

# SALADBOWLS

🔃 SESAME SURPRISE SALAD

sesame encrusted salmon, chickpea 'croutons', mixed greens, tricolor heirloom tomatoes, hearts of palm, avocado, RR creamy garlic dressing

# MACRO COBB SALAD

broiled salmon, tri-color quinoa, hard boiled eggs, avocado, cherry tomatoes, kale + mixed greens, RR honey mustard dressing

## 🔃 LEMON DIJON MUSHROOM SALAD

balsamic shiitake mushrooms, portabella chips, tri-color quinoa, watermelon radish, slivered almonds, sheep feta cheese, baby arugula, RR lemon dijon dressing

# RAINBOW HEALTH BOWL

char-grilled mini peppers, portabella mushrooms, romaine lettuce, shredded beets, shredded carrots, organic quinoa, cheese "croutons", herbed Greek yogurt dressing

#### WARM MUSHROOM BOWL

shiitake mushrooms, green beans and, red onions; romaine lettuce, cherry tomatoes, walnuts, feta cheese, soya dressing

# GREATBEGINNINGS

## **NEW! GUACAMOLE CHIP PLATTER**

corn tortillas, guacamole, arabian salad, add: flaked fish +\$4

### **NEW! PANZEROTTI**

15

18

crispy buttery filled sticks served with parmesan dipping sauce flavors available: spicy olive & jalapeno cheese

#### **NEW! SWEET PEPPER BITES**

15

crispy dough, sweet pepper jam, smoked gouda served with parmesan dipping sauce

**CAULIFLOWER POPPERS** 18 crispy tempura coated cauliflower, sticky & spicy buffalo sauce, honey mustard dipping sauce

### **EMPANADAS**

15

crispy butter dough pockets, deep fried. stuffing choice: cheesy spinach, buttery mushroom, pizza

# **GARLIC BOMBS**

crispy butter dough, melted cheese, deep fried, herbed garlic coulis, marinara dipping sauce

### **MOZZARELLA COILS**

15 crispy butter dough, melted mozzarella cheese, deep fried, marinara and blooming dipping sauces





Skinny - Sugar free

ALLERGY ALERT: Please be aware that our food may contain or come in contact with common allergens such as dairy, eggs, soybeans, tree nuts, peanuts, fish, or wheat. All Gluten free ingredients are processed on gluten & grain equipment.

# LUNCHMENU

#### **NEW! SPINACH STUFFED SALMON**

salmon, feta cheese, parmesan cheese, mozzarella cheese, creamed spinach, choice of fish sides

**NEW!** COCONUT AMINOS SALMON

26

norwegian salmon, coconut aminos, RR creamy dressing, sesame seeds, choice of fish sides

fish sides options: home fries, quinoa, sweet potato fries, israeli salad, house salad, roasted peppers

**NEW! PENNE ALLA VODKA** penne, pink cream sauce, parmesan cheese 19

**NEW! FETTUCCINE ALFREDO** fettuccine, white alfredo sauce, parsley

19

18

20

18

18

**NEW! BAKED ZITI** penne, marinara sauce, shredded cheese 19

**NEW! EGGPLANT BALLS** 

eggplant balls, marinara sauce, parsley, cilantro, basil

**NEW!** FALAFEL SALAD PIZZA 22

gluten free crust, romaine lettuce, Israeli salad, sour pickles, RR falafel balls, tahini drizzle, (bracha hamotzi)

# **BAKED 'SITTY' SOUASH**

spaghetti squash 'noodles', chunky marinara, sheep feta cheese NEW! choice of: mushroom onion, pizza

# **DECONSTRUCTED QUINOA BURGER**

quinoa burger 'buns', fresh tomato, avocado, lettuce, choice of: RR spicy onion dip or RR tuna

## **EGGPLANT PARMESAN**

breaded eggplant, marinara sauce, exclusive cheese blend

#### 20 **GNOCCHI**

pan seared tender potato dumplings, bianca sauce, NEW! choice of: creamed spinach, wild mushroom

#### **GOURMET QUESADILLAS** grilled wrap, exclusive cheese blend

filling choice: mushroom onion, egg & cheese, grilled vegetables, eggplant parm, avocado, pizza, tuna melt

#### **GRILLED PANINIS** 14

grilled baquette, pizza sauce, exclusive cheese blend, filling choice: mushroom, pizza, tuna, grilled veggies, eggplant parm

# ROASTED VEGETABLE MELT

julienne medley of: carrots, zucchini, peppers, onions, cheese blend

14

9 PIZZA BAGEL

#### HJ handcrafted bagels, pizza sauce, exclusive cheese blend with choice of: pizza, tuna melt, eggplant

7.50 hot fresh daily, check for availability, self serve at soup station

# 6.50

choice of: classic, spicy, sweet potato, mixed

#### 15/17 **CLASSIC AMERICAN PIZZETTE**

each additional topping + \$1.25

roasted tomato sauce, three cheese blend

Available on: sourdough crust (bracha mezonos) or on Rorie's gluten free crust (bracha hamotzi)







available in skinny/also available in decaf
iced Passion Nana Tea nana tea, passion and peach tea, lemonade, fresh lemons, lightly sweetened
CHUNKY CARAMEL JREAM 7.50 caramels, dairy caramel sauce, milk, blended ice
SUMMER S'MORES JREAM 7.50 dairy caramel sauce, lotus cream, chocolate chips, milk, blended ice
ELECTROLYTE DRINK freshly squeezed lemon and orange, raw honey, himalayan pine cubes. powerful electrolyte drink that's high in vitamin C, potassium, magnesium, & other trace minerals
LEMON EXPLOSION ICEE 7 freshly squeezed zesty lemon juice, blueberries, lightly sweetened, blended ice
STRAWBERRY LIMEADE 5 strawberries, tart lime, lightly sweetened, blended ice (80 cals)
COLLAGEN WHIPPED COFFEE 8.50 espresso, almond milk, maple syrup, ice cubes. Superpowers in a cup. with proteins to keep you satiated, plus improve your skin elasticity, good for your bone density, and improve joint pain
NEW! SEVENTH HEAVEN CLUSTER  peanut butter, milk chocolate nuggets, chewy caramels, peanut clusters, ice cream, whipped cream
WICKED CLUSTER caramel, praline bits, ice cream, milk chocolate nuggets, whipped cream
CLOUD9 CLUSTER caramel sauce, nougat, ice cream, milk chocolate nuggets, whipped cream
COFFEE KICK CLUSTER 10 bold espresso, ice cream, milk chocolate nuggets, whipped cream
TOFFEE JAVA 8.50
espresso, ice cream, toffee flavor, blended, whipped cream
CREMEOS ice cream, milk, whipped cream flavors available: pinkalicious, rocky peanut, cookies & cream, cream puff, vanilla, chocolate, or mixed
SKINNY JAVA 7
espresso, blended ice, skim milk, homemade sugar free low calorie syrup
FRAPPES espresso, blended ice, milk, whipped cream add a flavor: caramel, french vanilla, mocha, hazelnut
FROSTERS (No Espresso) blended ice, milk, whipped cream. available in: praline, double chocolate
FRUTEOS 8 blended ice, base, fruit puree concentrate, sweetener, whipped cream flavors avail: strawberry, mango, tropical blend. bases avail: milk, water, orange juice

ON THE ROCKS

espresso, ice cubes, milk, whipped cream.

add a flavor: iced latte, iced mocha, iced caramel macchiato, iced

chocolate (no espresso), iced americano (served black)

HOTCUPS	
available in skinny - available in decaf	
CINNAMON ROLL LATTE 6 espresso, steamed foamed milk, cinnamon, cream cheese frosting	50 9
SALTED CARAMEL LATTE espresso, steamed foamed milk, dairy caramel sauce, sea salt	50
MOCHA espresso, steamed foamed milk, dairy chocolate sauce	50
CARAMEL MACCHIATO espresso, steamed foamed milk, dairy caramel sauce	50
SKINNY MUD  espresso, steamed skim milk, sugar free low calorie mocha sauce	50
Espresso, steamed micro foamed milk. add a flavor: caramel, frer vanilla & hazelnut	50 nch
SWISS CHOCOLATE MELT steamed foamed milk, swiss chocolate. available in milk or whichocolate	7 nite
HOT COCOA steamed foamed milk, cocoa powder, sugar	5
BREAKFASTMENU	
<b>NEW! BREAKFAST BURRITO</b> omelet, shredded cheese, shakshuka sauce, home fries, wrap	12

**BREAKFAST EXPRESS** 

SPECIALTY OMELET

health, spanish, HJ scrambled

**CREATE YOUR OWN OMELET** 

RR dressing

**SHAKSHUKA** 

5.50/6

BREAKFAST POWER BOWL

+ herb dressing, gluten free bagel (bracha hamotzi)

israeli salsa, three sunny side ups, bread choice

steamed foamed milk, swiss chocolate. available in milk o chocolate	r white	bread option your choice
HOT COCOA steamed foamed milk, cocoa powder, sugar	5	SANDWICHES includes up to 4 toppings.
BREAKFASTMENU		available on bagel & whole grain bread, wrap/baguette & croissant +\$1
NEW! BREAKFAST BURRITO omelet, shredded cheese, shakshuka sauce, home fries, wrap	12	sourdough bread +\$1.75 available in spelt and wheat +\$1.25
NEW! MORNING CIGARS	14	NEW! LOX CROISSANT 16 croissant, roasted garlic cream cheese, sliced lox, pickled onion, capers
spinach scrambled egg, guacamole, mini soft corn tortilla, dressing	creamy	NEW! GRILLED PEPPER TOAST 16 sourdough bread, roasted garlic cream cheese, roasted sweet pepper
NEW! DAIRY HASH BROWNS home fries, bianca sauce, shredded cheese	12	& onion, arugula
SPINACH EGG FLORENTINE baked sweet potato, buttery scrambled eggs, fresh spinach, sl	18 neep	NEW! AVOCADO TOAST 36 sourdough bread, guacamole, pickled onions, tri-color cherry tomatoes, sheep feta, arugula, optional add: sunny side up +\$2.50
feta cheese, hollandaise sauce  RORIE'S BREAKFAST SPECIAL  veggie omlet, gluten free bagel, (bracha hamotzi) small leaf	17 y salad,	TUNA SANDWICH available in classic tuna, scallion tuna, vegetable tuna, spicy tuna or Rorie's tuna

**BUTTER SANDWICH** 

17

18

11.50

8.50

GRAIN FREE PANCAKES

three homemade fluffy pancakes.

FRIED EGG SANDWICH

**BREAKFAST YOUR WAY** 

**HOBO SANDWICH** 

**EGG & CHEESE QUESADILLA** 

SUNRISE CROISSANT SANDWICH

egg omelette, bread choice, vegetable toppings

authentic Hungarian style, self serve at soup station

fried egg omelette, home fries, bread choice

shehakol)

guacamole

**PANCAKES** 

three pancakes, hazelnut drizzle, berry coulis dipping sauce (bracha

available in: classic, delinut swirl, cinnamon roll, blueberry, chocolate chip

grilled wrap, creamy scrambled eggs, melted cheese, side of

toasted french croissant, butter, egg omelette, tomatoes, american cheese

three scoops spreads your choice, two chopped salads your choice,



available in classic butter, garlic butter + .50 each topping

15

11/12

9.50

8.50

14

4.50

8



tri-color guinoa, leafy greens, fresh veggies, 2 sunny side ups, balsamic

includes; bagel + eggs + coffee; choice of home fries, salad, or both

omelettes made to order with three farm fresh eggs, bread choice,

made with three farm fresh eggs, bread choice, each additional

filling combo options: green spinach, mushroom onion, greek,