

WE'RE PROUD TO SAY THIS MENU IS 100% GLUTEN-FREE, DAIRY-FREE, SOY-FREE AND PEANUT-FREE\*

## CERTIFIED ORGANIC COLD-PRESSED JUICES

### GREENS

<b>Deep Green</b> \$9.25 cucumber, celery, kale, spinach, romaine, lemon, ginger	<b>Green Ginger</b> \$9.25 kale, romaine, spinach, celery, cucumber, green apple, lemon, ginger
<b>Pure Green</b> \$9.75 cucumber, celery, spinach, parsley, lemon, mint	<b>Radiance</b> \$9.75 cucumber, apple, spinach, rose water, lemon, shizandra, chlorophyll
<b>#Getyour greens</b> \$9.25 celery, cucumber, aloe swiss chard, romaine, cilantro, lemon, ginger,	<b>Celery Detox</b> \$7.95 celery, lemon

### BLENDS

<b>Salad Spinner</b> \$9.75 carrot, celery, cucumber, beet, apple, ginger, lime, turmeric	<b>What's Up Doc</b> \$9.75 carrot, orange, turmeric, ginger
<b>Recharge</b> \$9.25 orange, strawberry, coconut water, grapefruit, beet, ginger, lemon	<b>Strawberry Sunrise</b> \$8.50 coconut water, orange, strawberry, lime, probiotics
<b>D-Tox</b> \$9.50 pineapple, green apple, young coconut water, mint, chlorophyll	<b>Seasonal Blend</b> a rotating blend of this season's freshest organic produce

### 2oz WELLNESS BOOSTS

<b>Immune Boost</b> \$4.25 orange, lemon, ginger, cayenne, echinacea, reishi	<b>Energy Elixir</b> \$4.25 pineapple, ginger, matcha, vitamin b12
<b>Liver Flush</b> \$4.25 grapefruit, beet, aloe, milk thistle, burdock root, cayenne	<b>Tummy Tonic</b> \$4.25 green apple, aloe, apple cider vinegar, ginger, probiotics
<b>Vitality Shot</b> \$4.25 turmeric, lemon, ginger, black pepper	

### NUT MYLKS & SHAKES

<b>Get Up And Go-Go</b> \$9.95 cold-brew coffee, raw almonds, dates, vanilla, sea salt	<b>Cashew Mylk</b> \$9.75 raw cashews, raw agave, vanilla, cinnamon, nutmeg
<b>Rockstar On-The-Go</b> \$10.50 sprouted almond mylk, coconut water, banana, date, coconut butter, vanilla protein, blue spirulina, adaptogenic mushroom blend	<b>Low Glycemic Strawberry</b> \$10.50 sprouted almond mylk, strawberry, avocado, Beaming vanilla protein, almond butter, yacon
<b>Chocolate Protein</b> \$10.50 raw almonds, dates, banana, raw almond butter, cacao, ultra brown rice protein, sacha inchi, vanilla, sea salt, stevia	

### CITRUS

<b>Black Magic</b> \$7.75 alkaline water, lemon juice, monkfruit sweetener, cayenne, activated coconut charcoal	<b>Alkaline Elixir</b> \$7.75 alkaline water, coconut water, ginger, lemon, local raw honey, turmeric, mint, cayenne
<b>Immunity</b> \$9.75 orange, grapefruit, lemon, ginger, cayenne	





### OTHER

<b>True Brew</b> \$4.95 fair-trade organic cold-brew coffee
--



### CLEANSSES

<b>Classic Reset</b> \$54.25 Celery Detox, Green Ginger, D-Tox, Black Magic, Radiance, Cashew Mylk	<b>Advanced Reset</b> \$55.25 Deep Green, Pure Green, #GetYourGreens, Black Magic, Pure Green, Cashew Mylk
<b>Custom</b> build your own cleanse to best suit your needs. Select any six juices per day.	

## COLD DRINKS

<b>Kombucha</b>   \$4.95 Original   Recharge   Green Ginger   Immune Boost	<b>Iced MCT Keto Coffee</b> \$5.95 coffee, coconut butter, tocos, MCT oil, vegan collagen boost
<b>Cold Brew Coffee</b>   \$4.25 add cashew or almond mylk + \$1	<b>Iced MCT Keto Matcha Latte</b> \$5.95 matcha, coconut mylk, tocos, MCT oil, vegan collagen boost

## HOT COFFEE & TEA

<b>Americano</b>  \$3.25 add steamed cashew or almond mylk + \$1.25	<b>Superfood Mocha</b> \$5.25 coffee and superfood hot chocolate w/ steamed cashew mylk
<b>MCT Keto Coffee</b> \$5.95 coffee, coconut butter, tocos, MCT oil, vegan collagen boost	<b>Loose Leaf Tea</b>  \$3.25 add steamed cashew or almond mylk + \$1.25

## ORGANIC SUPERFOOD BOWLS

### STEP 1: CHOOSE A BASE

<b>Acai Superberry</b> pure unsweetened acai, house-made almond mylk, blueberry, banana	\$11.25	<b>Green</b> kale, spinach, banana, mango, avocado, coconut water, probiotic coconut yogurt	\$11.25
<b>Almond Butter Acai</b> pure unsweetened acai, house-made almond mylk, almond butter, blueberry, banana	\$11.75	<b>Dragon</b> pitaya, banana, pineapple, coconut water, probiotic coconut yogurt	\$11.25

### STEP 2: CHOOSE A TOPPING STYLE

<b>Classic</b> GF Superfood Granola**, banana, seasonal berries, coconut shavings, local honey drizzle	<b>Paleo</b> almonds, cashews, cacao nibs, coconut shavings, hemp seeds, bee pollen, seasonal berries, local honey drizzle
<b>Protein</b> GF Superfood Granola**, banana, seasonal berries, cashews, cacao nibs, hemp seeds, local honey drizzle	

\*\*granola contains nuts and coconut

### OPTIONAL STEP 3: ADD A BOOST (additional charge)

<b>Blended In</b>	<b>On Top</b>
Activated Charcoal_____ \$1.50	Almond Butter_____ \$1.25
Adaptogenic Mushroom Blend_____ \$1.50	Bee Pollen_____ \$1.25
Almond Butter_____ \$1.25	Cacao Nibs_____ \$1.00
Probiotics_____ \$1.00	Cashews_____ \$1.00
Vanilla Protein*_____ \$1.50	Goji Berries_____ \$1.25
	Hemp Seeds_____ \$1.00
	Puffed Quinoa_____ \$1.25
	Toasted Almonds_____ \$1.00

\*our signature vanilla protein is grain-free and vegan

## BREAKFAST BOWLS

<b>Hot Protein Oats</b> GF oats cooked with almond mylk, EPIC protein and coconut, topped with banana, seasonal berries, probiotic coconut yogurt and a local honey drizzle	\$7.25	<b>Coconut Yogurt Parfait</b> probiotic coconut yogurt layered with banana, seasonal berries, GF Superfood Granola** and a local honey drizzle	\$7.95
--	--------	---	--------



\*\*granola contains nuts and coconut

## PALEO PROTEIN WAFFLES

<b>Almond Butter + Banana</b> toasted GF waffle***, banana, almond butter, probiotic coconut yogurt, hemp seeds, local honey drizzle	\$6.95	<b>Berries + Cream</b> toasted GF waffle***, seasonal berries, almond cream cheese, toasted almonds, local honey drizzle	\$6.95
---	--------	---	--------

\*\*\*waffle contains almond and coconut

## TOAST

<b>Avocado</b>  avocado mash, microgreens, black sesame seeds, GF sourdough	\$5.50
<b>Banana Almond Butter</b> almond butter, banana, honey, toasted almonds, GF sourdough	\$5.50
<b>Golden</b>  turmeric hummus, avocado mash, pickled red onion, microgreens, crunchy seeds, GF sourdough	\$5.50

## SOUP

<b>Soup of the Day</b>	\$6.25
<b>Soup + Toast</b> choose any of our hand-crafted GF toasts to accompany your soup	\$10.95

## ORGANIC SUPERFOOD SMOOTHIES 16oz

<b>Marina Greens</b> cold-pressed orange and lime juice, coconut water, aloe, kale, spinach, avocado, spirulina	\$9.50	<b>The Epic Vanilla, Chocolate or Greens</b> <small>TRY IT LOW-GLYCEMIC</small> house-made almond mylk, banana, almond butter, date, vanilla protein, himalayan salt (Chocolate includes cacao. Greens includes spinach.)	\$8.95
<b>Peace Love &amp; Kale</b> coconut water, coconut meat, kale, spinach, date, cinnamon	\$9.95	<b>Lean + Green</b>	\$10.95
<b>Berry Blaze</b> coconut water, blueberry, banana, raspberry, strawberry, acai, goji berry	\$9.95	house-made almond mylk, coconut water, avocado, spinach, vanilla protein*, superfood greens, hemp seeds, chia seeds, maca, cinnamon, himalayan salt	

<b>Sunset Beach</b> cold-pressed orange, carrot, pineapple, turmeric, ginger and lime juice, house-made almond mylk, mango, pineapple, strawberry	\$10.50	<b>Mint Chip</b> <small>TRY IT LOW-GLYCEMIC</small> house-made almond mylk, coconut water, banana, coconut meat, spinach, vanilla protein*, almond butter, date, coconut flakes, cacao nibs, mint	\$9.95
--	---------	---	--------

<b>Blue Moon</b> house-made almond mylk, blue spirulina, coconut meat, cashews, date, vanilla, himalayan salt	\$10.50	<b>Rockstar</b> <small>TRY IT LOW-GLYCEMIC</small> house-made almond mylk, coconut water, banana, date, coconut butter, vanilla protein*, blue spirulina, adaptogenic mushroom blend	\$10.95
--	---------	--	---------

<b>Mission Mocha</b> <small>TRY IT LOW-GLYCEMIC</small> cold-brew coffee, house-made almond mylk, coconut meat, banana, date, raw cacao powder and nibs	\$9.50	<b>Buff Beatnik</b> <small>TRY IT LOW-GLYCEMIC</small> house-made almond mylk, blueberry, banana, spinach, almond butter, date, vanilla protein*, hemp seeds, cinnamon	\$9.95
---	--------	--	--------

\*our signature vanilla protein is grain-free and vegan

## SUPERFOOD BOOSTERS

<b>Protein</b>	<b>Energy</b>
Hemp Seeds_____ \$1.00	Bee Pollen_____ \$1.25
Vanilla Protein*_____ \$1.50	Blue Spirulina_____ \$2.00
<b>Healthy Fats</b>	Cacao Nibs_____ \$1.00
Almond Butter_____ \$1.25	Cacao Powder_____ \$1.00
Coconut Butter_____ \$1.00	Maca_____ \$1.00
<b>Greens</b>	Matcha_____ \$2.00
Kale_____ \$1.00	<b>Gut Support</b>
Spinach_____ \$1.00	Chia Seeds_____ \$1.00
<b>Immunity</b>	Probiotics_____ \$1.00
Superfood Greens Powder_____ \$1.25	<b>Detox</b>
<b>Beauty</b>	Activated Charcoal_____ \$1.50
Vegan Collagen Support_____ \$2.00	Stress Relief
	Adaptogenic Mushroom Blend_____ \$1.50

<b>TRY YOUR SMOOTHIE LOW-GLYCEMIC</b> Replace banana and date with avocado and yacon. Yacon is a sweet-tasting superfood that's a zero on the glycemic index.	\$1.50
--	--------

## ADAPTOGEN LATTES

<b>Golden Immunity</b> turmeric, ginger, cinnamon, black pepper, coconut mylk, honey, reishi, chaga, lion's mane mushroom, shiitake, maitake, agaricus, schisandra berry, mangosteen peel	\$5.95
<b>Matcha Energy</b> matcha, ginger, coconut mylk, raw agave, rhodiola, suma, green coffee, jatoba, guarana	\$5.95
<b>Brain Alchemy</b> raw cacao, rice bran tocos, vanilla, sea salt, coconut-almond mylk, raw agave, gotu kola, ginkgo, brahmi, lion's mane mushroom, rama tulsi, rosemary	\$5.95
<b>Detox Tonic</b>  ginger, turmeric, lemon water, honey, graviola, moringa, chanca piedra, spirulina, chlorella, rama tulsi, dandelion, lemon peel, lemongrass	\$5.95
<b>Skin Potion</b> blue spirulina, coconut mylk, honey, he shou wu, horsetail plant, gynostemma, nettles, calendula, comfrey	\$5.95