

SMOOTHIE & BOWL MENU

Made-to-order superfood drinks & smoothie bowls.

SUPERFOOD SMOOTHIES

Includes 1 free booster

\$6.95 | \$8.50 | \$9.95

GREEN GURU

green tea, spinach, green apple, banana, lemon, ginger, mint

ULTIMATE WARRIOR

coconut water, kale, spinach, banana, chia seed

MILKY WAY

almond milk, date, banana, almond butter, cacao, cinnamon

BERRY GARCIA

coconut water, hibiscus tea, açai, strawberry, blueberry, banana, hemp seed, B12

UP & AT 'EM

almond milk, coffee, banana, almond butter, cacao, maca

ZENERGY

coconut milk, spinach, banana, almond butter, matcha, cinnamon, bee pollen

AB&J

apple juice, strawberry, banana, almond butter

BOOSTERS

B12

ECHINACEA

GINSENG

CAYENNE

CACAO

MATCHA

MACA

BEE POLLEN

SPIRULINA

CHIA SEED

ORGANIC PLANT PROTEIN

original, vanilla lucuma,
chocolate maca, green kingdom

SIGNATURE SMOOTHIE BOWLS

\$10.25

DRAGON DREAM BOWL

base: dragonfruit, mango, coconut milk, orange juice, banana
toppings: essential granola, banana, strawberry, kiwi, coconut

GALAXY BOWL

base: activated charcoal, strawberry, blueberry, banana, cacao, hazelnut milk
toppings: almond butter, superseed sprinkle, pomegranate, banana, blueberry, cacao nibs

GREEN ENERGY BOWL

base: kale, spinach, matcha, banana, maca powder, avocado, coconut milk
toppings: strawberry, banana, bee pollen, essential granola

BLUE MAGIK BOWL

base: banana, coconut milk, bee pollen, vanilla protein, E3 live blue spirulina,
toppings: cocoa banana crunch, blueberry, goji berry, maca glow dust

BUILD YOUR OWN ACAI BOWL

\$7.50 (8 oz) | \$8.95 (16 oz)

acai base with your choice of 3 toppings

BOWL TOPPINGS

SUPERSEED SPRINKLE

hemp, chia, sunflower & pumpkin
seed • puffed quinoa

COCOA BANANA CRUNCH

almond • coconut • cacao nib •
vegan chocolate • unsweetened
banana chip

MACA GLOW DUST

maca • flax & hemp seed • bee
pollen

ESSENTIAL GRANOLA

rolled oat • pecan • almond •
sunflower, flax & sesame seed •
coconut • maple syrup

ZEN BLEND GRANOLA

rolled oat • mulberry • buckwheat •
quinoa • millet • pumpkin seed •
blueberry

FRESH BANANA

FRESH BLUEBERRY

FRESH KIWI

FRESH STRAWBERRY

ALMOND BUTTER

SUNFLOWER BUTTER

DRIED FRUIT

CACAO NIBS

BEE POLLEN

CHIA SEEDS

LOCAL HONEY



SEE BACK FOR CAFÉ MENU!

CAFÉ MENU

Delicious plant-forward foods made fresh to order. Every day.

TOASTS

Served on 2 slices of multigrain.

\$9.95

AVOCADO TOAST

heirloom tomato relish

SPICY AVOCADO TOAST

spicy cashew spread

BUTTERNUT SQUASH HUMMUS TOAST

cucumber & heirloom tomato relish

*add organic, free-range egg or gluten-free bread for \$2

CUSTOM CRAFTED SALADS

Choose your greens, dressing and four toppings.

\$10.95

GREENS (choose one)

baby kale, baby spinach or mesclun greens

DRESSINGS (choose one)

lemon tahini, aquafaba ranch, chipotle caesar, spicy almond butter vinaigrette or oil & vinegar

TOPPINGS (choose four*)

cucumber	red onion	lentils	roasted cauliflower	raisins
cherry tomato	olives	quinoa	heirloom carrots	dried cranberry
carrot	scallion	brown rice	roasted red pepper	super seeds
cabbage	black beans	butternut squash	roasted red onion	goji berry
red pepper	chickpeas	brussel sprouts	pomegranate seeds	croutons

* additional toppings can be added for \$.75 each

PREMIUM TOPPINGS

SPICY CASHEW SPREAD	\$1.50
BUTTERNUT SQUASH HUMMUS	\$1.50
PARMESAN CHEESE	\$.95
CHIPOTLE CHEDDAR CHEESE	\$.95
SPICY CASHEWS	\$.95
HARD-BOILED EGG	\$2.00
AVOCADO	\$2.00

ICED/ HOT DRINKS

COLD BREW	\$3.95	LATTE	\$4.50
ICED GREEN TEA	\$2.95	CAPPUCCINO	\$4.50
ICED BLUEBERRY HIBISCUS TEA	\$2.95	AMERICANO	\$3.50
ICED MATCHA LEMONADE	\$4.95	MOCHA	\$4.95
ICED GREEN TEA + LEMONADE	\$3.25	HAZELNUT MOCHA	\$4.95
ORGANIC WELLNESS TEAS	\$2.50	HOT CHOCOLATE	\$3.00
Healthy*, Energy*, Chill*, Heal, Lights Out, Glow (*caffeine)		PICK YOUR MILK: almond, hazelnut, cashew, oat, skim	

SPECIALTY DRINKS

MATCHA HEMP LATTE	\$4.50	MORNING MOJO	\$4.95
matcha tea, coconut milk, hemp seed, cinnamon, maple syrup		cold brew, almond milk, maca, ginseng, maple syrup	
GOLDEN TURMERIC LATTE	\$4.50	MEXICAN MOCHA	\$4.95
coconut, chai, turmeric, raw honey		cold brew, almond milk, cacao, cinnamon, cayenne, agave	
IMMUNITEA	\$4.50	SUNRISE	\$2.95
lemon-ginger tea, apple juice, turmeric, ginger, echinacea, raw honey		green tea, hibiscus tea, lemonade	
ADD FIRE CIDER SHOT	\$2.00		

