

Smoothies (18oz)

Black Phoenix - 10.5

Housemade Almond Milk, Cold Brew Coffee, Banana, Coconut Meat, Raw Cacao, Medjool Dates, Tocotrienols, Maca
Topped with Raw Cacao Drizzle and Housemade Coconut Whip

Green Magnolia - 11

Housemade Almond Milk, Banana, Avocado, Spinach, Sprouted Almond Butter, Vitamineral Greens, Maca, Moringa, Medjool Dates, Tocotrienols

Green Tie Ball - 10

Housemade Almond milk, Banana, Avocado, Pineapple, Spinach, Matcha, Spirulina, Mint, Tocotrienols, Local Honey, Pink Salt (Upgrade: Vitamineral Greens, +1)

Old World Order - 10

Housemade Almond Milk, Banana, Blueberries, Peanut Butter, Medjool Dates, Tocotrienols, Lucuma, Pink Salt

Macro Maca Protein- 10.5

Fresh-cracked Coconut Water, Cherries, Banana, Peanut Butter, Vegan Mocha Protein Powder, Maca

Fire Brigade - 10

Fresh-cracked Coconut Water, Apple Juice, Coconut Meat, Banana, Mango, Pineapple, Strawberry, Tocotrienols, Camu Camu, Hemp Seeds, Jalapeno

Winter Peppermint - 10.5 *seasonal*

Almond Milk, Banana, Cherries, Raw Cacao Drizzle, Sprouted Almond Butter, Tocotrienols, Dates, Peppermint, Pink Salt
Topped with Raw Cacao Drizzle, Cacao Nibs, Mint and Housemade Coconut Whip

Build Your Own Smoothie - 10.5

Step 1: Start with Your Liquid: Housemade Almond Milk, Apple Juice, or Coconut Water

Step 2: Add Your Base: Avocado, Banana, or Coconut Meat

Step 3: Choose up to 3 Fruits/ Veggies

Step 4: Choose up to 2 Superfoods

Step 5: Choose a Sweetener (Medjool Dates, Local Honey, Xylitol)

Bowls (20oz)

Matcha Bowl - 12.5

Base: Fresh-cracked Coconut Water, Coconut Meat, Banana, Spinach, Medjool Dates, Tocotrienols, Maca, Matcha, Spirulina

Toppings: Hemp Seeds, Blueberries, Cacao Nibs, Coconut Shreds, Kiwi, Pomegranate Seeds, Banana, Bee Pollen, Mint Sprig

Fruit Alchemist - 12

Base: Acai, Fresh-pressed Apple Juice, Cherries, Banana, Strawberry, Pomegranate,

Toppings: Seasonal Berries, Banana, Sprouted Almond Butter, Coconut Shreds, Goji Berries, Bee Pollen, Housemade Coconut Whip, Housemade Raw Granola, Local Honey

Harlequin Monkey - 12

Base: Acai, Housemade Almond Milk, Bananas, Blueberries, Peanut Butter, Medjool Dates

Toppings: Housemade Raw Granola, Raw Chocolate Hearts, Peanut Butter, Raw Cacao Drizzle, Banana, Dried Banana Chips, Cacao Nibs, Local Honey, Bee Pollen

Keto Bowl - 13 (under 15 net carbs)

Base: Acai, Housemade Almond Milk, Coconut Meat, Avocado, Blueberries, Cauliflower, Pineapple, Sprouted Almond Butter, Xylitol

Toppings: Seasonal Berries, Coconut Shreds, Bee Pollen, Hemp Seeds, Mulberries, Chia Seeds

Build Your Own Bowl - \$12.5

Step 1: Start with Your Liquid- Almond Milk, Apple Juice, Coconut Water

Step 2: Choose up to 2 fruits/veggies (all bowls include banana)

Step 3: Choose up to 2 Superfood Add-ins

Step 4: Choose up to 4 Superfood Toppings

Step 5: Choose a Sweetener (Medjool Dates, Local Honey, Xylitol)

Bites

Hot Oatmeal + Seasonal Fruit + Superfood Toppings - 7.5 (served until 10:30am)

Avocado Toast (2 slices 8.5/1 slice 4.5)

Sprouted Ezekial 4:9 Bread, Avocado, Pomegranate, Fig, Rosemary

Orange Cacao Toast (2 slices 8.5/1 slice 4.5) ***seasonal***

Sprouted Ezekiel Cinnamon Raisin Bread, Sprouted Almond Butter, Orange, Cacao Nibs, Local Honey, Basil

Soups

Broccoli “Cheddar” Soup - 16oz (Dairy Free)

Red Pepper, Carrot, Cashew, Spring Onion, Lemon, Maple, Nutritional Yeast, Pink Salt, Chili Powder, Garlic Powder, Broccoli

Veggie Soup with Sprouted Lentil - 16oz

Leek, Kale, Celery, Red Pepper, Green Onion, Liquid Aminos, Fresh Ginger, Fresh Garlic, Lemon, Salt, Pepper, Cumin, Turmeric, Sprouted Lentils

Signature Juice and Smoothie Cleanses

*Available at 65/day with nationwide delivery available.

*Choose from 5 different signature cleanses available in 1, 3, 5 or 7 day packages

*Reboot your body by providing a digestive vacation while refocusing the mind