

ITEM	INGREDIENTS	CONTAINS NUTS	CONTAINS GLUTEN	PALEO	CALORIES (cals)	FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
BAKERY											
Anytime Cookie	brown Rice flour, raw almonds, coconut sugar, cinnamon, sea salt, flax meal, almond butter, coconut oil, maple syrup, vanilla bean, baking powder & soda, sunflower seeds, cacao nibs, chia seeds	●			233	16		21	4	6	5
Banana Bread	bananas, coconut oil, brown rice flour, almond meal, evaporated cane juice sugar, tapioca starch, golden flax meal, vanilla, baking powder & soda, salt, cinnamon, xanthan gum	●			380	20		51	3	30	3
Blueberry Muffin	evaporated cane juice, blueberries, coconut oil, brown rice flour, sweet rice flour, unsweetened applesauce, rice milk, almond meal, tapioca starch, golden flax meal, baking powder & soda, vanilla, xanthan gum, salt	●			420	21		59	3	24	3
Coconut Chia Bar	organic coconut oil, honey, organic brown sugar, gluten-free oats, shredded coconut, sliced almonds, chia seeds, medjool dates, cinnamon	●			250	12		35		19	5
Fruit & Oat Bar	dates, coconut oil, unsweetened applesauce, almond butter, gluten free oats, soda, baking soda & powder, vanilla extract, kosher salt, cinnamon, raisins, dried cranberries, crystalized ginger, organic brown sugar, brown rice protein powder, sweet rice flour, brown rice flour, potato starch, sorghum flour, tapioca starch, xanthan gum, pumpkin seeds	●			270	14		31		17	8
Zucchini Bread	zucchini, coconut oil, brown rice flour, rice flour, almond meal, evaporated cane juice sugar, tapioca starch, golden flax meal, cinnamon, vanilla, baking powder & soda, salt, xanthan gum	●			340	20		42	2	25	2
BREAKFAST & SNACK POTS											
Banana Coconut Chia Pudding	banana, chia seed, coconut milk, coconut flake, vanilla			●	241	14	6	28	9	10	5
Creamy Coconut Pot with Summer Compote & Zen Blend Granola	coconut milk, water, vanilla, arrowroot powder, agar agar, lemon juice, maple syrup, strawberry-rhubarb compote (strawberry, rhubarb, lemon juice, water, agave), zen blend granola (organic rolled oats, dried mulberries, buckwheat, sunflower seeds, rice bran oil, maple syrup, unsweetened apple juice concentrate, pumpkin seeds, quinoa, dried blueberries, puffed millet, cinnamon, allspice, salt)				213	10	29	28	4	13	10
Mango Peach Chia Pudding with Blueberry Compote	mango, peach, chia seeds, water, almond milk, vanilla, bee pollen, agave, blueberry compote (blueberry, water, agave, arrowroot, lemon juice, salt)	●		●	190	7	31	28	6	16	5
Overnight Oats with Strawberry Rhubarb Compote	rolled oats, steel cut oats, water, almond milk, chia seeds, maple syrup, vanilla, coconut, cinnamon, strawberry-rhubarb compote (strawberry, rhubarb, lemon juice, water, agave)	●			325	9	30	55	7	20	9
DESSERT POTS											
Dark Chocolate Mousse	organic silken tofu, dairy-free chocolate, coconut milk, aquafaba (cooking water from chickpeas), raspberries				258	2	4	28	7	17	6
Key Lime Mousse with Graham Cracker Crumble	coconut milk, silken tofu, lemon, lime, arrowroot, agave, spinach, graham cracker crumble (brown rice flour, cane sugar, baking powder, maple syrup, coconut oil, sea salt, cinnamon, vanilla)				297	14	51	42	0	32	3
SNACK PACKS											
Veggies with Creamy Herb Ranch Dip	asparagus, carrot, red pepper, cucumber, celery, snow pea, creamy herb ranch (aquafaba mayo (aquafaba, olive oil, lemon juice, dijon mustard, salt), scallion, garlic powder, water, parsley, oregano, thyme, salt, pepper, tahini, lemon juice, apple cider vinegar, olive oil)			●	112	5	194	13	3	4	4
Summer Veg (w/o Creamy Herb Ranch)	asparagus, carrot, red pepper, cucumber, celery, snow pea			●	52	0	65	11	3	4	2
Creamy Herb Ranch	aquafaba mayo (aquafaba, olive oil, lemon juice, dijon mustard, salt), scallion, garlic powder, water, parsley, oregano, thyme, salt, pepper, tahini, lemon juice, apple cider vinegar, olive oil			●	60	5	129	2	0	0	2
SOUPS											
7 Veg & Quinoa Soup	vegetable stock, tomato, extra-virgin olive oil, onion, carrot, celery, garlic, zucchini, cauliflower, red pepper, thyme, basil, oregano, white quinoa, sea salt				188	7	834	27	6	8	5
Power Greens Soup	olive oil, kale, spinach, collard green, pea, celery, avocado, vegetable stock, onion, parsley, lemon juice, zucchini, garlic clove, cayenne, salt, pepper			●	192	13	286	14	10	4	6

Lemon Miso Soup	organic mellow white miso, water, onions, shiitake mushrooms, organic tofu, lemon, ginger, scallions, kelp noodles, liquid amino acids, sesame oil, sea salt, pepper	●	75	5	536	5	1	3	2
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SALADS











Asian Soba Noodle Salad	napa cabbage, red cabbage, spinach, carrot, cilantro, red pepper, scallion, toasted almond, soba noodle, cilantro, spicy almond butter vinaigrette (almond butter, liquid aminos, water, lime juice, ginger, garlic, sesame oil, olive oil, salt, sriracha)	●	455	3	438	53	9	11	13
Asian Soba Noodle Salad (w/o Spicy Almond Butter Vinaigrette)	napa cabbage, red cabbage, spinach, carrot, cilantro, red pepper, scallion, toasted almond, soba noodle, cilantro	●	273	1	179	4	7	6	
Spicy Almond Butter Vinaigrette	almond butter, liquid aminos, water, lime juice, ginger, garlic, sesame oil, olive oil, salt, sriracha	●	182	2	259	9	2	5	10
Chipotle Sweet Potato & Kale Salad	kale, sweet potatoes, pumpkin seeds, dried cranberries, scallions, chipotle chiles, apple cider vinegar, olive oil	●	482	37	429	33	6	14	12
Chopped Detox Salad with Superseeds and Hemp-Honey Mustard Dressing	mesclun greens, baby spinach, red pepper, olive, cucumber, scallion, grape tomato, roasted chickpeas, parsley, garlic, olive oil, salt, hemp seed, chia seed, flax seed, hemp-honey mustard dressing (dijon mustard, raw honey, white wine vinegar, hemp seed, olive oil, salt, black pepper, water)		523	31	447	53	18	15	16
Chopped Salad w/o Hemp-Honey Mustard Dressing	mesclun greens, baby spinach, red pepper, olive, cucumber, scallion, grape tomato, roasted chickpeas, parsley, garlic, olive oil, salt, hemp seed, chia seed, flax seed		373	14	360	50	18	12	15
Hemp-Honey Mustard Dressing	dijon mustard, raw honey, white wine vinegar, hemp seed, olive oil, salt, black pepper, water		159	17	87	3	0	3	1
Curried Kale Salad with Chickpeas	kale, purple cabbage, chickpeas, sunflower seeds, golden raisins, curry dressing (mango, apple cider vinegar, lime juice, agave, curry powder, vegan mayo, sea salt, black pepper)		315	23	551	33	9	10	9
Mediterranean Farro Salad	farro, vegetable stock, white bean, chickpeas, green bean, red pepper, red onion, olive oil, salt, celery, basil, parsley, lemon-garlic dressing (garlic, olive oil, salt, apple cider vinegar, lemon juice, salt, pepper, hemp seeds, dijon mustard, cayenne)	●	410	11	474	61	15	7	10
Pomegranate Kale Salad with Quinoa	kale, brussels sprouts, red cabbage, pomegranate seeds, quinoa, pecans, almonds, nutritional yeast, lemon garlic vinaigrette (extra virgin olive oil, roasted garlic, raw apple cider vinegar, dijon mustard, hemp seeds, lemon, liquid cayenne, sea salt, pepper)	●	320	22	85	30	6	6	7
Quinoa & Lentil Tabbouleh Salad	black lentil, quinoa, vegetable stock, water, olive oil, salt, pepper, spinach, cucumber, grape tomato, scallion, baby spinach, olive, lemon juice, mint, parsley		299	11	440	37	11	6	10
Roasted Cauliflower Caesar Salad	Kale, brussel sprouts, roasted cauliflower, grape tomato, purple cabbage, roasted chickpeas, vegan parmesan (cashews, parsley, sesame, hemp hearts, nutritional yeast, garlic powder, sea salt), avocado herb dressing (extra virgin olive oil, garlic, white wine vinegar, dijon mustard, parsley, avocado, sea salt, black pepper)	●	380	14	262	28	10	7	10

DRESSINGS

Avocado-Herb Dressing	white wine vinegar, extra-virgin olive oil, avocado, water, Dijon mustard, garlic, parsley, salt, pepper	●	114	12	215	2	1	0	0
Hemp-Honey Mustard Dressing	Dijon mustard, raw honey, hemp seeds, white balsamic vinegar, hemp seed oil, extra-virgin olive oil, water, salt, black pepper	●	148	13	216	8	1	3	1
Lemon-Garlic Vinaigrette	extra virgin olive oil, roasted garlic, raw apple cider vinegar, Dijon mustard, hemp seeds, lemon, liquid cayenne, sea salt, pepper	●	209	23	66	1	0	0	1
Spicy Almond Butter Vinaigrette	almond butter, liquid aminos, water, lime juice, ginger, garlic, sesame oil, olive oil, salt, sriracha	●	182	2	259	9	2	5	

WRAPS

Curried Chickpea Collard Wrap	collard green, carrot, red cabbage, curry-chickpea filling (chickpeas, curry dressing (vegan mayo, mango, apple cider vinegar, agave, lime juice, curry powder, salt, pepper), cashew, golden raisin, parsley)	●	457	11	320	79	19	23	20
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Curried Chickpea Whole Wheat Wrap	collard green, carrot, red cabbage, curry-chickpea filling (chickpeas, curry dressing (vegan mayo, mango, apple cider vinegar, agave, lime juice, curry powder, salt, pepper), cashew, golden raisin, parsley), whole wheat wrap	 	541	15	545	71	25	23	28
Spicy Avocado Collard Wrap	spicy cashew filling (cashews, quinoa, coconut water, garlic cloves, siracha hot sauce, celtic salt), avocado, carrot, jicama, red cabbage, green cabbage, basil & collard leaf wrap		382	28	422	24	8	8	12
Taco Black Bean Collard Wrap	collard green, red pepper, carrot, red cabbage, cilantro, walnut-lentil taco meat (walnut, lentil, olive oil taco seasoning, salt), black bean spread (black beans, taco seasoning, onion, olive oil, garlic, vegetable stock), cashew-cilantro dressing (cashew, cilantro, garlic, olive oil, lime juice, apple cider vinegar, salt)		474	41	375	42	18	9	7
Veggie Picnic Collard Wrap with Herb Dressing	collard green, carrot, asparagus, spinach, red cabbage, red pepper, flax seed, chia seed, hemp seed, artichoke heart, olive oil, red pepper flake, garlic, herb dressing(aquafaba mayo, scallion, garlic powder, water, parsley, oregano, thyme, salt, pepper, tahini, lemon juice, apple cider vinegar, olive oil)		209	12	354	23	11	3	10
MEALS									
Butternut Squash & Quinoa Bowl with Garlic Cashew Cream	quinoa, vegetable stock, butternut squash, white beans, garlic, kale, extra virgin olive oil, almonds, pecans, nutritional yeast, sea salt, black pepper, Garlic Cashew Cream (cashews, vegetable stock, garlic, miso, lemon juice, sea salt)		589	27		77			20
Butternut Squash & Quinoa Bowl (w/o Garlic Cashew Cream)	quinoa, vegetable stock, butternut squash, white beans, garlic, kale, extra virgin olive oil, almonds, pecans, nutritional yeast, sea salt, black pepper		552	20		75			18
Garlic Cashew Cream	cashews, vegetable stock, garlic, miso, lemon juice, sea salt		37	7	88	2	0	0	1
Chickpea Rotini Carbonara with Herb-Roasted Veggies	chickpea rotini: chickpea pasta, sauteed greens (kale, collards, arugula, spinach olive oil, salt, pepper), peas, cashew cheese sauce (cashews, almond milk, onion, tahini, nutritional yeast, liquid aminos, lemon juice, Dijon mustard, garlic, nutmeg, salt, pepper), smoked paprika, asparagus; herb-roasted veggies: green beans, cauliflower, carrots, olive oil, thyme, rosemary, salt, pepper		436	18	377	61	18	15	31
Kitchari Bowl	bowl: brown rice, kichari, steamed carrots, steamed cauliflower, steamed sugar peas, shredded coconut, cilantro, lime wedge; kitchari: red lentils, coconut oil, cumin seeds, coriander seed, brown mustard seed, onion, carrot, celery, garlic, ginger, cumin, turmeric, black pepper, sea salt, vegetable broth		389	8	412	48	13	7	11
Lentil Bolognese (with chickpea pasta)	chickpea pasta, red lentils, French lentils, bay leaves, carrots, celery, onion, garlic, oregano, basil, red pepper flakes, tomato paste, vegetable stock, tomato puree, baby spinach, parsley, salt, pepper		743	7	903	138	36	27	50
Thal Mango Curry	tofu, red onion, red bell pepper, fresh ginger, garlic, cumin, curry, red curry paste, mango, arrowroot, coconut milk, lime juice, brown rice, salt, lime zest, cardamom, green beans, olive oil, cashews, cilantro, whole lime (garnish)		303	17	308	17	4	6	11

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* Our beverages can be made with alternative milks than those listed, especially for those with nut allergies. Our plant-based milk options include: almond milk, hazelnut milk, cashew milk, oat milk and coconut milk.
 **Our smoothies can be made with alternative seed butters than the almond butter listed. Our butter/ spread options include: almond butter, sunflower seed butter, tahini (sesame seed paste).
 Nutritional contene will vary depending on alternative milk and butter selected.

COFFEE / TEA / HOT CHOCOLATE

Americano	espresso, hot water			●	0	0	0	0	0	0	0
Cappuccino	espresso, steamed almond milk	●		●							
Cold Brew Coffee	RISE nitro cold brew (with or wiithout alternative milk)			●	3	0	0	0	0	0	0
Espresso	espresso			●	0	0	0	0	0	0	0
Hazelnut Mocha	hazelnut milk, espresso, cacao, maple syrup	●		●							
Hot Chocolate	almond milk, cacao, maple syrup	●		●							
Latte	almond milk, espresso	●		●							
Mexican Mocha	RISE cold brew coffee, almond milk, cacao powder, cinnamon, cayenne & agave			●	60	4		13		12	2
Mocha	almond milk, espresso, cacao, maple syrup	●		●							
Morning Mojo	RISE cold brew coffee, almond milk, maga, ginseng & maple syrup	●		●	101	3		19		14	2
Organic Wellness Tea	Heal, Lights Out, Glow, Chill*, Healthy*, Energy* *contains caffeine			●	0	0	0	0	0	0	0

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Lemonade	filtered water, organic lemon juice & agave			●							
Iced Blueberry Hibiscus Tea	organic blueberry hibiscus tea			●	0	0	0	0	0	0	0
Iced Citrus Green Tea	organic green tea			●	0	0	0	0	0	0	0
Iced Green Tea Lemonade	organic green tea, lemon juice, filtered water & agave			●							
Matcha Lemonade	organic matcha green tea, lemon juice, filtered water & agave.			●							
Summer Berry Lemonade	filtered water, lemon juice, agave, fresh strawberry, fresh blueberry			●	193	0	4	54	1	41	1
Summer Berry Tonic	green tea, filtered water, lemon juice, agave, fresh strawberry, fresh blueberry			●	79	0	5	20	0	18	0
Summer Berry Tea	green tea, fresh strawberry, fresh blueberry			●	30	0	2	7	1	5	0
Sunrise	organic green tea, hibiscus tea, lemon juice, filtered water & agave			●							

SPECIALTY

Golden Turmeric Latte	chai spice, turmeric, coconut milk & raw honey	●		●							
Immunl-Tea	heal tea, turmeric, ginger, echinacea, apple cider & raw honey			●	110	0		28		25	0
Matcha Hemp Latte	coconut milk, filtered water, hemp seeds, cinammon, matcha tea & maple syrup	●		●							

SMOOTHIES

AB & J (small)	strawberry, almond butter, banana & apple cider	●			306	5		55	4	41	3
AB & J (large)	strawberry, almond butter, banana & apple cider	●			429	5		72	4	50	3
Berry Garcia (small)	hibiscus tea, acai, strawberry, strawberry, b12, banana, hemp seed & coconut water			●	144	2		32	4	20	3
Berry Garcia (large)	hibiscus tea, acai, strawberry, strawberry, b12, banana, hemp seed & coconut water			●	206	3		46		29	3
Green Guru (small)	green tea, lemon, spinach, banana, green apple, ginger & mint			●	153	1		38	5	21	2
Green Guru (large)	green tea, lemon, spinach, banana, green apple, ginger & mint			●	310	1		56	7	31	3
Milky Way (small)	almond milk, dates, banana, cacao, almond butter & cinnamon	●		●	322	9		48	8	24	5
Milky Way (large)	almond milk, dates, banana, cacao, almond butter & cinnamon	●		●	484	13		74	11	39	8

Ultimate Warrior (small)	kale, spinach, banana, coconut, water & chia seed	●	216	1	51	6	41	4
Ultimate Warrior (large)	kale, spinach, banana, coconut, water & chia seed	●	310	1	74	8	35	6
Up & At 'Em (small)	coffee, almond milk, cacao, banana, almond butter & maca	●	297	9	41	7	20	5
Up & At 'Em (large)	coffee, almond milk, cacao, banana, almond butter & maca	●	425	12	50	10	29	7
Zenergy (small)	matcha green tea, banana, spinach, almond butter, coconut milk, cinnamon & bee pollen	●	330	14	39	5	19	5
Zenergy (large)	matcha green tea, banana, spinach, almond butter, coconut milk, cinnamon & bee pollen	●	471	19	57		28	7

JUICES

Daily Detox	orange, pear, pineapple, filtered water, ginger	●	140	0	34	5	24	2
Fireball	lemon, filtered water, ginger, raw agave & cayenne	●	130	0	29	2	22	1
Grasshopper	cucumber, apple, kale, lime & mint	●	90	0	19	5	11	3
Green Monster	cucumber, celery, apple, kale, romaine, spinach, ginger, lemon, spirulina & parsley	●	80	0	16	4	5	3
Jungle Juice	cucumber, celery, apple, pineapple, kale, spinach, romaine, ginger, lemon, parsley & cilantro	●	90	0	19	4	10	3
Melon Cooler	watermelon, pineapple & lemon	●	140	0	32	3	23	2
Skin Glo	orange, cucumber, grapefruit & lemon		130	0	29	2	22	3
Sun Raven	cucumber, celery, fennel, kale, dandelion greens, lemon, parsley, ginger, turmeric & cayenne	●	50	0	10	5	3	2
Sweety Beety	beet, orange, apple, kale, ginger & lemon		200	0	45	9	28	4
Turmeric Tonic	carrot, pineapple, pear, orange, turmeric, lemon & ginger	●	140	0	30	7	14	3

NUT MILKS

Berry Beautiful Milk	unsweetened almond milk, water, strawberries, date, vanilla extract, goji berry, bee pollen, sea salt	●	192	7	186	27	2	19	4
OMega Milk	unsweetened almond milk, water, date, vanilla extract, hemp seed, spirulina, sea salt	●	166	7	209	20	1	16	6
Vanilla Joy Milk	unsweetened almond milk, water, almond butter, date, vanilla extract, cinnamon, sea salt	●	192	10	184	20	1	16	5
Cacao Mood Mender Milk	unsweetened almond milk, water, almond butter, date, vanilla extract, cinnamon, cacao powder, sea	●	265	11	100	36	3	29	6

OTHER DRINKS

Aloe Water	pure aloe vera & filtered water	●	4	0	0	0	0	0
Aqua ViTea Kombucha Turmeric Sunrise	organic kombucha, apple cider, lemon juice, turmeric juice, vanilla extract, sea salt, cayenne pepper, pink peppercorn	●	60	0	12	0	10	3
Aqua ViTea Kombucha Hibiscus Lime	organic kombucha, hibiscus flowers, ginger juice, lime juice	●	50	0	10	0	8	0
G&T Alkallizing Water	alkalizing water	●	0	0	0	0	0	0
Purity Organic Coconut Water	organic coconut Water (water and fair trade certified coconut water concentrate).	●	45	0	11	0	11	0

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<p>* Our açai & smoothie bowls can be made with alternative milks than those listed, especially for those with nut allergies. Our plant-based milk options include: almond milk, hazelnut milk, cashew milk, oat milk and coconut milk. **Our açai & smoothie bowls can be made with alternative seed butters than the almond butter listed. Our butter/ spread options include: almond butter, sunflower seed butter, tahini (sesame seed paste). Nutritional contene will vary depending on alternative milk and butter selected.</p>												
BASES												
Açai Base	Organic açai, banana, almond milk	●		●		471	6	6	202	13	47	9
Milky Way Base	almond milk, dates, banana, cacao, almond butter, cinnamon	●		●		921	26	15	168	21	98	17
Zenergy Bowl Base	coconut milk, banana, matcha green tea, spinach, almond butter, cinnamon, bee pollen	●		●		791	27	24	137	20	68	14
TOPPINGS												
Choconut Banana Crunch	toasted almonds, toasted coconut chips, untoasted coconut chips, cacao nibs, vegan chococlote chips, unsweetened banana chips	●		●	1 tbsp	67	2	2	5	1	3	1
Dried Fruit Mix	dried cranberries, dried cherries, golden raisins, goji berries, dried mulberries				1 tbsp	48	0	6	12	1	9	1
Energy Granola	organic rolled oats, hazelnuts, local honey, peanut oil, pumpkin seeds, almonds, brown sugar, coffee, coconut flakes, dark chocolate, cinnamon, vanilla extract, salt	●			1/4 cup	144	8	31	15	2	5	4
Essential Granola	organic rolled oats, pecans, extra virgin olive oil, almonds, sunflower seeds, Vermont maple syrup, local honey, flax seeds, coconut flakes, esame seeds, orange extract, cinnamon, ground cloves, salt	●			1/4 cup	150	9	15	15	3	4	3
Fresh Banana	organic banana			●	6 slices							
Fresh Berry Blend	strawberry, blueberry, pomegranate seed			●	2 tbsp	12	0	1	2	0	2	0
Maca Glow Dust	maca, flax seed, hemp seed, bee pollen			●	1 tsp	43	2	1	3	2	0	2
Power Nut Blend	toasted almonds, walnuts, pecans	●		●	1 tbsp	87	8	2	2	1	0	2
Snap Crackle Berry	puffed brown rice, freeze-dried strawberries				2 tbsp	12	0	2	4	2	2	0
Superseed Sprinkle	hemp seed, chia seed, sunflower seed, toasted pumpkin seed, puffed quinoa				1 tsp	21	2	3	1	1	0	1
Zen Blend Granola	organic rolled oats, dried mulberries, buckwheat, sunflower seeds, rice bran oil, maple syrup, unsweetened apple juice concentrate, pumpkin seeds, quinoa, dried blueberries, puffed millet, cinnamon, allspice, salt				1/4 cup	120	5	15	16	3	3	4
SPREADS/ BUTTERS												
Almond Butter	organic almonds	●		●	1 tbsp	100	8	0	3	2	0	4
Sunflower Seed Butter	organic sunflower seeds, organic sunflower oil, organic sugar cane, salt			●	1 tbsp	105	10	25	2	1	1	3
Tahini (Sesame Seed Paste)	organic hulled sesame seeds			●	1 tbsp	110	10	3	2	2	0	3
DRIZZLES/ SWEETENERS												
Maple Syrup	maple syrup				1 tsp	17	0	0	4	0	4	0
Honey	raw honey				1 tsp	20	0	0	6	0	17	0

