

APPETIZERS FOR ALL AGES



CRACKLING CHICKEN TENDERS • \$8.95

House made gluten free crust with added flax seed meal for Omega 3's. Choice of plain or buffalo style served with ranch, blue cheese or BBQ dipping sauce.

CHARRED BROCCOLI • \$7.95

Fresh broccoli marinated with garlic and olive oil, then grilled. Served with citrus vinaigrette.

HUMMUS PLATER • \$7.95

House made hummus served with crispy Lavash chips, carrot and celery sticks.

GRILLED QUESADILLA • \$9.95

Grilled flour tortilla stuffed with melted cheddar and mozzarella cheese served with house made guacamole, pico de gallo and sour cream. Add grilled chicken \$2.95

CAULIFLOWER BUFFALO BITES • \$7.95

Our vegetarian option to Buffalo wings! Served with carrot sticks and blue cheese dressing.

EDAMAME • \$4.95

Steamed edamame pods sprinkled with sea salt.

BAKED POTATO FRIES • \$7.95

Our crispy shoestring fries topped with cheddar cheese, Applewood bacon and green onions drizzled with sour cream.

CHEESE BURGER FRIES • \$8.95

Our crispy shoestring fries topped with ground Angus beef, grilled onions, house made 1,000 island dressing and cheddar cheese.

FRENCH FRIES • \$3.45

GARLIC FRENCH FRIES • \$4.95

SWEET POTATO FRIES • \$4.95

HEALTHY BOWLS



AHI POKI • \$16.95

Sushi grade ahi tuna seasoned with ponzu, sesame, Nori and kosher salt over organic brown rice, cucumber, avocado, edamame and green onions. Drizzled with Siracha aioli.

SIRACHA CHICKEN • \$14.95

Grilled all natural chicken breast over organic quinoa, black beans, avocado, pickled carrots and pico de gallo drizzled with siracha and sour cream.

CHICKEN VEGGIE • \$14.95

Organic brown rice with grilled broccoli, sautéed mushrooms, roasted corn, pickled heirloom carrots, crumbled goat cheese, pomegranate braised cabbage and grilled chicken breast. Substitute grilled salmon \$4.95

SALADS

Add Chicken \$4.95 | Salmon \$6.95



GRILLED SALMON SALAD • \$15.95

Grilled salmon on organic chopped kale, baby spinach, cucumber, heirloom cherry tomatoes and carrots tossed with our house made lime vinaigrette and fried capers.

CITRUS KALE • \$12.95

Organic baby kale, toasted pecans, shredded heirloom carrots, mandarin orange slices and feta cheese tossed in our house made citrus vinaigrette.

MEDITERRANEAN SALAD • \$12.95

Organic romaine lettuce, cucumber, cherry tomatoes, garbanzo beans, lavash croutons, sumac & garlic lightly tossed with olive oil and fresh lemon juice. Add feta cheese \$1.00

CALIFORNIA COBB • \$13.95

Crisp romaine, cherry tomatoes, avocado, blue cheese crumbles, crisp bacon, egg, and grilled chicken breast, tossed in our house made blue cheese dressing.

CHINESE CHICKEN • \$13.95

Organic romaine lettuce, red cabbage, grilled chicken breast, toasted almonds, cilantro, mandarin oranges, organic heirloom shredded carrots and crispy wonton strips tossed in our house made peanut ginger dressing.

SOFIBELLE BEET & GOAT CHEESE • \$12.95

Organic mixed greens, fresh beets and candied walnuts tossed in our house made basil vinaigrette.

TRADITIONAL CAESAR • \$9.95

Crisp romaine lettuce with ciabatta croutons, parmesan cheese and Caesar dressing.

CHOPPED SALAD • \$13.95

Romaine lettuce, red cabbage, organic heirloom shredded carrots, tomatoes, mozzarella cheese, turkey bacon and grilled chicken breast chopped and tossed in our basil vinaigrette dressing.

ENTREES



GRILLED CHICKEN BRUSCHETTA • \$14.95

Marinated all-natural chicken breast grilled and topped with fresh tomato, basil, garlic, olive oil and drizzled with balsamic glaze. Served with sautéed seasonal vegetables.

ACHIOTE SHRIMP TACOS • \$14.95

pan seared shrimp, avocado, pineapple salsa and slaw on corn tortillas served with an mixed green salad.

GINGER GLAZED SALMON • \$17.95

Atlantic salmon grilled and topped with our ginger soy glaze served with sautéed vegetables.

CHICKEN BREAST PARMESAN • \$14.95

Panko crusted chicken breast topped with our house made marinara sauce, melted mozzarella and parmesan cheese. Served with spaghetti marinara.

PESTO PENNE PASTA • \$13.95

Grilled all natural chicken breast, sundried tomatoes, fresh basil and parmesan in our pesto cream sauce.

FETTUCINE ALFREDO • \$13.95

Fettucine with our house made parmesan cream sauce. Add chicken \$3.95

PIZZAS



BBQ CHICKEN • \$13.95

Grilled chicken breast, onions, cilantro, mozzarella cheese and smoky BBQ sauce.

VEGGIE • \$13.95

Green peppers, mushrooms, tomatoes, grilled eggplant, fresh basil and mozzarella.

GIGGLES SUPREME • \$14.95

Pepperoni, ham, Italian sausage, onions, mushrooms, green peppers, black olives and mozzarella.

MARGHERITA • \$12.95

Roasted garlic, olive oil, fresh tomatoes, basil and mozzarella.

HAWAIIAN • \$13.95

Fresh pineapple, ham and mozzarella cheese.

SAUSAGE & PEPPERONI • \$13.95

Pepperoni, Italian sausage and mozzarella cheese.

CHEESE • \$10.95

Our house made pizza sauce and mozzarella cheese.

Additional toppings available \$1.75 ea

BURGERS

Served with your choice of side:
Organic Mixed Green Salad, Sautéed Vegetables or French Fries
Substitute side for Fresh Fruit Salad or Sweet Potato Fries \$1.95

HAWAIIAN TERIYAKI ALL NATURAL 8OZ BURGER • \$13.95

Our beef, turkey or veggie patty with teriyaki, pineapple salsa, island sweet braised onions, iceberg lettuce and mayo garnished with crispy onions.

GIGGLES AMERICAN ALL NATURAL 8 OZ BURGER • \$11.95

Shredded iceberg lettuce, tomatoes, pickles and cheddar cheese topped with grilled onions and our secret sauce.

AVOCADO BACON ALL NATURAL 8 OZ BURGER • \$13.95

Avocado, Applewood smoked bacon, cheddar cheese and BBQ sauce served with iceberg lettuce, tomato and pickles. Substitute turkey bacon \$0.95

CHIPOTLE MUSHROOM ALL NATURAL 8OZ BURGER • \$13.95

Sautéed mushrooms, Swiss cheese and our house made chipotle aioli served with lettuce and tomato.



STEVENSEN'S FARMS BBQ VEGGIE BURGER • \$13.95

Arugula, pomegranate braised cabbage, cheddar cheese, mayo, BBQ sauce and crispy onions.

PANINIS, SANDWICHES & WRAPS

Served with your choice of side:
Organic Mixed Green Salad, Sautéed Vegetables or French Fries
Substitute side for Fresh Fruit Salad or Sweet Potato Fries \$1.95

TURKEY CLUBHOUSE • \$13.95

Oven roasted turkey breast, Applewood smoked bacon, avocado, Havarti cheese and mayo on toasted sour dough bread.

CALIFORNIA CUBAN MELT • \$12.95

Grilled chicken breast, smoked ham, swiss cheese, pickles and Dijon mustard on grilled sour dough.

VEGGIE WRAP • \$11.95

Avocado, organic shredded carrots, cucumbers, tomatoes, Swiss cheese, basil garlic aioli and crispy romaine lettuce wrapped in whole wheat Lavash.

TURKEY WRAP • \$11.95

Smoked turkey breast, fresh basil, crispy romaine lettuce, heirloom tomatoes, swiss cheese & basil garlic aioli wrapped in whole wheat Lavash.

GOURMET GRILLED CHEESE & TOMATO BISQUE • \$12.95

Grilled sourdough with melted cheddar, Havarti and mozzarella cheeses with grilled onions and pesto served with a cup of our house made tomato bisque.

TURKEY & BRIE PANINI • \$12.95

Smoked turkey breast, brie cheese, cranberry aioli and organic arugula on fresh baked white or whole wheat ciabatta.

CHICKEN PANINI • \$12.95

Grilled all natural chicken breast, provolone cheese, sun dried tomatoes and basil garlic aioli on toasted white or whole wheat ciabatta.

JILLIAN'S HEALTHY CHICKEN SALAD WRAP • \$12.95

All natural roasted chicken breast, toasted pecans, red grapes, green onions, honey Greek yogurt dressing with arugula wrapped in whole wheat Lavash.



KIDS MENU



Available for children 12 and under. All items come with choice of fruit punch or lemonade. Substitute juice or milk for \$1.49

Mom's Tricky Treat Pastas & Pizzas

We secretly blend fresh, pureed, organic vegetables into your child's favorite foods. SHHH...the best thing is, they'll love the taste and they'll never know!

TRICKY PASTAS

Substitute gluten free penne \$1.95
Add Chicken to any pasta \$2.49



SOPHIA'S MAC N' CHEESE • \$8.95

Fresh elbow macaroni with our cheesy tricky treat sauce, made with real cheddar cheese and milk with hidden pureed organic carrots and butternut squash.

PRINCESS PINK PASTA • \$8.95

Our house made marinara with fresh cream and hidden pureed organic carrots and butternut squash.

YASMINE'S PENNE ALFREDO • \$8.95

Our creamy white tricky sauce made with parmesan and fresh cream with hidden pureed organic cauliflower.

SPAGHETTI MARINARA • \$7.95

Our house made tricky red sauce made with organic tomatoes and basil with hidden fresh carrot and butternut squash puree.

PLAIN PENNE • \$6.95

Served with butter and parmesan.

TRICKY PIZZAS

CHEESE PIZZA • \$8.95

Hand stretched dough topped with our Mom's tricky red sauce and mozzarella cheese. Substitute gluten free crust \$1.00

PEPPERONI PIZZA • \$9.95

Hand stretched dough topped with our tricky red sauce, mozzarella and pepperoni. Substitute gluten free crust \$1.00



PUT YOUR CHEFS HAT ON!

Kids build their own pizza right at the table. Includes their very own chef hat!

We give them the dough, tricky pizza sauce and cheese. THEY MAKE IT, WE BAKE IT!

\$10.95

Additional toppings \$1.00 ea / Gluten Free Crust \$1.00

MORE KIDS ENTREES

Your choice of side; Steamed broccoli, carrot sticks, french fries, edamame or apple slices, Substitute fresh fruit or sweet potato fries for \$1.95

CHICKEN LITTLES • \$8.95

Tender bite sized all natural chicken breast, marinated with hand breaded crust that includes flax seed meal for added Omega 3's. Available grilled or Gluten Free.

CHEESEBURGER • \$8.95

Grilled All natural 1/4lb burger topped with melted cheddar cheese. Substitute gluten free bun for \$1.95

HUDSON'S HOT DOG • \$7.95

Kosher 100% all beef hot dog grilled and served on a toasted white or wheat bun.

GRILLED CHEESE • \$7.95

Cheddar cheese melted between toasted sourdough bread.

FISH STICKS • \$8.95

Hand breaded, crispy Tilapia filets. Includes healthy flax seed meal for added Omega 3's.

LITTLE BITES



FRUIT PLATE • \$8.95

Fresh seasonal fruits

YOGURT PARFAIT • \$5.95

Fresh strawberries and bananas layered in low fat vanilla yogurt topped with crunchy granola.

NUTELLA PANINI • \$5.95

Creamy Nutella stuffed ciabatta. Add fresh strawberries or bananas \$1.00

CARROTS & CELERY STICKS • \$5.95

served with Ranch Dressing

GRANNY SMITH APPLE SLICES WITH CREAMY PEANUT BUTTER • \$5.95

Substitute Almond Butter \$0.95.



Jillian Michaels is Giggles N Hugs Global Brand Ambassador

BREAKFAST



QUINOA AND EGG WHITE BOWL • \$11.95
Egg whites, spinach, mushroom, tomato, onions and feta cheese over quinoa.

WESTERN BREAKFAST BOWL • \$11.95
Cage free eggs, green peppers, onions, ham and cheddar cheese over crispy potatoes.

FRENCH TOAST (ADULT) • \$9.95
Brioche bread dipped in a rich egg batter, grilled golden brown, lightly dusted with powdered sugar and served with whipped butter and syrup. Add fresh Strawberries or bananas \$1.00

BREAKFAST SANDWICH • \$11.95
Cage free eggs, Applewood bacon, grilled onions, Siracha mayo and Havarti cheese on grilled sourdough bread. Served with crispy breakfast potatoes.

BREAKFAST BURRITO • \$11.95
Cage free eggs, Applewood bacon, avocado, cheddar cheese, pico de gallo, crispy breakfast potatoes and chipotle mayo wrapped in a flower tortilla.

TWO EGGS ANY STYLE • \$9.95
Two farm fresh cage free eggs served with crispy breakfast potatoes, applewood smoked bacon and choice of toast. Substitute turkey bacon \$0.95

BUTTERMILK PANCAKES • \$9.95
Prepared using our fresh, homemade buttermilk batter. Served with whipped butter and syrup.



HAPPY FACE PANCAKES (KIDS) • \$7.95
Our homemade buttermilk batter served with fresh strawberry eyes, banana smile and whipped cream nose!

YASMINE'S FRENCH TOAST BITES • \$7.95
Bite sized pieces of Brioche bread dipped in a rich egg batter, grilled golden brown, lightly dusted with powdered sugar and served with whipped butter and syrup. Add fresh strawberries or bananas \$1.00

SODA, JUICE & WATER

	KIDS / ADULT
COKE, DIET COKE, SPRITE, FANTA ORANGE	\$1.95 / \$2.95
LEMONADE, FRUIT PUNCH	\$1.95 / \$2.95
CRANBERRY JUICE	\$2.50 / \$3.50
100% ORANGE JUICE	\$2.50 / \$4.50
100% APPLE JUICE	\$2.50 / 4.50
PERRIER	\$2.95
BOTTLED WATER	\$1.95

FRESH FRUIT SMOOTHIES

Add fresh vanilla ice cream or low fat vanilla yogurt	\$0.95
Substitute soy milk	\$0.75
STRAWBERRY	\$4.95
STRAWBERRY BANANA	\$4.95
BLUEBERRY BANANA	\$4.95
THE PB&J	\$4.95
THE BELLANOR	\$4.95

ICE BLENDED DRINKS

ICE BLENDED VANILLA	\$4.95
ICE BLENDED MOCHA	\$4.95
ICE BLENDED CREAMSICLE	\$4.95
ICE BLENDED CHOCOLATE	\$4.95
FROZEN LEMONADE	\$4.95
ICE BLENDED COFFEE	\$4.95

COFFEE'S AND TEAS

COFFEE	\$2.50
CAFE AU LAIT	\$2.95
ICED TEA	\$2.50
HOT TEA	\$2.50
TEA LATTE	\$2.95

ESPRESSO DRINKS

ESPRESSO	\$2.95
CAPPUCCINO	\$3.50
CAFE LATTE	\$3.50
VANILLA LATTE	\$4.25
MOCHA LATTE	\$4.25

NON COFFEE DRINKS

HOT CHOCOLATE	\$2.95
HOT GIGGLES	\$2.95
HOT HUGS	\$4.95
MILK	\$2.50
ORGANIC MILK	\$3.50
ORGANIC CHOCOLATE MILK	\$3.50
SOY MILK	\$2.75

BEER & WINE

BEER	
CORONA	\$5.00
BLUE MOON	\$5.00
SIERRA NEVADA PALE ALE	\$5.00
COORS LIGHT	\$4.00
MGD64	\$4.00
WHITE WINES	
SAUVIGNON BLANC	\$6.00
PINOT GRIGIO	\$6.00
CHARDONNAY	\$6.00
RED WINES	
ZINFANDEL	\$6.00
PINOT NOIR	\$6.00
MERLOT	\$6.00
CABERNET SAUVIGNON	\$6.00
SPARKLING WINE	
MUMM NAPA BRUT- SPLIT	\$8.00
MIMOSAS	\$6.00

VOTED LA'S #1 KIDS PARTY PLACE!

Birthday Parties at Giggles n Hugs

Our "one-of-a-kind" birthday parties are filled with nonstop excitement and Fun! All set inside our dazzling 6,000-foot family restaurants and playspaces. When you throw a party at Giggles N' Hugs, we take care of every single detail so you can enjoy the day, knowing that our award-winning, professional staff is handling set up, clean up, and everything in between. Giggles N' Hugs has everything you want - at the best price in town!



Duke & Duchess

\$369 - up to 15 people
(\$20 each additional person)
Includes: Pizza & Spring Mix or Caesar salad Beverages (soda, lemonade, punch, iced tea & coffee)



Prince & Princess

\$439 - up to 15 people
(\$25 each additional person)
Includes: any 2 Adult entrees, any 2 kids entrees, any 2 sides
Beverages (soda, lemonade, punch, iced tea & coffee)



King & Queen

\$519 - up to 15 people
(\$30 each additional person)
Includes: any 2 appetizers, any 3 Adult entrees, any 3 kids entrees, any 3 sides, Beverages (soda, lemonade, punch, iced tea & coffee)

For detailed information on our amazing party packages and options see our Party Brochure!



Family Restaurant & Playspace

It is our passion and mission to serve you and your family fresh, healthy, and delicious food!

That is why our produce is grown locally and we use organic ingredients when available. Our beef comes from hormone/antibiotic free cattle and we only use all-natural chicken breast. Breads are made fresh daily by local artisan bakeries who, like us, are dedicated to using the finest ingredients available.

Our cooks prepare all menu items from scratch daily to deliver the freshest meals possible, making all dressings, sauces and marinades in house using fresh herbs and ingredients in all recipes. We cook only with trans-fat free canola oil and extra virgin olive oil when necessary. Our delicious desserts are also baked in house.

We believe the combination of fresh, organic and healthy ingredients prepared by quality chefs makes for a fantastic dining experience. We hope you agree!

www.gigglesnhugs.com

/gigglesnhugs



Giggles N Hugs is a publicly traded company. Stock symbol is GIGL