

DASH

café

BREAKFAST —

BACON, EGG, AND CHEESE \$8

Bacon, egg, and cheese on a croissant/roll

SAUSAGE, EGG, AND CHEESE \$8

Sausage, egg, and cheese on a croissant/roll

AVOCADO TOAST \$7

avocado spread and everything bagel seasoning on a toasted multigrain. Opt add egg

OVERNIGHT OATS \$6

rotating flavors

SALAD BAR —

BUILD YOUR OWN SALAD \$10

Choose a protein and add toppings at the salad bar

GRILLED SALMON \$3.75

GRILLED CHICKEN \$3.25

GRILLED CHICKEN CAESAR SALAD \$13

LUNCH —

CAESAR WRAP \$12

Chicken, romaine, Caesar dressing, in a warmed tortilla

BLTA SANDWICH \$12

Bacon, lettuce, tomato, avocado, aioli on a multigrain

CAPRESE ON A BAGUETTE \$12

Pesto, mozzarella, tomatoes, basil, balsamic glaze on a toasted baguette

ITALIAN FIG SANDWICH \$13

Fig spread, goat cheese, prosciutto, arugula, on a toasted ciabatta

AVOCADO TURKEY CLUB \$13

sliced turkey breast, tomatoes, lettuce, cheese, vinegar, aioli, on a multigrain

HAM AND CHEESE SANDWICH \$12

Ham, cheddar cheese, thin red onion, lettuce, honey dijon sauce on a multigrain

DASH BURGER \$13

Beef patty, cheddar cheese, lettuce, tomato, caramelized onions, special sauce on a brioche bun

ENTREE OR SANDWICH SPECIAL \$13

Rotating specials daily!

SIDES —

ALL SANDWICHES COME WITH A DAILY SPECIAL SIDE

CRISPY FRENCH FRIES \$3

CAJUN SEASONED FRIES \$4

SMOOTHIES —

All smoothies are sweet by default, ask for natural to request no sweetener!

THE DEEP GREEN

Banana, kale, spinach, cucumber, lime, coconut water

THE SWEET GREEN

Banana, pineapple, mango, date, kale, choice of milk

THE TROPICAL

Pineapple, mango, strawberry, goji berries, orange juice

THE CACAO

Banana, cacao nibs, almond butter, mocha syrup, choice of milk

THE GARDEN

Pineapple, mango, spinach, kale, spirulina, lime, coconut water

THE COAST

Banana, pineapple, mango, yogurt, goji, choice of milk

THE PINK PANTHER

Strawberry, banana, yogurt, goji, choice of milk

THE MOCHA

Banana, espresso, cacao nibs, vanilla, choice of milk

MADE YOUR OWN OR ADD-ON

Proteins: Vanilla/Chocolate whey protein
Collagen Peptides

Superfoods: cacao, spirulina, chia, goji, matcha

Base: coconut water, coconut milk, oat milk, almond milk, soy milk, dairy milk

ESPRESSO BAR —

Hot/Cold + Caffeinated/Decaf

ESPRESSO

LATTE

CAPPUCINO (HOT ONLY)

CAFÉ MACCHIATO (HOT ONLY)

CORTADO (HOT ONLY)

FRESH DRIP COFFEE

MATCHA

ENGLISH TEA

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