

BALANCE

By
I Am Yoga

SOUPS

I am Spontaneous (Thai Noodle) \$5.00
Tomato, mixed greens, onion, garlic, carrots, ginger, and lime served in a spicy Thai broth.
I am Unique \$5.00
Today's unique and special soup of the day

SALADS

I am Spartan (Greek/Quinoa Available) \$6.00
Kalamata olives, tomatoes, cucumbers, oregano, feta cheese tossed with olive oil and lemon juice
I am Inventive (Coming Soon) \$6.00
Fresh pasta salad

SANDWICHES

All sandwiches served with choice of soup, salad or chips.

I am Flowing (Tuna) \$6.50 *Ovo-pescetarian
Tuna, celery, tomatoes, avocado served on toasted Gruyere olive garlic bread.
I am Grounded (Hummus) \$5.50
Hummus, cucumber, avocado, alfalfa sprouts, olive spread.
I am Tasteful (Roasted Veggies) \$6.00 *Ovo
Chilled roasted Bell Pepper and Roasted Zucchini, Red leaf lettuce, caramelized onion, deli mustard served on a toasted Gruyere olive garlic bread.
I am Classic (Eggplant) \$6.00 *Ovo
Chilled roasted eggplant, bell -pepper, caramelized onion, provolone cheese served on toasted Gruyere olive garlic bread

ADD CHEESE FOR \$0.25

ASSORTED BREADS AVAILABLE

BEVERAGES

I am Awake \$2.00 Organic Supreme Roast
Bottled Water \$2.00
Herbal Tea \$2.65 (see separate menu)

Individual tea bags available for purchase

FRESH JUICES

\$3.50

I am Clear – Carrots, Apples and Celery
I am Rooted – Oranges, Carrots, Beets & Lemons
I am Alive – Carrots, Ginger and Lemons
I am Abundant – Lemons & Apples
I Am I Am - Create your own blend
Pineapple and Pear also available

N
A
M
A
S
T
E

Our Menu here at BALANCE is a vegetarian menu. While most of our items are vegan some are lacto-ovo-vegetarian or pescetarian