



Fresh Pressed JUICE

16 oz 10.50 | 24 oz + 3.00

BIG RED BEETS

orange, apple, carrot,
beet, lemon, ginger

GRACIOUS GREENS

lime, lemon, pear,
cucumber, celery, kale

HARVEST CIDER*

fresh-pressed apple, pear,
orange, lemon, ginger.
topped with cinnamon,
nutmeg, clove

IMMUNE TO IT

orange, apple, carrot,
lemon, ginger, turmeric

KALE YEAH

pineapple, celery, apple,
kale, ginger, lemon

PHYTONUTRIENTS

cucumber, celery, spinach,
kale, lemon, ginger

PIÑA PICANTE

pineapple, cucumber,
apple, jalapeño, mint

POPEYE PUNCH

spinach, cucumber,
apple, lemon, ginger

RADIANCE

pineapple, apple,
cucumber, mint

RECOVERY

orange, cucumber,
beet, kale, lemon

SUNRISE

pineapple, carrot,
lemon, lime, cayenne

TUMMY TAMER

pineapple, apple,
lemon, spinach, mint

.....
CREATE
your own!

5 ingredients of
your choice +1.0
for additional
ingredients



*New FALL MENU



COLD - PRESSED JUICE CLEANSSES

BEGINNER	40.00
ONE DAY	55.00
TWO DAY	110.00
THREE DAY	165.00
FOUR DAY	220.00
FIVE DAY	275.00

*Cleanse Benefits
may include:*

Mental clarity
Glowing skin
Improved mood
Reduced bloating
Intense hydration
More regulated colon
Rest for certain organs
Boost in energy
Deeper sleep

ORGANIC COFFEE & TEA

12 oz hot 16 oz cold | 24 oz + 2.50

COFFEE

cold brew	3.00
drip coffee	3.00

ESPRESSO

cappuccino	5.25
espresso	3.00
latte	6.50

HOUSE LATTES

blue lavender	6.50
salted caramel	

*(espresso-free.
add espresso shot +1.50)*

loose-leaf HOT TEAS 2.50

butterfly pea flower
chamomile
lavender mint
peppermint
(custom tea blend + 1.00)

SUPERLATTES 6.50

chai
golden
honey lavender matcha
honey pistachio matcha
strawberry matcha
matcha
mocha
pumpkin spice*

*Superlattes are designed to leave
you clear headed and energized.*

*Blended with super creamer (oat + coconut),
adaptogens, reishi, lion's mane and probiotics
to help manage stress and anxiety, aid in
digestion and boost immunity.*

SUPERTEAS iced* 5.50

mango green
pink cloud
strawberry lemonade
yuzu lemonade

Packed with functional botanicals for
skin hydration, gut health and stress relief.

MILK *oat or almond*
NATURAL SWEETENERS
maple or honey

Smoothies



SMOOTHIE BOWLS

..... ONLY REAL INGREDIENTS

16 oz 10.50 | 24 oz + 2.50

hemp \ whey + 1.50

BAHAMA BABE

orange, pineapple,
coconut water, banana,
coconut oil, honey.
topped with coconut chips

BLUE MAJIK

blue spirulina, pineapple,
banana, coconut water,
honey. topped with
coconut chips

BRAIN BOOST

blueberry, banana,
spinach, almond milk,
date paste, flax seeds

CHOCO LOVER

cacao, banana, almond
milk, avocado, almond
butter, flax seeds, maple

GOOD MORNING

orange, pineapple,
strawberry, mango, lemon,
ginger, carrot

GREEN MACHINE

spinach, kale, almond milk,
banana, honey, avocado,
almond butter

LAVENDER HONEY

dried lavender buds,
banana, blueberry, coconut
oil, honey, almond milk

MANGO DREAM

orange, banana, mango,
almond milk, turmeric,
cinnamon, honey

METABOLIZER

kale, pineapple, lemon,
ginger, apple, chia seeds,
cayenne

PB & B

peanut butter, banana,
almond milk, flax seeds,
honey, maca

POST WORKOUT

strawberry, banana, almond
milk, chia seeds, maple,
almond butter

PRETTY IN PINK

strawberry, pitaya, apple,
mango, lemon, coconut
water

PUMPKIN PATCH*

pumpkin, banana, almond
milk, flax, maple, pumpkin
pie spice, vanilla.
(add cold brew)

SUPERFRUIT

strawberry, blueberry,
banana, apple, açai, honey,
coconut water

vegan & gluten free | 16 oz 14.50

hemp \ whey + 1.50

AH-SIGH-EE

almond milk, banana, chia seeds,
blueberry, strawberry, honey.
topped with granola, banana,
hemp seeds, strawberries, goji
berries + drizzle *(free açai add on)*

BANANA BREAD*

banana, almond milk, oats,
almond butter, flax, maple,
cinnamon, vanilla. topped with
granola, banana, cacao nibs,
walnuts + drizzle

BARBEE

coconut water, banana,
strawberry, pitaya, coconut oil,
honey. topped with granola,
banana, chia seeds,
strawberries, coconut
chips + drizzle

CHOCO BERRY

almond milk, banana,
strawberry, cacao,
almond butter, maple,
flax seeds. topped with
granola, strawberries,
banana, cacao nibs + drizzle

MAJIKAL

almond milk, banana,
pineapple, blue spirulina,
honey, coconut oil. topped
with granola, banana,
hemp seeds, coconut
chips + drizzle

MATCHA MANGO

almond milk, banana, mango,
pineapple, matcha, chia seeds,
honey. topped with granola,
banana & coconut chips + drizzle

PEANUT BUTTER

almond milk, banana, peanut
butter, chia seeds, maca, honey.
topped with granola, banana,
cacao nibs + drizzle

PUMPKIN GLOW*

pumpkin, banana, almond milk, almond
butter, flax, maple, pumpkin pie spice.
topped with granola, banana, pumpkin
seeds + drizzle

STRAWBERRY MANGO

coconut water, strawberry, mango,
honey and chia. topped with granola,
coconut chips, banana, strawberries
+ drizzle

TROPICAL PARADISE

coconut water, banana, pineapple,
mango, honey, turmeric, layered with
chia pudding. topped with granola,
banana, coconut chips,
goji berries + drizzle

Nutrient-rich ingredients for a healthy boost !

SUPERFOODS \$1

açaí powder
almond butter
black pepper
cacao nibs
cacao powder
camu camu
cayenne
chia seeds
cinnamon
coconut chips
coconut oil
cranberries
dates

egg
everything
seasoning
feta
flax seeds
garlic
goji berries
granola
hemp protein
hemp seeds
honey
hummus
maca
maple

matcha
olive oil
peanut butter
pesto
pink sea salt
pitaya powder
pumpkin seeds
red pepper flakes
spirulina (blue)
sunflower seeds
turmeric
vanilla
walnuts
whey protein

FOR *The* KIDS

6.50

PINKYLICIOUS

almond milk, strawberry, banana, honey

ORANGE CRUSH

almond milk, pineapple, orange, banana

SUPERHERO

almond milk, blueberry, banana, chia seeds

CREATE *your own !*

10.50

BASE LIQUID

FROZEN FRUIT #1

FROZEN FRUIT #2

FROZEN FRUIT #3

NATURAL SWEETENER

honey, maple syrup or dates

EATS

Healthy & Delicious



SALADS

12.00

GARDEN GREENS

spring mix, cucumber, quinoa, avocado, feta, pumpkin seeds, egg, hemp seeds, everything seasoning

GREEK

spring mix, quinoa, bell pepper, kalamata olives, pepperoncini, cucumber, feta, pumpkin seeds

HAPPY HUMMUS

spring mix, quinoa, red bell pepper, hummus, dates, feta, cucumber, avocado, walnuts, hemp seeds

KALE & CRANBERRY

spring mix, baby kale, quinoa, feta, chicken, carrot shreds, avocado, sunflower seeds, cranberries. recommend lemon tahini dressing

PRETTY PEAR

spring mix, quinoa, chicken, pear, avocado, cranberries, walnuts, feta

STRAWBERRY FIELDS

spring mix, kale, chicken, quinoa, feta, cucumbers, strawberries, avocado, hemp seeds, walnuts

THAI CRUNCH

spring mix, avocado, quinoa, red cabbage, carrot, red bell pepper, chicken, feta, cucumber, sesame & pumpkin seeds. recommend thai peanut dressing

WRAPS

12.00

BUFFALO CHICKEN

avocado, quinoa, chicken, buffalo sauce, feta, spinach

CALIFORNIA LOVE

avocado, chicken, provolone, spinach, tomato, quinoa, cucumber, sea salt, garlic, red pepper flakes

CHICKEN PESTO

pesto, avocado, quinoa, red pepper flakes, feta, chicken, tomato & spinach

CRUNCHY KALE

avocado, quinoa, kale, carrot shreds, chicken, feta, cucumber, pumpkin seeds

EGG & CHEESE

avocado, egg, tomato, spinach, provolone, black pepper, sea salt, olive oil

PEANUT CHICKEN

avocado, chicken, red cabbage, quinoa, red bell pepper, carrot, cucumber, feta, spinach, thai peanut dressing, sesame seeds

SWEET & SALTY

peanut or almond butter, apples, honey, cinnamon, hemp seeds, sea salt

VEGGIES ONLY

avocado, hummus, quinoa, spinach, red bell pepper, cucumber, carrot, garlic, sea salt, red pepper flakes, balsamic dressing

Whole Grain, Spinach included, Gluten-Free Tortilla + 2.

TOASTS

LE QUARTIER SOURDOUGH OR GLUTEN FREE + 2.00

AVOCADO 8.50

AVO & EGG

avocado, egg, microgreens, olive oil, everything seasoning, red pepper flakes, lemon

CLASSIC

avocado, microgreens, lemon, olive oil, red pepper flakes, everything seasoning

EGG SALAD

avocado, egg, feta, red pepper flakes, garlic, sea salt, black pepper

GREEK

housemade hummus, cucumber, lemon, microgreens, feta, dill, sea salt, red pepper flakes

HUMMUS & AVO

housemade hummus, avocado, pumpkin seeds, red pepper flakes, black sesame seeds, sea salt, lemon

PESTOLICIOUS

avocado, vegan pesto, microgreens, feta, lemon, everything seasoning

SANDWICHES 12.00

CAPRI SANDWICH

feta, provolone, pesto, chicken, tomato, spinach & balsamic

CHEESE & APPLE

apple, provolone, chicken, basil, honey, salt & cracked black pepper

ULTIMATE GRILLED CHEESE

hummus, feta, provolone, spinach & tomatoes

SWEET & SAVORY 8.50

ALMOND BUTTER

banana, cinnamon, hemp seeds, almond butter, honey, sea salt

APPLE PIE*

peanut or almond butter, apple, cinnamon, sea salt, honey, hemp seeds or cacao nibs

BERRYLICIOUS

almond or peanut butter, strawberry, banana, hemp seeds, honey, sea salt

TEDDY BEAR *kids*

peanut or almond butter, banana, blueberry, honey

GRAB-N-GO
Gluten-Free



CARAMEL APPLE DIP* 7.00

house-made date caramel with almond milk, almond butter, vanilla, sea salt. fresh apple slices

ENERGY BALLS 5.50

peanut butter, oats, chia seeds, hemp seeds, honey, pink sea salt

OVERNIGHT OATS 7.00

oats, almond milk, maple, chia seeds, peanut butter, vanilla. topped with granola, coconut chips, pumpkin seeds

PB & CHOC CHIA MOUSSE 6.00

almond milk, chia seeds, peanut butter, cacao, maple & vanilla. topped with granola & cacao

Ask about protein boxes!