

Little People menu

- Cheese Pizza - 7.00
- White Meat n' chips (or fries)
- Peanut Butter and Banana Pizza
- PB & J rollups w/Chips
- Peanut Butter Apple sandwich
- Smoores Chocolate marshmallow Pizza
- Cheesy Pita w/Chips
- Chips w/melted Cheese
- Cheesy Rollup Quesadilla w/chips
- Cheesy Chicken Quesadilla w/chips
- Fruit Cup
- Apple Chips - 3.50
- Pretzel - 3.50

(All items are 5.00 unless indicated)



Smoothies

Small - 4.00 Medium - 4.50 Large - 5.00

Made with all natural fruit juice, ice, non-fat yogurt

Pacific: Bananas, Strawberries & Mixed Berries.

California: Peaches, Melons & Mixed berries.

Pebble Beach: Oranges, Juice & Ice.

Monterey Beach: Fresh Peaches & Juice.

Blueberry: Fresh Blueberries, Juice & Ice.

Mango: Fresh Mangos, Juice & Ice.

Coconut-Pineapple: Fresh Coconut, Pineapple Juice & Ice.

Lemon: Fresh Lemon, Juice & Ice.

Extras: Chia Seeds, Amino Energy, Wheatgrass (1.00 a scoop, add Protein Powder 1.00).

(Ask about our raw Veggie Juices)



Specialty Coffees & Chai Tea 4.00



Espresso
Cappuccino or Latte
Mocha
(add a shot 1.00)



Iced coffees available in all flavors. Flavored syrups .50 per shot

Weight Watchers Points

- Pizza: Popeye** - 7 points
- Portobello** - 10 points
- Veggie** - 7 points
- Quesadillas** - 10 points

- Monterey Grille** - 8 points
- Cheese** - 6 points
- Burritos or Wraps** - 12 points
- Wow Cow Yogurt:** small - 1 point, medium - 2 points

Shakes

Small - 4.00 Medium - 4.50 Large - 5.00

Oreo Blast: Oreo Cookies & Chocolate syrup.

Heath Bar Blast: Heath bar & Chocolate syrup.

Banana: Bananas, Chocolate syrup & Whipped Cream.

Peanut Butter Rush: Peanut Butter Cups with Chocolate Syrup & Whipped cream.

Butterfinger Fantasy: Butterfingers, Chocolate syrup & Whipped cream.

Create your own Shake: Use your imagination!

Made with non-fat yogurt and almond milk
(add Protein Powder 1.00)



Expresso Shakes

Small - 4.00 Medium - 4.50 Large - 5.00

Espresso Jolt
Oreo's Java

Banana Jolt
Peanut Butter Cafe

Sundae Cinemas

Non-Fat Yogurt available

Extras

- Guacamole - 2.00
- Hummus - 2.00
- Extra Cheese - 1.00
- House Sauce - .50
- Coffee refill - 1.00
- Piece of Salmon - 4.00
- Extra Meat - 2.00
- Piece of Wahoo - 4.00



We make, You bake!

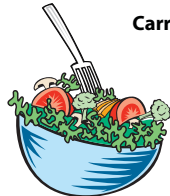
(We can make any item for you to take home and bake later).

Dressings for Sale: House Garlic, Raspberry Pomegranate, Honey Dijon, Balsamic Italian

Carry out orders daily for all events...

- Office meetings
- Staff Parties
- Book Clubs
- Holiday Parties
- Showers etc...

Credit Cards accepted



4 S Broadway • Lebanon, OH 45036

Phone: 513-228-6336

Flavors Eatery

California Cuisine

Dine in • Carry Out • Catering



We can meet your special needs:

Weight Watchers • Vegan • Vegetarian
Low Carb • Slow Carb • Paleo
Atkins • Gluten FREE Items

Phone: 513-228-6336

Buy a bottle of our Famous House Garlic Sauce - \$6.00

Wrap-a-ritos

9.00

Wrapped in our honey whole wheat tortillas, organic brown rice, black beans, cheese, lettuce and spice. Served with chips, salsa and house sauce.

- **BBQ Pulled Pork, BBQ Steak or BBQ Chicken**
- **Turkey** • **Turkey Meatball**
- **Chicken** • **Cajun Chicken**
- **Steak Fajita** • **Roasted Veggie**
- **Salmon or Wahoo White Fish**
- **Chicken Pesto** • **Thai Chicken**
- **Teriyaki Chicken** • **Shrimp**
- **Roasted Red Pepper**



Chicken Wrap-a-rito

Little People Wrap (smaller version) - 7.00

Wrap-a-ritos without Rice and Beans 9.00

- **Chicken Caesar w/Tomatoes:** Chicken, Spinach, Cheese & Caesar dressing.
- **Honey Dijon:** Chicken, Greens, Feta Cheese & Tomatoes.
- **Portobello Chicken:** Portobello Mushrooms, Spinach, Tomatoes & Cheese.
- **Alfredo Chicken:** Alfredo Sauce, Chicken, Portobello Mushrooms, Spinach & Tomatoes.
- **Greek Wrap:** Kalamata Olives, Spinach, Chicken, Cheese, Tomatoes, Feta & Greek dressing.
- **Spinach, Artichoke & Chicken:** w/House dressing.
- **Tuna Wrap:** Tuna, Spinach, Tomatoes & Parmesan Cheese.
- **Be-licious bowls:** Any Wrap-a-rito in a bowl minus the tortilla.

Little People Wrap (smaller version) - 7.00

Party Starters

“How you bean?” **dip:** Layered Bean dip w/Refried Beans, Tomatoes, Onions, Olives & Cheese. - 5.00



Fisherman's Wharf Cocktail: Mixed Veggies, Slaw & Black Bean Salsa, topped with your choice of Jumbo Shrimp, Salmon or Wahoo Whitefish. - 8.00

Taco Time! Build your own Tacos with 3 soft Tortilla Shells, Rice, Beans, mixed Veggie Slaw, Lettuce, Salsa and your choice of protein: Salmon, Wahoo, Steak, Chicken or Shrimp. - 8.00

Sasquatch fries: Baked Sweet potato or regular fries layered with Beans, Onions, Tomatoes, Cheese and your choice of Chicken, Turkey Meatballs, Pulled Pork, Steak, or Bacon. - 8.00



Divine Hummus Dips: Pick from Artichoke Spinach, Sweet Red Pepper, Bacon & Tomato, Original Hummus (served with your choice of 2 items: Chips, Raw Veggies or Tortilla). Comes with Salsa & House Sauce - 7.00

• **Chips/Salsa, House Sauce, Sprinkle of Cheese - 5.00**

• **Baked Fries w/Red Onions w/Cheese - 5.00**

• **Hummus w/Chips or Pita & House Sauce, Salsa & Cheese - 7.00**

• **Guacamole w/Chips, Salsa, House Sauce & Cheese - 7.00**

• **Baked Sweet Potato Fries w/Sweet Onions - 6.00**



Hummus w/pita

Quesadillas

9.00

Wrapped in organic tortilla with a variety of cheeses and lettuce served with chips and salsa.

- **BBQ Pulled Pork**
- **Chicken**
- **Chicken BBQ**
- **Turkey Meatball**
- **Steak or BBQ Steak**
- **Salmon or Wahoo White Fish**
- **Spinach Chicken**
- **Roasted Red Pepper, Chicken or Portabello Chicken**
- **Chicken Bacon**
- **Cheese**
- **Shrimp**
- **Veggie**

(Sauce it up w/Thai, Teriyaki or Pesto or Hummus sauce).



Veggie Quesadillas

Flaky Bakes

Warm-baked oven items

Regular - 9.00 Large - 18.00

Roasted Red Pepper w/Chicken: Made with w/House sauce & Feta Cheese.

Spinach Artichoke w/Chicken: Made with w/House sauce & Feta Cheese.

BLT: Bacon, Lettuce, Tomatoes, Cheese w/House sauce.

Thai: Thai Chicken, Spinach, Cheese & Onions.

Santa Fe Chicken: Beans, Chicken Olives, Tomatoes, Spinach, Cheese w/House sauce.

Chicken or Steak Potato: House sauce, choice of Meat, Beer battered fries with melted Cheese.

Portabello: Portabello Mushrooms, Spinach, Chicken, tomatoes & sharp Cheeses.

Popeye Spinach: Feta, Spinach, Tomatoes, Kalamata Olives, House sauce, pepper, & Onions.

Chicken Pesto: Chicken, Cheese, Spinach & Tomato.

Teriyaki Chicken: with Cheese and Onions.

Honey Dijon Chicken: Spinach, Tomatoes, Onions, & Feta Cheese.

Hummus Baked: Hummus over baked pita bread, beans, sunflower seeds, fresh veggies with cheese. Served with Chips & Salsa.

- **Steak, Chicken, Veggie, Tuna or Turkey Pita**
- **Garden Veggie Burger Pita**
- **Greek Gyro, Chicken or Steak**



Roasted red pepper w/chicken

Atkins logs & more

9.00

Atkins Log: Meat melted with cheeses, placed over organic greens with onions, tomatoes, cucumbers, sunflower seeds & house sauce. Served with chips & salsa.

Power Protein Combo: Wahoo White Fish, Salmon, Chicken, Turkey, Steak or Tuna with Rice, Black Beans & Salad. All items served with Salsa & Chips. Add Guacamole or Hummus or Gourmet Sauces: Teriyaki, Honey Dijon, Pesto or Thai (1.50 extra).



Gourmet Pizza

Made with traditional Red Sauce on a thin, flaky crust.

Regular - 9.00 Large - 18.00

Veggie: Variety of Fresh Veggies.

Monterey Grilled Chicken: Roasted Chicken, Red Onions, & Herbs.

BBQ Chicken Pizza: Roasted Chicken, Homemade BBQ sauce & Red Onion.

Say Cheese: Variety of Cheeses.

Pepperoni: Pepperoni, Red Sauce, & Cheeses.

BBQ Pulled Pork: Pulled Pork & Cheeses.



Say Cheese

Subwiches

Small - 4.50 Large - 9.00

Lettuce, Tomatoes, Pickle, Red Onion, House sauce, choice of Cheeses on our house multi-grain roll. Served hot or cold, includes chips.

- **Chicken Bacon Sub or BBQ Pulled Pork**
- **Turkey Bacon Sub**
- **Turkey Time Sub**
- **Tuna Sub**
- **Simply Veggie Sub**
- **Grilled Steak or**
- **Chicken Sub**



Simply Veggie Sub



1/2 Sandwich/Salad Combo - 9.00

Small Sandwich: Chicken, Turkey, Tuna or Veggie & Small house Salad.

Salads

Baby - 7.00 Regular - 9.00

Organic Greens served with Cucumbers, Onions, Tomatoes, Carrots, Sunflower seeds and Lite Cheeses, served with Chips. Homemade Low-fat Dressings: House Garlic, Honey Dijon, Raspberry Pomegranate, Balsamic Italian.

• **Simply Gorgeous Salad (Baby 6.00-regular 8.00)**

- **Salmon or Wahoo Salad**
- **Chunky Chicken Salad**
- **Greek Salad**
- **Artichoke Salad**

- **Thai Chicken Salad**
- **BLT Salad**
- **Tuna Salad**
- **Teriyaki Salad**
- **Sweet red pepper Salad**



Nachos

9.00

Choice of: **BBQ Pulled Pork, Chicken, Steak, Salmon, Wahoo, Shrimp, or Meatballs**

(Made with: Black Beans, Lettuce, Real Cheese, Tomatoes, Onions, House Sauce, & Salsa).

Veggie: Variety of Veggies, Cheeses, House Sauce, & Salsa.