SMOOTHIES - sm (\$6.50) lg (\$8)

STRAWBERRY BANANA ACAI

Strawberries Banana Acai Agave

Almond Milk

GREEN PINEAPPLE

Spinach Kale Pineapple Banana Maca Root Agave Coconut Milk

BLUEBERRY MATCHA

Blueberries Banana Matcha Cinnamon Turmeric Raw Honey **Almond Milk**

GOLDEN TURMERIC

Turmeric Pineapple Ginger Banana Pink Salt Raw Honey Coconut Milk

MOCHA **BEAN**

CAKE

CREAMY

GREEN

DELIGHT

AVOCADO

Coffee Grounds Avocado **Chocolate Protein** Cinnamon Coconut Oil **Almond Butter Almond Milk**

PB + JELLY **PROTEIN**

Peanut Butter Strawberries Banana Pea Protein Pink Salt Agave **Almond Milk**

BERRY STRONG

Strawberries Blueberries Vanilla Protein Banana Flaxseed Agave Coconut Milk

CHOCOLATE ALMOND PROTEIN

Almond Butter Chocolate Protein Banana Cinnamon **Almond Milk**

BIRTHDAY PEANUT

Almond Butter Greek Yogurt Vanilla Protein Natural Sprinkles Pink Salt Banana Agave Coconut Milk

BUTTER CUP

Raw Cacao **Peanut Butter** Banana Almond Milk

CINNAMON CRUNCH

Dates **Almond Butter** Cinnamon Pink Salt Banana Coconut Milk

COOKIES N CREAM

Dates Cacao Nibs Vanilla Protein **Greek Yogurt** Banana Coconut Milk

CHIA BERRY PARFAIT

Avocado Bluberries Banana Vanilla Oats Agave Almond Milk Acai

AVOCADO

Strawberries Chia Seeds **Almond Milk**

MANGO Avocado

Mango Spinach Chia Seeds Agave Almond Milk

STRAWBERRY SHORTCAKE

Strawberries Cashew Banana Pea Protein Maple Syrup **Almond Milk**

KETO AVOCADO

Spinach Avocado Strawberries Spinach Cucumber Ginger Turmeric Banana Flaxseed Coconut Milk Moringa

GREEN GINGER

Spinach Avocado Lime Cucumber Spirulina Ginger **H20**

PB + SUPERFOOD

Peanut Butter Spinach Avocado Lucuma Maca Coconut Milk

LEMON **BLUEBERRY**

Lemon Blueberries Banana Avocado Ginger **H20**

DETOX

Coconut Milk

BLUE MAGIC

Blueberries Blue Spirulina Banana Vanilla Protein Almond Milk

SPICY ASHWAGANDHA

Ashwagandha Chai Cayenne Nutmeg Cinnamon Pink Salt Banana Coconut Milk

CACAO MORINGA

Cacao Avocado Moringa **Chocolate Protein** Cashew Almond Milk

GREEK YOGURT BOWLS - sm (\$7) lg (\$8.50)

BERRY BOWL

Agave

PEANUT

Greek Yogurt Granola Blueberries Strawberries Raspberries

MAPLE BOWL

Greek Yogurt Granola Walnuts Banana Maple Syrup

Greek Yogurt Granola **Peanut Butter** Cacao Nibs Banana Blueberries Raw Honey

BUTTER BOWL

TROPICAL

BOWL

Greek Yogurt Granola <u>Pineapple</u> Mango Coconut Agave

APPLE JACKS

CHOCOLATE

BOWL

Granola

STRAWBERRY

Greek Yogurt

Cacao Nibs

Raw Honey

Strawberries

BOWL **Greek Yogurt** Granola **Apple Slices** Cinnamon **Almond Butter** Maple Syrup

MATCHA BOWL

Greek Yogurt Granola Matcha Banana Strawberries Almonds Coconut Chia Seeds

Raw Honey

TOAST - 2 pcs (\$6)

AVOCADO TOAST

Avocado Spice Seasoning **Sprouted Bread**

PEANUT BUTTER TOAST

Peanut Butter Banana Chia Seeds Raw Honey

TOAST

Sprouted Bread

MAPLE

Almond Butter Apple Slices Maple Syrup Sprouted Bread

CHOCOLATE STRAWBERRY TOAST

Strawberries Chia Seeds Cacao Raw Honey Sprouted Bread

PB + JELLY **TOAST**

Peanut Butter Strawberries Chia Seeds Raw Agave **Sprouted Bread**

YOGURT PARFAIT TOAST

Strawberries

Blueberries Chia Seeds Greek Yogurt **Sprouted Bread**

COTTAGE **TOAST**

Cottage Cheese Apple Slices Raw Honey Sprouted Bread

CUCUMBER + HUMMUS TOAST

Cucumbers Hummus Olive Oil Pink Salt Sprouted Bread

GRAB & GO OPTIONS (selection varies by availability)

Energy Balls - Almond Joy, Peanut Butter Oatmeal Healthy Snacks - Fruit and Grain Bars, Gummies, Trail Mix, Protein Baked Goods Seasonal Soups - soups based on seasonal ingredients

SMOOTHIE WARM-UPS - sm (\$5) lg (\$7)

SMOOTHIES SERVED HOT. PERFECT FOR A COLDER DAY.

APPLE PIE

Apple GF Oats Cinnamon Nutmeg Maple Syrup **Almond Milk**

HOT COCOA

Raw Cacao Avocado **Almond Butter** Whey Protein Maple Syrup

BANANA BREAD

Banana

Walnuts <u>Flax</u> Chia Ginger Dates Cinnamon Agave **Almond Milk**

CHAI PEAR

Pear Chai Cinnamon Raw Honey Pea Protein

SMOOTHIE AND ACAI BOWLS sm (\$8) lg (\$10)

CHOOSE ANY SMOOTHIE OR ACAI (pick any smoothie from the options listed above)

CHOOSE TOPPINGS

choose up to six (6):

blueberries peanut butter cacao nibs almond butter chia seeds strawberries raspberries flaxseed raw cacao pineapple whey protein coconut walnuts turmeric avocado spirulina almonds banana raisins cranberries mango

DRIZZLE ONE (1) ON TOP

raw honey, raw agave, maple syrup

COFFEE SMOOTHIES - sm (\$6.50) lg (\$8)

VANILLA CAFE

Iced Coffee **Almond Butter** Banana Vanilla Protein

PEANUT BUTTER CAFE

Iced Coffee Peanut Butter Banana **Chocolate Protein**

MOCHA CAFE

Iced Coffee Cacao Gluten-free Oats Avocado Chocolate Protein

CINNAMON CAFE

CHAI TEA

Black Tea

Almond Milk

Cardamom

Cinnamon

Raw Honey

(HOT & COLD)

LATTE

Iced Coffee Cinnamon Avocado Maple Vanilla Protein

COFFEE + TEA - sm (\$3) lg (\$4)

ORGANIC COFFEE

Nicaragua Organic Paraiso Beans

GOLDEN

Organic Coffee

Vanilla Extract

Coconut Oil

Raw Honey

Turmeric

Cinnamon

COFFEE

PALEO COFFEE

Organic Coffee **Grass-fed Butter** Coconut Oil

GOLDEN

Matcha

Coconut Oil

Raw Honey

Turmeric

Vanilla

Cinnamon

TEA

Matcha Lime

COFFEE

Organic Coffee Coconut Oil Cacao Raw Honey

Almond Milk Raw Agave

COCOA

ICED GREEN TEA LATTE