

Parsley

303-893-7914

SANDWICH MENU

Hummus \$7.00 / \$4.80 for half

hummus with cucumber, organic tomato, organic red onion
we use organic Blue Moose red pepper hummus from Boulder

Caprese sandwich \$7.00 / \$4.80 for half

basil pesto, fresh mozzarella, organic tomato, organic lettuce

Arcadia \$7.00 / \$4.80 for half

basil pesto, marinated portabello mushrooms, marinated red peppers, goat cheese, organic lettuce

Tree hugger \$7.70 / \$5.10 for half

balsamic dressing, marinated artichokes, marinated red peppers, fresh mozzarella, organic lettuce

Lox and cream cheese \$10.40 / \$6.90 for half

salmon lox with dill cream cheese, capers, organic tomato, organic red onion

Lox and avocado \$10.70 / \$7.10 for half

salmon lox with guacamole, organic tomato, organic red onion
our guacamole includes organic avocados, organic tomatoes, lemon juice, cilantro, jalapeno peppers

Mediterranean tuna \$7.95 / \$5.20 for half

tuna with basil pesto, cucumber, organic tomato, organic red onion
our tuna includes, capers, kalamata olives, and an organic sun-dried tomato aioli with organic olive oil

Texture tuna \$7.95 / \$5.20 for half

tuna with chipotle aioli, cucumber, organic tomato, organic red onion
our texture tuna includes, organic ginger, organic miso, black sesame seed, and a red pepper aioli with sesame oil

Fig and brie turkey \$8.45 / \$5.75 for half

Applegate Farms roasted turkey with Croatian fig spread, fresh brie, organic lettuce

Tomato turkey \$7.70 / \$5.10 for half

Applegate Farms roasted turkey with tomato pesto, organic tomato (or sun-dried), organic provolone, organic lettuce

Red pepper turkey \$7.70 / \$5.10 for half

Applegate Farms roasted turkey with tomato pesto, roasted red peppers, organic provolone, organic lettuce

11th Avenue \$7.70 / \$5.10 for half

Applegate Farms roasted turkey with guacamole, organic tomato (or sun-dried), lettuce
Our guacamole includes organic avocados, organic tomatoes, lemon juice, cilantro, jalapeno peppers

The Cherokee \$7.70 / \$5.10 for half

Applegate turkey with chipotle aioli, pepper jack cheese, organic tomato (or sun-dried), roasted green chilies

Roast beef and cream cheese \$7.95 / \$5.20 for half

Applegate Farms roast beef with cream cheese, organic black olives, organic tomato, organic red onion, lettuce

Roast beef and tomato \$7.95 / \$5.20 for half

Applegate Farms roast beef with tomato pesto, organic tomato (or sun-dried), provolone, organic red onion

Ranch style \$8.35 / \$4.90 for half

Applegate Farms roast beef with horseradish mayo, provolone, roasted red peppers, organic red onion, lettuce

SALAD MENU

Colorado salad \$5.70

mixed greens, blue corn chips, guacamole, organic tomatoes, organic red onion

Caprese salad \$5.70

basil pesto, fresh mozzarella, organic tomato, kalamata olives, fresh basil

Garden salad \$5.45

organic mixed greens, organic tomatoes, organic cucumber, carrots, organic red onion

Spinach salad \$5.70

organic spinach, granny smith apples, organic walnuts, fresh mozzarella

Turkey spinach \$7.20

Organic spinach, organic apple, organic walnuts, fresh mozzarella and Applegate farms turkey

Mediterranean tuna salad \$7.20

Tuna, mixed greens, provolone, organic tomato, organic red onion

Our tuna includes organic sun-dried tomato, green onion, capers, mayo (canola), kalamata olives, and organic olive oil

Texture tuna salad \$7.20

Tuna, mixed greens, goat cheese, organic tomato, organic red onion

Our texture tuna includes organic ginger, organic miso, organic red pepper, mayo (canola), black sesame seed, and sesame oil

Dressing on the salad or on the side...

house olive oil, raspberry vinaigrette, or balsamic vinaigrette

JUICE MENU

Carrot and apple (both organic) \$3.70 (16 oz) / \$4.55 (20 oz)

Carrot and apple with ginger (all organic) \$3.75 (16 oz) / \$4.60 (20 oz)

Carrot and fresh mint (both organic) \$3.70 (16 oz) / \$4.60 (20 oz)

Kate's Kiss \$3.80 (16 oz) / \$4.65 (20 oz)

organic kale, organic parsley, organic spinach, organic celery, organic carrot

The Mr Matt \$3.80 (16 oz) / \$4.65 (20 oz)

organic apple, organic spinach, organic celery, organic cucumber

All apple, all organic \$3.60 (16 oz) / \$4.20 (20 oz)

SMOOTHIE MENU

green chai tea w/ banana \$4.80 (16 oz) / \$5.50 (20 oz)

green chai tea, organic banana, organic soy milk, agave nectar

add organic almonds \$.70

black chai tea w/banana \$4.95 (16 oz) / \$5.75 (20 oz)

green chai tea, organic banana, organic soy milk, agave nectar

add organic almonds \$.70

blue mango \$4.65 (16 oz) / \$5.35 (20 oz)

mango, organic blueberries, apple juice, fresh mint

a blue bliss \$4.95 (16 oz) / \$5.75 (20 oz)

green chai tea, organic blueberries, organic soy milk, agave nectar, fresh mint

blue yogurt \$4.95 (16 oz) / \$5.75 (20 oz)

green chai tea, organic blueberries, organic yogurt, agave nectar, fresh mint

strawberries and yogurt \$4.80 (16 oz) / \$5.50 (20 oz)

organic strawberries, organic yogurt, organic banana, organic apple juice

peachy \$4.60 (16 oz) / \$5.25 (20 oz)

peaches, organic yogurt, organic banana, organic apple juice

triple berry \$4.70 (16 oz) / \$5.40 (20 oz)

organic blueberries, organic strawberries, organic raspberries, organic soy milk

All fruit is organic and frozen fresh from Woodstock Farms... you'll taste the difference.

Add rice protein to any smoothie \$.90