

MENU



AREPAS

OPTIONS: CORN, SWEET CORN, QUINOA

GRILLED CHICKEN AREPA \$9.95

Grilled Chicken, Mozzarella Cheese, Spinach, Tomato, and Bamboo Pesto (GF)

TUNA AREPA \$9.95

Tuna, Mozzarella Cheese, Raw Red Onion, Avocado, Cucumber, Tomato, Bamboo Pesto (GF)

TURKEY AREPA \$9.95

Turkey, Feta Cheese, Mozzarella Cheese, Bamboo Pesto (GF)



BURGERS

SERVED WITH CHIPS

GARDEN BURGER \$16.95

Vegan Patty, Vegan Mayo, Lettuce, Tomato, Red Onion, Vegan Mozzarella Cheese, Avocado on Brioche Bun

TURKEY BURGER \$16.95

Turkey Burger, Mayo, Lettuce, Tomato, Red Onion, Mozzarella Cheese, Turkey Bacon, on Brioche Bun

Add Ons:

EXTRA PROTEIN	\$3.95
VEGETABLES	\$1.25
NUTS	\$2.25
TURKEY BACON	\$3.95
CHEESE	\$2.25
AVOCADO	\$2.75

PANINIS

ALL PANINIS SERVED WITH CHIPS

LOADED CHICKEN

Chicken, Spinach, Tomato, Mozzarella Cheese, Banana Peppers, Bamboo Pesto

\$14.95

TUNA BAMBUNA

Tuna, Romaine Lettuce, Tomato, Mozzarella Cheese, Pickled Red Onion, Bamboo Pesto

\$14.95

TURKEY BAMBOO

Turkey, Spinach, Tomato, Mozzarella Cheese, Turkey Bacon, Bamboo Pesto

\$14.95

GRACEFUL VEGGIE

Spinach, Tomato, Mozzarella Cheese, Balsamic Glaze

\$11.95

AVOCADO TOAST

Avocado, Tomato, Arugula, Bamboo Pesto, Balsamic Glaze

\$11.95

BAMBOO MELT

Cheddar, Mozzarella Cheese, Bamboo Shoots, Bamboo Mayo

\$12.95

SALADS/WRAPS

ALL AVAILABLE AS A SALAD OR WRAP
SERVED WITH CHIPS

CHICKEN MEDITERRANEAN \$15.95 GARDEN

Chicken, Romaine Lettuce, Tomatoes, Cucumber, Bamboo Shoots, Green Peppers, Feta Cheese, Black Olives, Red Onion with Greek Dressing

ASPER GARDEN TUNA \$15.95 SALAD

Tuna, Spring Mix, Tomato, Red Onion, Carrot, Cucumber, Green Peppers, Bamboo Shoots, Walnuts, and Balsamic Vinaigrette

CHICKEN CAESAR SALAD \$15.95

Chicken, Romaine Lettuce, Parmesan Cheese, Croutons, Bamboo Shoots, with Caesar Dressing

SMOOTHIES

TROPICAL BAMBOO

Strawberries, Banana, Pineapple, Mango, Bamboo Shoots

\$9.95

MO-SO DELICIOUS

Apple, Mango, Pineapple, Lemon, Ginger, Bamboo Shoots

\$9.95

CHOCO PANDA

Banana, Cacao, Granola, Protein Powder, Peanut Butter

\$12.95

BERRY GROVE

Blueberries, Strawberries, Raspberries, Bamboo Shoots

\$9.95

PANDA POWER

Banana, Apple, Cucumber, Ginger, Lemon, Spinach, Bamboo Shoot

\$9.95

ADD-ONS:

Whey Protein	\$3.25
Vegan Protein	\$3.75

Please let your server know if you have any allergies



BOWLS

ACAI BOWL \$14.95

Banana, Strawberries, Blueberries, Granola, Coconut

ADD-ONS: \$2
HONEY / PEANUT BUTTER / CHOCOLATE SYRUP



KIDS MENU

INCLUDES CHIPS AND JUICE BOX

PLAIN CROISSANT \$5.95

TURKEY & CHEESE CROISSANT \$8.95

ORGANIC CHICKEN NUGGETS \$8.95

BANANA NUT WRAP \$7.95

Whole wheat wrap, peanut butter, strawberry jam, strawberries, bananas, and chocolate syrup

BEVERAGES

WATER	\$4.75
SPARKLING WATER	\$4.75
ITALIAN SODA	\$4.75
JUICE BOX	\$2.25

