



Monday-Friday
7am-4:30pm
Saturday 8am-1pm

BREAKFAST NOOK

Kolaches \$2.50

sausage & cheese or with jalapenos

Omelette Bomb \$3

egg, spinach, feta & tomatoes or
egg, ham, bell pepper & cheddar

Biscuits

•Plain sausage biscuit **\$3.75** + cheese .50

•Scrambled eggs, cheddar +1 protein **\$5**
bacon, ham or sausage

Wrap/Sandwich/Bowl \$9

scrambled eggs, cheddar +1 protein

•bacon, ham or sausage
add any veggies of your choice

THE WRAP STATION

whole wheat or spinach wrap

Grilled Chicken \$10

chicken, spinach, mozzarella, cheddar &
Vidalia onion dressing

Mediterranean Melt \$10

chicken, spinach, mozzarella, feta cheese,
sun dried tomatoes, jalapeños & Vidalia onion dressing

Feta & Tomato \$11

feta & mozzarella, chicken, sun-dried tomatoes, spinach,
black olives & onion dressing

South Of The Border \$10

chicken, black olives, jalapeños, bell pepper,
cheddar & enchilada sauce

Turkey Bacon Ranch \$11

turkey, bacon, pepperjack, lettuce, tomatoes & ranch

THE SANDWICH STATION

your choice of fresh baked breads & toppings

Chicken Salad \$10 BLT \$10

Traditional Turkey or Ham \$9

Club Trio ham, turkey & bacon \$11

Pickle Sandwich \$10 *keto*

Dill pickle as the bread & layered with turkey
or ham & your choice of toppings

Smothered Chicken \$12

marble rye bread, grilled chicken, bacon,
sautéed onions & mushrooms, mozzarella
& drizzled with chipotle mayo

On the Side

fruit cup \$2
chips \$1.50
cookie \$2.25

Dressings

Ranch, Honey Mustard,
Chipotle Mayo, Italian,
Caesar, Balsamic Vinaigrette,
Raspberry Vinaigrette

Drinks

Fountain & Bottled Coke products \$2.50

Bottled Water \$2

Fresh Raw Juices & Smoothies \$5 | \$9

(details on back)

SALAD'S THE LIMIT

iceberg • spinach • mixed

Summer Chicken \$11

chicken, fruit, pecans, raisins & cheddar

Strawberry Feta \$12

strawberries, feta, chicken & pecans

Southwest Cobb \$11

chicken, tomatoes, corn, cheddar & chipotle mayo

The Harvest \$11

ham, turkey, carrots, tomatoes & cheddar

Garden \$9

carrots, tomatoes, black olives & cheddar

The Frank \$10

chicken, carrots, black olives, tomatoes, pickles,
cheddar, purple onions

1105 Forsythe Ave. Monroe, LA 318-582-5350



daily harvest

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PROTEIN POWER BOWLS

Black Bean Burger Bowl \$10

black bean burger chopped on top of spinach + tomatoes & purple onions •P 12g •C 38g •F 9g

Grilled Chicken Bowl \$11

chicken, corn, black olives, sautéed onions & mushrooms, tomatoes, cheddar & drizzled with onion dressing
•P 33g •C 22g •F 27g

Smothered Chicken Bowl \$12

chicken, bacon, sautéed onions & mushrooms, mozzarella & drizzled with chipotle mayo •P 38g •C 13g •F 3g

Mediterranean Melt Bowl \$11

chicken, mozzarella, feta cheese, sun dried tomatoes, jalapeños, spinach & drizzled with onion dressing
•P 36g •C 24g •F 29g

CREPES

Monte Cristo \$12

chicken, ham, cheddar, powdered sugar, honey mustard + strawberry jam

Morning Crepe \$11

bacon, ham or sausage, scrambled eggs & cheddar

Tomato Basil \$9

fresh basil, tomatoes & mozzarella

Berries & Cream \$10

sweet cream cheese, strawberries, bananas & powdered sugar

Cinnamon Roll \$9

cinnamon sugar, sweet cream cheese, pecans & powdered sugar



The Vitality Lab 12oz \$5 20oz \$9

RAW JUICES

Plain Jane • carrots

Sweet Jane • carrots+apples

Better Red Than Dead • beets+carrots+celery

Emerald Garden • spinach+apples+carrots

Green Oasis • cucumber+spinach+apples

FRUIT SMOOTHIES

Strawberry Sunset • strawberry+banana

Blue Bayou • blueberry+banana

Tropical Blitz • apple+pineapple+banana

Berry Smash • strawberry+blueberry

Purple Passion • red grapes+banana

Nutella Berry Bliss • strawberry+banana+Nutella

plain strawberry or any fruit available also

BAKED GOODS

Muffins \$3.25 Cookies \$2.25 Brownies \$3 or \$18 pan Danishes \$5 or \$25 pan

Breads Wheat • White • Cranberry Pecan \$9

Challah long or round \$14 • vegan \$16

Cinnamon Swirl or Twist \$12 • Cheddar Jalapeño \$12

Flavored Loaves \$12

Carrot Cake, Blueberry, Apple Streusel, Zucchini Nut, Banana Nut etc

Pies \$30 (special order)

chocolate, lemon, key lime, apple, peach, sweet potato, pumpkin, pecan etc.





The Vitality Lab

Raw Juices & Smoothies

12oz \$5 • 20oz \$9

Pure Liquid Vitality

The Raw Juices are pressed to order using fresh vegetables & fruits. No added sugars, no preservatives-just the natural fuel your body craves!

Our refreshing Smoothies are blended to order using only 100% fresh, whole fruits. No preservatives or added sugars -just a splash of agave nectar for a touch of natural sweetness!



Raw Juices

Plain Jane• carrots

Sweet Jane• carrots+apples

Better Red Than Dead• beets+carrots+celery

Emerald Garden• spinach+apples+carrots

Green Oasis• cucumber+spinach+apples



Smoothies

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