

THE SQUEEZE

At The Beach

- MENU -

Sandwich

Tomatoes Mozz \$13 

Melty mozzarella, feta, spinach, sundried tomatoes, pesto.

italian Style on Bay \$16

Ham, Mortadella, salami, arugula, Italian home sauce, mozzarella.

Club \$13

Turkey, bacon, ham, lettuce, tomato, and mayonnaise

Lemon chicken pesto \$15

Lemon chicken, mozzarella, basil, pesto, arugula, red peppers.



Pasta Salads

Chicken Caesar pasta \$13

Shredded Chicken, Pasta, Lettuce, Cherry tomatoes, Croutons, Cheese, Caesar dressing.

Playa Bowls

Beach Bum \$11

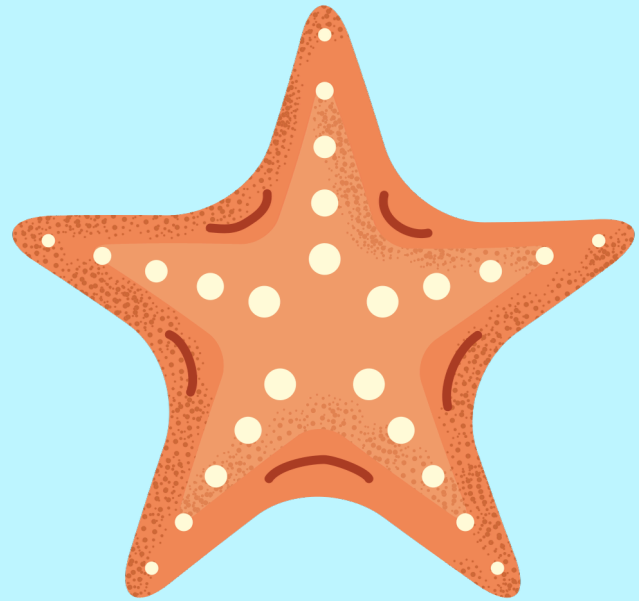
Acai base, Strawberries, Blueberries, Banana, Granola, Honey, Creamy Peanut Butter

Little Mermaid \$12

Acai base, Pineapple, Kiwi, Banana, Coconut Flakes, Honey or Agave

Blue Angel \$12

Acai base, Strawberries, Blueberries, Mango, Granola, Honey or Agave



+ Add \$ 1

Peanut Butter
Coconut Flakes
Granola
Honey
Agave
Nutella
Extra Fruit topping



Sunny Sips

Ready to drink
Smoothies

Strawberry cream: \$9.25

Strawberry, banana, milk

Tropical: \$10

Mango, pineapple, papaya, coconut water.

Hot summer: \$9.25

Pineapple, orange, grapefruit, lemon, honey.

Mango dream: \$11

Mango, strawberries, coconut milk.

Green Detox: \$9.75

Cucumber, green apple, lemon, kale, ginger, coconut water

Sweet happiness: \$9.25

Strawberries, blueberry, apple

Sunrise: \$9.75

Peach, mango, strawberries.

Vibes: \$11

Mango, kiwi, pineapple, orange juice.

Piña colada: \$10.75

Pineapple, coconut, coconut milk.

Peanut Butter Smooth: \$11

Banana, peanut butter, milk,
whey protein

Add in + \$1.50

Whey Protein

Peanut Butter

Fresh Juice

Watermelon wave \$6

Fresh pressed watermelon

Vitamins Sea \$9

Carrot, orange, pineapple

Fresh lemonade \$6

Orange \$6

Pineapple \$6

Fruit Popsicles \$4



Coffee

Frozen Caramel Latte \$6

Cold Brew \$5

Iced matcha Latte \$5.50

Strawberry Iced Matcha \$6.25

Orange Iced Matcha \$6.25

Add in + \$1

Hazelnut
Caramel
Vanilla

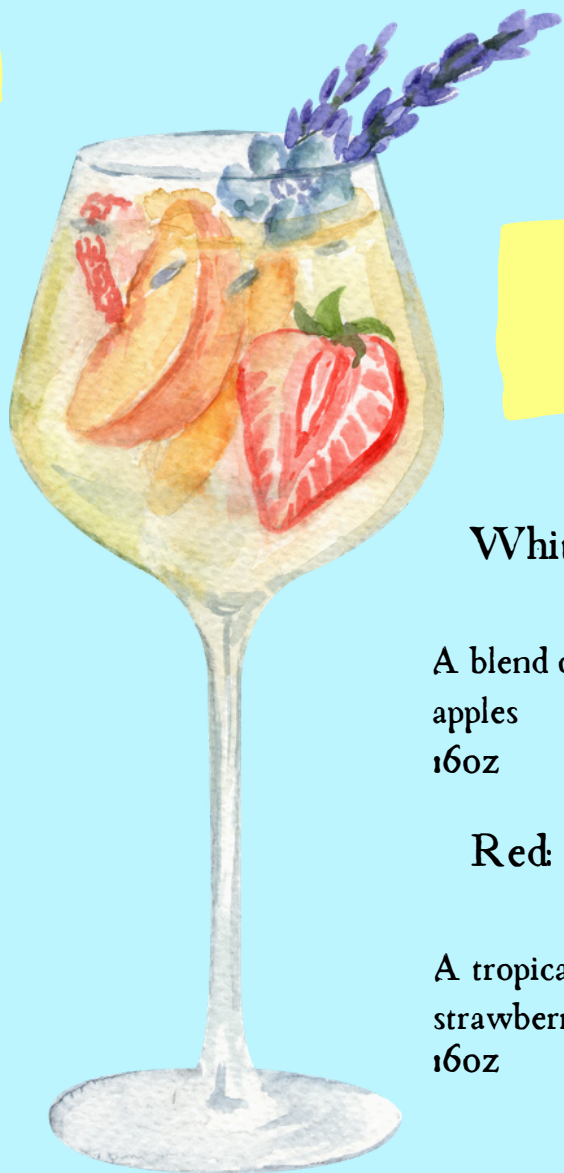
A Cold One

Domestic \$5

30 A
Michelob Ultra
Bud light
Miller
Coors Light

Imported \$6

Corona Extra
Modelo



Sangrias

White: \$9

A blend of white wine, peaches & apples
16oz

Red: \$9

A tropical blend of red wine, fresh strawberries, blueberries & blackberries
16oz