



LIQUID MEALS ^{GF}

24 OZ | 16 OZ

IRON BERRY

Oat Milk, Blueberries, Strawberries, Avocado, Pitaya, Dates, Spinach, Kale, Vanilla Extract (+\$2 Almond Butter)

\$19.95 | \$15.95

PEACHES & GREENS *

Almond Milk, Orange Juice, Peaches, Spinach, Kale, Banana

\$16.95 | \$12.95

COFFEE DATE *

Cold Brew Coffee, Almond Milk, Banana, Peanut Butter, Raw Cacao, Dates

\$16.95 | \$12.95

BERRY IMMUNE

Oat Milk, Orange Juice, Strawberries, Pineapple, Lemon Juice, Ginger, Cayenne

\$15.95 | \$11.95

STRAWBERRY BANANA

Almond Milk, Orange Juice, Banana, Strawberries, Vanilla Extract

\$15.95 | \$11.95

WELLNESS WARRIOR

Oat Milk, Banana, Acai, Strawberries, Blueberries (+\$2 Peanut Butter)

\$15.95 | \$11.95

CACAO POW

Almond Milk, Banana, Peanut Butter, Raw Cacao, Pure Maple Syrup (+\$2 Chia)

\$14.95 | \$10.95

DREAM DATE

Oat Milk, Banana, Peanut Butter, Dates, Vanilla Extract (+\$2 Spinach)

\$14.95 | \$10.95

F. I. T. *

Almond Milk, Blueberries, Banana, Peanut Butter

\$13.95 | \$9.95

WHOLE FROZEN FRUITS, NUT BUTTERS AND VEGGIES BLENDED WITH PLANT MILKS

WAFFLES ^{GF}

SWEET BERRY

Seasonal Berries, Whipped Coconut Cream, Lavender, Pure Maple Syrup

\$15.95

CINNAMON APPLE

Apple, Candied Almonds, Whipped Coconut Cream, Cinnamon, Pure Maple Syrup

\$15.95

ALMOND CHOCOLATE BANANA

Banana, Almond Butter, Whipped Coconut Cream, Cinnamon, Chocolate Drizzle, Pure Maple Syrup

\$14.95

DRINKS

CHAI CINNAMON LATTE

With Oat milk - Hot or Iced

\$6.95

MATCHA CINNAMON LATTE

With Oat Milk - Hot or Iced

\$6.95

COLD BREW COFFEE

(+ .50 Oat or Almond Milk)

\$5.95

GINGER LEMONADE

\$4.95

DRIP COFFEE

(+ .50 Oat or Almond Milk)

\$3.95

HOT PAROMI TEA

\$3.95

SALADS ^{GF}

LARGE | SMALL

HAIL TO THE KALE

Kale (massaged with Sea Salt + Lemon Juice), Quinoa, Avocado, Carrots, Edamame, Apples, Raisins, Candied Almonds, Carrot Ginger Dressing

\$16.95 | \$10.95

SOUTHWEST

Lettuce, Wild Rice, Black Bean & Corn Salsa, Avocado, Red Pepper, Cucumber, Pico de Gallo, Hummus, Ranch Dressing

\$13.95 | \$8.95

100%
VEGAN MENU

VISIT OUR WEBSITE
TO SEE MENU
DETAILS AND
PHOTOS



^{GF} GLUTEN-FREE

* CUSTOMER FAVORITE

WE WISH TO ACCOMMODATE ANY ALLERGY REQUESTS BUT PLEASE BE ADVISED THAT ALL PRODUCTS ARE PREPARED IN A KITCHEN WHERE WHEAT, SOY, CHICKPEAS, TREE NUTS AND PEANUTS ARE PRESENT. ALLERGEN CHART IS AVAILABLE.

VB | DC | 12.20.23

SUPERBERRY BOWLS ^{GF}

ANTIOXIDANT *

Oat Milk, Acai, Blueberries, Banana, Dates
Topped with: Granola, Banana, Blueberries, Strawberries, Chia Seeds

\$15.95

PB NO J *

Almond Milk, Banana, Acai, Peanut Butter Topped with: Granola, Banana, Strawberries, Chia Seeds, Peanut Butter Drizzle

\$14.95

PRODUCEBLENDS ^{GF}

24 OZ | 16 OZ
\$14.95 | \$10.95

ALL GREENS

Cucumber, Celery, Romaine, Spinach, Kale, Cilantro, + Orange Juice

BEACH BREEZE

Strawberries, Pineapple, Mango, Red Apple, + Apple Juice

BEET FASTER

Beet, Cucumber, Carrot, Lemon, Ginger, Turmeric, + Carrot Juice

IMMUNITY

Green Apple, Lemon, Ginger, Cayenne, + Apple Juice

KALEVOLUTION

Red Apple, Cucumber, Lemon, Romaine, Kale, Ginger, + Apple Juice

NOBILITY

Green Apple, Pineapple, Celery, Cucumber, Kale, Spinach, + Orange Juice

PINEAPPLE XPRESS

Pineapple, Red Apple, Aloe Vera, Ginger, + Apple Juice

PLEASE BE ADVISED THAT MANY ITEMS ON OUR MENU INCLUDE NUTS

BOOSTERS CAN BE ADDED TO ALL LIQUID MEALS, SUPERBERRY BOWLS & PRODUCEBLENDS

PROTEIN POWDERS + \$2.95

All proteins are pea and seed based
Original - Chocolate - Vanilla - Green

JUICE ADD-INS + \$5

Ginger
Turmeric

OTHER ADD-INS + \$2

| | | |
|---------------|---------------|---------------|
| Almond Butter | Flax Seeds | Pre/Probiotic |
| Avocado | Hemp Seeds | Rolled Oats |
| B12 | Kale | Spinach |
| Chia Seeds | Peanut Butter | |

SOUPS ^{GF}

LARGE | MEDIUM | SMALL

BROCCOLI CHEDDAR

Broccoli, Cashews, Carrots, Onion, Nutritional Yeast, White Miso Paste, Vegetable Broth, Vinegar, Salt, Onion Flakes, Nutmeg, Black Pepper, Cayenne Pepper

\$13.95 | \$10.95 | \$7.95

BUTTERNUT SQUASH

Butternut Pumpkin, Onion, Garlic, Sage, Rosemary, Ginger, Vegetable Broth, Extra Virgin Olive Oil, Sea Salt, Black Pepper

\$13.95 | \$10.95 | \$7.95

HEARTY CHILI

Black Beans, Kidney Beans, Chickpeas, Tomatoes, Corn, Celery, Onions, Garlic, Chili Powder, Cayenne, Black Pepper, Salt, Cacao Powder, Lemon, Apple Cider Vinegar, Vegetable Broth, Topping: Cashew Garlic

\$13.95 | \$10.95 | \$7.95

HANDHELDS ^{GLUTEN FREE} OPTIONS AVAILABLE

WHOLE | HALF

SOUTHWEST QUESADILLA *

Cashew Cheese, Wild Rice, Black Bean & Corn Salsa, Red Pepper, Onions, Pico de Gallo, Tortilla, Served with: Avocado, Pico de Gallo, Cashew Garlic Cream

\$16.95 | \$10.95

AVOCADO HERB TOAST

Avocado, Basil Pesto, Oregano, Sea Salt, Black Pepper, Bread (+ .25/slice Gluten-Free Upon Request)

\$13.95 | \$8.95

Breakfast Wrap

Tofu Scramble (Tofu, Coconut Aminos, Tamari, Hummus, Nutritional Yeast, Oat Milk, Olive Oil, Green Onion, Onion, Mushrooms, Red Pepper, Spices), Avocado, Spinach, Tomatoes, Tortilla (+ .50 Gluten-Free Upon Request)

\$13.95 | \$8.95

TUSCAN KALE WRAP *

Kale, Sweet Potatoes, Quinoa, Broccoli, Chickpeas, Onions, Basil Pesto, Hummus, Cayenne, Tortilla (+ .50 Gluten-Free Upon Request)

\$13.95 | \$8.95

SOUTHWEST WRAP

Lettuce, Wild Rice, Black Bean Corn Salsa, Avocado, Red Pepper, Cucumber, Pico de Gallo, Hummus, Ranch Dressing, Tortilla (+ .50 Gluten-Free Upon Request)

\$13.95 | \$8.95

PLANT POWER BURGER

Housemade Bean Burger, Bun, Lettuce, Tomato, Onion, Vegan Mayo' Sauce (+ \$1 Vegan Cheddar Cheese)

\$9.95