



Wraps

Life Wraps ~

Most Under 450 Calories

- Green Monster** 5.95
Spinach, mushrooms, tomatoes, red onions, cheddar cheese and honey mustard
- California Dreamin'** 6.95
Fresh made roasted red pepper hummus, provolone, avocado, cucumbers, sprouts with a red pepper basil aioli and honey mustard
- Disco Disco** 6.95
Falafel, hummus, artichoke hearts, eggplant, cucumber, tomatoes, mozzarella, tzatziki
- Mount Olympus** 6.95
Chickpeas, cucumbers, feta, black olives, spinach with tzatziki sauce
- Santorini Surprise** 6.95
Marinated eggplant, red bell pepper, feta and provolone cheese topped with a roasted red pepper basil aioli
- Basil Pesto Blast** 6.95
Basil Pesto, sun dried tomatoes, sprouts, grapes, mushrooms, goat and Italian cheeses
- Rock the Casbah** 6.95
Baked falafels, cucumbers, roasted red peppers, provolone and our fresh tzatziki
- Tun-Not Fish Salad** 6.95
"Tuna" salad, onions, minced pickles, provolone cheese in a wrap
- The Baconator** 6.95
"Bacon", cheddar, mushrooms, tomatoes, roasted red peppers, onions, gorgonzola cream dressing

Hearty

- Blackened Cali Chick-un** 6.95
Blackened chick-un, avocado, corn, rice, black beans, cilantro, cheddar, gorgonzola cream dressing
- Brie Mushroom Medley** 6.95
Sautéed portobello and button mushrooms, sun-dried tomatoes, onions, Swiss and brie cheese with a drizzle of red pepper aioli
- Tandoori Chick-un** 6.95
Baked chick-un coated with Indian spices, mint yogurt and a spicy harisa sauce
- Teriyaki Chick-un** 5.95
Teriyaki chick-un, mushrooms, bean sprouts, white cheese with teriyaki sauce and honey mustard
- Baja Beef Burrito** 6.95
Stewed "beef" with avocado, cilantro, cheddar cheese, rice, lettuce and tomato
- Caribbean Jerked Chick-un** 6.95
Juicy, seared "chicken" marinated in authentic spices with pigeon peas, rice and corn
- Eggplant Parmigiana** 6.95
Marinated eggplant, homemade marinara and covered with provolone

Salads

- Autumn Apple** 7.95
Diced apples, walnuts and gorgonzola cheese over spinach leaves in a citrus vinaigrette

- Caprese** 7.95
Buffalo mozzarella, tomatoes, fresh basil, roasted red peppers on a bed of greens with a drizzle of aioli with oil & vinegar
- Mango Raspberry** 7.95
Fresh mango, tomatoes, macadamia nuts over mixed greens in a raspberry vinaigrette
- The Spartan** 7.95
Cucumbers, feta, black olives, chickpeas, roasted red pepper, tzatziki dressing
- San Juan Salad** 7.95
Avocado, roasted red pepper, green olives, plantain chips, red onions in a guava vinaigrette
- Blackened Chick-un** 7.95
Blackened chick-un, corn, red onions, tomatoes, mixed greens in a gorgonzola cream dressing
- Bleu Bacon Wedge** 7.95
Iceberg wedge with "bacon", tomatoes, red onion, bleu cheese dressing

Sandwiches

Paninis

- Fidelito Cuban Sandwich** 6.95
Key West's healthiest Cuban mix of "ham," "pork," pickles, Swiss, mayo and mustard
- Italian Job Sandwich** 6.95
Buffalo mozzarella, fresh basil, roasted red peppers with a tomato - basil aioli
- Puerto Rican Pork** 6.95
"Pork", cheddar, plantain chips, roasted peppers, red onions, mayo
- Uncle Carmine** 6.95
"Ham", buffalo mozzarella, artichoke hearts, basil, tomatoes, roasted peppers, oil & vinegar

Deli Favorites

- Uptown B.L.T.** 6.95
"Bacon", spinach, tomato with mayo and aioli on whole grain wheat
- Crunch and Munch** \$6.95
"Corned beef" with sauerkraut and Swiss pressed together on dark rye
- Meatball Parmigiana** 6.95
"Meatballs" bathed in basil marinara and covered with provolone on a hero bun
- Memphis Pulled "Pork"** 6.95
BBQ Sauce, caramelized onions, shredded "pork" and cheddar cheese on a Kaiser bun
- Turkey Club** 6.95
Two layers of "turkey", "bacon", lettuce, tomatoes, Swiss, avocado on whole wheat

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*Green Republic is 100% vegetarian with all food prepared on dedicated equipment.

Gourmet Burgers

- All American Classic Burger** 7.95
- Mushroom Swiss Burger** 7.95
- Cheezy Chili Burger** 7.95
- BBQ Cheddar Bacon Burger** 7.95

Rice Bowls

- Cuban Style Picadillo** 6.95
Stewed "beef" and authentic Cuban spices over basmati rice for a Caribbean east meets west
- Dhal Lentil** 6.95
A mild curry slow cooked with soft lentils and potatoes over basmati rice
- Curry Vindaloo** 6.95
Complex flavors abound in this spicy vinegar based curry of mixed vegetables over basmati rice
- Eggplant Curry** 6.95
Fresh roasted eggplant, portobello mushrooms, tomatoes, slow cooked with chili peppers
- Spicy Jamaican Stew** 6.95
Corn, yams, pigeon peas, carrots, potatoes, scotch bonnet peppers, Jamaican curry

Smoothies

- Maui Mango** 5.95
Mango, pineapple, papaya
- Strawberry Kiwi** 5.95
Kiwi, strawberries, banana
- Tropical Ginger** 5.95
Ginger, pineapple, banana
- Cherry Berry** 5.95
Cherries, blackberries, strawberries
- Night Vision** 6.95
Spinach, cherries, blueberries
- Vitamin Mango Berry** 6.95
Mango, blackberries, strawberries
- Reese's Cup** 6.95
Chocolate, peanut butter, banana
- or Create Your Own** 7.95

Smoothie Happy Hour

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