

BREAKFAST

2 HARD BOILED EGGS (GF,SOF)	\$3.00
EGG BITES (GF,SOF) <i>Bacon Cheddar OR Spinach Feta</i>	\$5.00
AVOCADO MASH TOAST W/EGG (GF) <i>Toast, Avocado Mash spread*, Hard Boiled Egg</i>	\$6.00
OVERNIGHT OATS*-VARIETY (GF,V)	\$4.50
CHIA PUDDING*-VARIETY (GF,V)	\$4.50
FRUIT CUP (GF,V,SOF)	\$3.00
MUFFINS (GF)	\$3.50

LUNCH

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

SIDES

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

* = ORGANIC / GF=Gluten free / V=Vegan / SOF = Seed oil free / Humanely Sourced whenever possible /
RO Filtered water and ice / Eco-Friendly Containers

NUTRITION SHAKES

BERRY GREENS POWER SHAKE* \$9.00
(GF, V, SOF)

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* \$7.50
(GF, V, SOF)

Peach, Mango, Pineapple, Strawberries with Cocohydrate for electrolytes and hydration

BERRY VITALITY BOOST* \$7.50
(GF, V, SOF)

4 Berry with Biofruit (17 superfoods) and Dark Berry for Collagen

FOR EITHER SMOOTHIE

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

ADD VANILLA PLANT PROTEIN +\$2.00

TEA

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

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

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

Wild berry herbal and elderberry

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

Variety

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ULTIMATE JUICES

**FRESH BLENDED GREEN APPLE/
CARROT/CELERY* JUICE (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

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

FRENCH PRESS COFFEE* 16OZ \$3.50

HOT CHOCOLATE* \$3.50