



Smoothies




THE EXTREME GREENS  
Spinach, Kale, Cucumber, Pear,
Banana & Coconut Water

THE MANGO LASSI  
Mango, Banana, Mint & Coconut Water



THE MATCHA BLISS   
Banana, Organic Matcha, Date,
Himalayan Salt & Almond Milk

Add Protein Powder: Regular \$1.00 Vegan \$1.50

Cold Pressed Juices

THE REVITALIZER   
Beets, Honeydew, Mint, Apple,
Pear, Cucumber, Lemon, Ginger,
Turmeric & Coconut Water

THE ENERGIZER  
Lemon, Pineapple, Apple,
Ginger & Cayenne Pepper

THE GOLDMINE  
Pineapple, Carrot, Cucumber,
Honeydew, Orange, Lime, Lemon
Ginger & Turmeric

Açaí Bowls

\$9.25 THE AMOR 
Frozen Açaí, Blueberries,
Strawberries, Banana,
Almond Milk Blend. Toppings:
Granola, Blueberries, Dark
Chocolate & Mint Leaf

\$9.75 THE TIKI 
Frozen Açaí, Blueberries,
Strawberries, Banana, Almond
Milk Blend. Toppings: Granola,
Pineapple, Peanut Butter,
Shredded Coconut
& Goji Berries

 Vegetarian

 Vegan

 Gluten-free

 Contains Nuts



\$7.99



THE ALMOND BERRY   
Blueberries, Strawberries,
Banana & Almond Milk

PEANUT BUTTER CUP   
Peanut Butter, Banana, Almond
Milk & Cacao Powder

THE COCO-BERRY  
Mango, Strawberries,
Blueberries & Coconut Water

THE BOOST   
Almond, Banana, Date,
Cacao Powder & Himalayan Salt

THE PROTECTOR  
Pear, Apple, Cucumber,
Pineapple, Kale, Celery,
Romaine, Mint & Lime

THE ALCHEMIST  
Kale, Cucumber, Celery, Carrot,
Apple, Spinach, Parsley & Lemon



Sandwiches



\$8.99 THE AVO-CORE
Albacore Tuna, Avo Smash
& Shredded Romaine





\$8.99 THE MEDITERRANEAN
Grilled Chicken Breast, Provolone,
Sundried Tomato, Avo Smash &
Shredded Romaine

Make it a Wrap - Whole Wheat or Gluten Free (\$0.50)




Brown Rice Bowls

\$8.99 THE TERIYAKI  
Brown Rice, Grilled Pineapples,
Carrots, Edamame, Broccoli,
Sesame Seeds & Teriyaki Sauce

\$8.99 THE TEXICAN  
Brown Rice, Avo Smash, Black
Beans, Corn, Feta Cheese, Red
Peppers, Chipotle Yogurt, Salsa,
Cilantro & Corn Tortilla

\$8.99 THE PEANUT BOWL    
Brown Rice, Broccoli, Edamame,
Red Cabbage, Carrots, Peanuts,
Green Onions, Sesame Seeds &
Peanut Sauce

Salads

\$8.99 THE NURTURER   
Romaine, Spinach, Cucumbers,
Red Peppers, Red Onions, Feta,
Almonds, Cranberries & Honey
Balsamic Vinaigrette

\$9.49 EL FRESCO  
Romaine, Black Beans, Corn,
Mango, Red Peppers, Salsa Verde
Vinaigrette, Avo Smash, Cilantro,
Feta & Corn Tortilla



Proteins


\$2.50 CHICKEN BREAST



\$2.50 TURKEY SAUSAGE




\$2.00 SOY-CURED TOFU



\$8.99 THE HARVEST
Turkey Sausage, Red Peppers,
Provolone, Chipotle Yogurt,
Avo Smash & Shredded Romaine

\$7.99 THE VITAL VEGGIE  
Soy-Cured Tofu, Pickled
Veggie Slaw, Sunflower Sprouts,
Hummus, Avo Smash &
Shredded Romaine


\$7.99 THE SPICY TOMATO  
Brown Rice, Carrots, Celery, Bell
Peppers, Cilantro & Spicy Tomato
Sauce

\$8.99 THE POWER PLANT  
Brown Rice, Broccoli, Chickpeas,
Kale, Pumpkin Seeds, Sunflower
Sprouts, Lemon Chia Vinaigrette
& Hummus

\$9.79 THE NARA   
Romaine, Spinach, Edamame,
Grilled Pineapples, Carrots, Red
Cabbage, Red Peppers, Crispy
Noodles & Sesame Citrus Dressing

\$7.49 THE SUPER   
Quinoa, Kale, Cucumber, Carrot,
Chick Peas, Edamame, Sunflower
Sprouts & Lemon Chia Vinaigrette

Wraps

\$7.99 THE SUNWISE 
Scrambled Eggs, Brown Rice,
Spinach, Avo Smash, Sundried
Tomato & Salsa

\$9.25 THE HAWAIIAN BBQ
Romaine, Pineapple, Mango,
Red Onions, Red Peppers,
Chicken Breast, Provolone
& Tangy BBQ Sauce

Substitute Gluten Free Wrap \$0.50

Drinks

AMERICANO

LATTE

CAPPUCCINO

TEAS

ESPRESSO

WHEAT GRASS SHOT  

Substitute Almond Milk or Coconut Milk \$0.60

\$8.99 THE TURKEY WRAP
Brown Rice, Turkey Sausage,
Scrambled Eggs, Avo Smash,
Black Beans, Feta & Chipotle
Yogurt

\$9.25 THE PEANUT WRAP
Brown Rice, Chicken Breast,
Red Cabbage, Red Peppers,
Edamame, Crispy Noodles,
Peanuts & Peanut Sauce

REG

\$2.70

\$3.65

\$3.65

\$1.99

SINGLE

\$2.45

\$2.75

LRG

\$2.95

\$4.30

\$4.30

\$2.25

DOUBLE

\$2.45

\$4.25

