



103 S. Norris St, Jamestown, TN 38556  
931-310-5287

## **Sandwiches**

**Orange Cranberry**

**Chicken Sandwich- \$4.50+tax**

(Sourdough Bread, Chicken, Orange, Cranberry, Poppy seeds, Almonds, Mayonnaise)

**Turkey Sandwich- \$4.50+tax**

(Sourdough Bread, Turkey, Lettuce, Tomato, Onion, Mayonnaise)

**Grilled Roasted Chicken or Grilled Turkey Sandwich-**

Roman Lettuce, Tomato, purple onion, avocado,

**Wraps-\$4.50 +tax**

**Veggie Spinach Wrap-** Spinach, Tomato, Onion, Cucumber, avocado, Carrots, swiss cheese, tomato Basil dressing

**Chicken or Turkey Wrap-**Roman Lettuce, Tomato, Onion, avocado, tomato basil dressing

**Salads-** served with Wasa cracker w/cream cheese spread

**Spinach Greek Salad- \$4.00+tax**

(Spinach, Feta Cheese, Black Olives, Banana Peppers, Purple Onion, Tomatoes, Cucumbers, Greek Dressing)

**Protein Shakes +tax**

**Veggie Protein Shake- \$6.00**

(Spinach, Almond Milk, Peanut Butter, Banana, Cinnamon, Plant bases protein powder)

**Blueberry Protein Shake- \$6.00**

(Blueberry, Oatmeal, Granola, Almond Milk, Banana, Chia seeds, Cinnamon)

**Peanut Butter Oats Protein Shake- \$6.00**

(Almond Milk, Oats, Banana, Peanut Butter)

**Bowls Acai Bowl- \$5.50+tax**

Base: Acai, Blueberry, Banana, Strawberry

Toppings: Granola, Almonds, Strawberry, Chia Seeds

**Yogurt Bowl- \$5.00**

Plain  
Yogurt,  
Grapes,



Blueberry, Banana, Strawberry, Granola, Chia  
Seeds, Honey

**Smoothies- \$5.00+tax**

Strawberry Banana      Mango Berry

Strawberry Mango      Pineapple Mango

Strawberry Peach      Pineapple

Peach      Strawberry

Berry Detox

Cali-Flow(peach/pineapple)

Go Crazy (peach, pineapple, strawberries, mango)

**Green Juice-\$6**

(Spinach, Kale, Strawberries, Apples, Banana)

**Add On/Extras-\$.50**

Granola

Honey

Spinach/Kale

***Fruit Bowls-\$5.00***

Orange, Strawberries, blueberries, grapes,  
mango,

*Bread*

*Oats*

*Almonds*

*Fruit*

*Meat*

*Wasa Cracker*

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*Curb Side Available*

*Free Delivery to our  
local business's*