

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

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, cucumber,
apple, mint

SUNRISE

pineapple, carrot,
lemon, lime, cayenne

RECOVERY

orange, cucumber,
beet, kale, lemon

TUMMY TAMER

pineapple, apple,
lemon, spinach, mint

.....
CREATE
your own!

*5 ingredients of
your choice +1.00
for additional
ingredients*

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

3.00

espresso
drip coffee
cold brew
cappuccino



5.25

LATTES

5.25

blue lavender
pumpkin spice
salted caramel
(+ espresso shot 1.50)
latte

SUPERLATTES

6.50

chai
strawberry matcha
honey lavender matcha
honey pistachio matcha
golden
matcha
mocha

*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

strawberry lemonade
mango green

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

.....
MILK *oat or almond*
NATURAL SWEETENERS
maple or honey

HOT TEAS 2.50

loose-leaf

butterfly pea flower
chamomile
lavender mint
peppermint
(add tea flavors 1.00)

Smoothies

..... ONLY REAL INGREDIENTS

16 oz 10.50 | 24 oz + 2.50

POST WORKOUT

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

MANGO DREAM

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

SUPERFRUIT

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

BAHAMA BABE

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

BRAIN BOOST

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

PB & B

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

METABOLIZER

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

GOOD MORNING

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

LAVENDER HONEY

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

hemp \ whey + 1.50

BLUE MAJIK

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

PRETTY IN PINK

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

GREEN MACHINE

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

CHOCO LOVER

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



SMOOTHIE BOWLS

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)

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

TROPICAL PARADISE

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



STRAWBERRY MANGO

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

Nutrient-rich ingredients for a healthy boost!

SUPERFOODS \$1

*açai 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

KALE & CRANBERRY

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

HAPPY HUMMUS

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

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.

PRETTY PEAR

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

THAI CRUNCH

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

STRAWBERRY FIELDS

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

WRAPS

12.00

CALIFORNIA LOVE

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

CHICKEN PESTO WRAP

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

EGG & CHEESE

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

BUFFALO CHICKEN

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

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

PEANUT CHICKEN

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

CRUNCHY KALE

avocado, quinoa, kale, carrot shreds, chicken, feta, cucumber, pumpkin seeds, cranberries, housemade tahini drizzle

*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

GRILLED CHEESE

CHEESE & APPLE 12.00

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

ULTIMATE

12.00

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*

TIRAMISU CHIA MOUSSE 6.00

Greek yogurt, almond milk, espresso, chia seeds, cacao, vanilla & maple. Topped with granola & cacao nibs

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

PASTA SALAD 6.50

gluten free chickpea pasta, bell pepper, kalamata olives, pepperoncini, feta, cucumber, pumpkin seeds. italian dressing