oz \$5.95

VEGETABLE BEEF STEW
CREAMY TOMATO BASIL
SOUTHWESTERN TORTILLA
CHARRO BEANS

— THE “SKINNY” —

\$8.95

3 ak mak crackers + choice of spreads + house salad or cup of soup

-substitute for salad bar \$10.95

EGG & OLIVE
PIMENTO CHEESE
TUNA
CURRY CHICKEN

— THE “SCOOP” —

\$8.95

scoop of spread + house salad or cup of soup

-substitute for salad bar \$10.95

— SANDWICHES —

add avocado \$1

TURKEY \$5.95

multi-grain bread + oven roasted turkey + tomato + lettuce + purple onion

AVOCADO \$6.95

multi-grain bread + avocado + organic alfalfa sprouts + spike + cayenne

FRANS CHICKEN SALAD \$5.95

multi-grain bread + chicken + grapes + celery + almonds + mayo + lettuce + tomato

CURRY CHICKEN SALAD \$5.95

organic Shiloh Farms® 7 grain bread + chicken + celery + pineapple + curry + purple onion + mayo + lettuce + tomato

TUNA SALAD \$5.95

organic Shiloh Farms® 7 grain bread + tuna + celery + parsley + mayo + lettuce + tomato

EGG & OLIVE SALAD \$5.95

organic Shiloh Farms® 7 grain bread + egg + green olives + parsley + spike + mayo

PIMENTO CHEESE \$5.95

organic Shiloh Farms® 7 grain bread + pimento + cheddar cheese + cayenne + paprika + mayo

GRILLED CHEESE \$4.95

multi-grain bread + cheddar or pepper-jack cheese

TUNA MELT \$6.95

organic Shiloh Farms® 7 grain bread + tuna salad + cheddar cheese + organic alfalfa sprouts + tomatoes

PB & HONEY \$4.95

local honey + organic peanut butter

— HOUSE SPECIALS —

SALMON CROQUETTE ala carte \$5.95
fresh baked salmon + organic Shiloh Farms® 7 grain bread crumbs + eggs + fat-free milk + parsley + purple onion + spices

-house salad or cup of soup \$8.95

-add salad bar \$10.95

QUICHE OF THE DAY ala carte \$5.95

flaky crust + vegetables + cheeses + egg + milk

-house salad or cup of soup \$8.95

-add salad bar \$10.95

SRIRACHA LIME TURKEY BURGER \$8.95

6 oz ground turkey burger + sriracha sauce + lime + cilantro + lettuce + tomato + purple onion + avocado + pepper-jack cheese + whole wheat bun + chips or fruit cup

— SOUTHWESTERN DISHES —

ENCHILADAS ala carte \$5.95

baked chicken + corn tortillas + house made tomatillo sauce + cheddar cheese + spices

-house salad or cup of soup \$8.95

-add salad bar \$10.95

QUESADILLA GRANDE ala carte \$5.95

chicken or veggie + cheddar cheese + house made pico

-house salad or cup of soup \$8.95

-add salad bar \$10.95

GRILLED CHICKEN TACOS \$9.95

grilled chicken + cabbage + queso fresco + pico + charro beans

GRILLED SHRIMP TACOS \$10.95

grilled shrimp + cabbage + queso fresco + pico + chiptole + charro beans