



**ORGANIC**  
GF=GLUTEN FREE / V=VEGAN / SOF = SEED OIL FREE  
HUMANELY SOURCED WHENEVER POSSIBLE  
/ RO FILTERED WATER AND ICE / ECO-FRIENDLY CONTAINERS

## BREAKFAST

<b>2 HARD BOILED EGGS (GF,SOF)</b>	<b>\$3.00</b>
<b>EGG BITES (GF,SOF)</b> Bacon Cheddar OR Spinach Feta	<b>\$4.50</b>
<b>AVOCADO MASH TOAST W/ EGG (GF)</b> Toast, Avocado Mash spread*, Hard Boiled Egg	<b>\$5.50</b>
<b>OVERNIGHT OATS* – VARIETY (GF,V)</b>	<b>\$4.50</b>
<b>CHIA PUDDING* – VARIETY (GF,V)</b>	<b>\$4.50</b>
<b>FRUIT CUP (GF,V,SOF)</b>	<b>\$3.00</b>
<b>MUFFINS (GF,V)</b>	<b>\$3.50</b>

## LUNCH

<b>CAGE FREE EGG SALAD ADD PICKLES* OR CELERY* (GF)</b> On bed of lettuce* OR GF Bread/Toast	<b>\$7.00</b>
<b>WILD CAUGHT TUNA WHITE BEAN SALAD ADD PICKLES (GF)</b> On bed of lettuce* OR GF Bread/Toast	<b>\$7.50</b>
<b>BUFFALO SALAD (GF)</b> Chickpeas*, cucumbers*, celery*, buffalo blue cheese sauce on lettuce Made Vegan by request	<b>\$7.00</b>
<b>NO CHICKEN SALAD (GF)</b> Chickpeas*, Dried Cranberries*, Walnuts On bed of lettuce* OR GF Bread/Toast Made Vegan by request	<b>\$6.50</b>
<b>STREET CORN SALAD (GF)</b> Chickpeas*, corn*, cotija cheese, jalapeno* and sauce with tortilla chips*	<b>\$6.50</b>
<b>SOUTHWEST SALAD* (GF,V)</b> Mixed Greens, marinated black beans*, sweet potato*, corn*, tomatoes* with tortilla strips* and dressing	<b>\$8.00</b>
<b>SWEET &amp; SAVORY SALAD* (GF,V)</b> Mixed Greens, marinated chickpeas*, cucumber*, dried cranberries*, walnuts, feta* and vinaigrette dressing	<b>\$8.00</b>

## SIDES

<b>CARROTS &amp; CELERY W/ VEGAN DILL DRESSING</b>	<b>\$2.50</b>
<b>SEITE CHIPS (GF)</b>	<b>\$1.50</b>
<b>TRAIL MIX* (GF)</b>	<b>\$1.50</b>
<b>HEAVENLY HUNK BROWNIE* (GF,V)</b>	<b>\$1.00</b>

## NUTRITION SHAKES

**BERRY GREENS POWER SHAKE\* (GF,V,SOF)** \$9.00  
Super Greens and Healthy Fats with 16 Phytonutrients  
*Add Coconut water/Oat/Almond Milk* +\$1.00

**CHOCOLATE CHERRY BOMB (V)** \$10.00  
Chocolate protein with 20 superfoods and functional fats (Non-GMO) / Tart Cherry\* for antioxidants  
*Add Coconut water/Oat/Almond Milk* +\$1.00

**CHOCOLATE PB DELICIOUSNESS (V)** \$10.50  
Chocolate protein with 20 superfoods and functional fats (Non-GMO) / Banana\* and Peanut\* flavor boost with ½ water & oat/almond milk

ASK FOR GF OPTION ON EITHER CHOCOLATE SHAKE

## SMOOTHIES

**TROPICAL VITALITY SPLASH\* (GF,V,SOF)** \$7.50  
Peach, Mango, Pineapple, Strawberries with Cohydrate for electrolytes and hydration

**BERRY VITALITY BOOST\* (GF,V,SOF)** \$7.50  
4 Berry with Biofruit (17 superfoods) and Dark Berry for Collagen

FOR EITHER SMOOTHIE

**ADD COCONUT WATER /OAT /ALMOND MILK** +\$1.00

**OR ADD VANILLA PLANT PROTEIN** +\$2.00

## CLASSIC DRINKS

**GOLDEN CHAI\* WITH OAT OR ALMOND MILK (GF,V)** \$6.00

**GREEN TEA MATCHA\* WITH OAT OR ALMOND MILK (GF,V)** \$6.00

**FRENCH PRESS COFFEE\* 12OZ** \$3.00

**16OZ** \$3.50

**HOT CHOCOLATE\*** \$3.50

## ULTIMATE JUICES

### FRESH JUICED

**GREEN APPLE/CARROT/CELERY\* (GF,V,SOF)** \$7.50  
Combo ready to go but we can make any combination of those, just ask.

**ADD A BOOST:** +\$1.00

**BEEF FUSION**

**GREENS SPECTRUM**

**APPLE BERRY GREENS**

**BIOFRUIT**

**ALOE DIGEST**

**VITAL BEET FUSION\* (GF,V,SOF)** \$6.50

Pre-workout powerup with 19 energizing ingredients from juice powder, no caffeine and made in coconut water

*Benefits w/out the strong beet flavor add boost mix* +\$1.50

**ULTIMATE JUICE BOX\* (GF,V,SOF)** \$7.50

Concentrated hydration, electrolytes, beta carotene, antioxidants, and greens from juice powder

### MIND/BODY BOOST

**JUICE (GF,PLANT BASED SOF)** \$7.00

Probiotics, prebiotics, and more good stuff.

**FRUIT PUNCH – WITH CAFFEINE**

**DRAGON FRUIT – WITHOUT CAFFEINE**

**THINK 'CREAMSICLE' - ADD OAT MILK** +\$1.00

### KIDS'S HAPPY

**LEMONADE (GF, PLANT BASED,SOF)** \$4.50

## TEA

**LEMON GINGER ELIXIR\* (GF,V,SOF)** \$4.00

Ginger and lemon herbal blend for when your tummy needs some love.

**ELDERBERRY HERBAL INFUSION\* (GF,V,SOF)** \$4.00

Wild berry herbal and elderberry

**TRADITIONAL TEA\* (GF,V,SOF)** \$3.00

Variety