

# EATS

*Healthy & Delicious*

## SALADS

10.95

### 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

### 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

### *Dressings*

housemade balsamic vinegar, lemon tahini & thai peanut. poblano ranch

## SNACKS *Gluten-Free*

### ENERGY BALLS

5.00

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

### OVERNIGHT OATS

6.50

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

## WRAPS

10.50

### 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.*

### PB & CHOCOLATE CHIA MOUSSE

5.50

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

# TOASTS

LE QUARTIER SOURDOUGH OR GLUTEN FREE + 2.00

## AVOCADO 7.95

### CLASSIC

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

### PESTOLICIOUS

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

### AVO & EGG

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

### EGG SALAD

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

## HUMMUS 7.95

### 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

## SWEET & SAVORY 7.95

### 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



*Fall Flavors,  
Real Ingredients!*



ASK US ABOUT CATERING -  
BYO ACAI BOWLS  
AND MORE!



Fresh Pressed  
**JUICE**  
.....

16 oz 9.50 | 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 +1.0  
for additional  
ingredients

WELLNESS SHOTS 2 oz | 5.25

**ELDERBERRY**  
apple, lemon, ginger, elderberry

**IMMUNE BOOST**  
carrot, orange, lemon, ginger

**COLD - PRESSED  
JUICE CLEANSES**

BEGINNER	38.50
ONE DAY	50.00
TWO DAY	100.00
THREE DAY	150.00
FOUR DAY	200.00
FIVE DAY	250.00



*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** 2.75  
espresso  
drip coffee  
cold brew  
cappuccino 4.75

**LATTE** 6.00  
blue lavender latte  
pink vanilla latte  
pumpkin spice latte  
salted caramel latte  
(+ espresso shot 1.50)  
latte 4.75

**HOT TEA** 2.50  
*loose-leaf*  
butterfly pea flower  
chamomile  
lavender mint  
peppermint  
(add tea flavors 1.00)

**SUPERLATTES** 6.00  
chai  
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\*** 5.00  
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*



# Smoothies

..... ONLY REAL INGREDIENTS .....

**16 oz 9.50 | 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

## RADIANT SKIN

banana, strawberry, sea moss, chia seed, almond butter, maple syrup, almond milk

## 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 + 1.00**

## 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

## PUMPKIN PATCH

almond milk, banana, pumpkin, pumpkin pie spice, vanilla, flax seeds, maple syrup (+/- cold brew)



## FOR *The* KIDS

**6.50**

## CREATE *your own!*

**9.50**

## PINKYLICIOUS

almond milk, strawberry, banana, honey

## ORANGE CRUSH

almond milk, pineapple, orange, banana

## SUPERHERO

almond milk, blueberry, banana, chia seeds

## BASE LIQUID

## FROZEN FRUIT #1

## FROZEN FRUIT #2

## FROZEN FRUIT #3

## NATURAL SWEETENER

honey, maple syrup or dates

# SMOOTHIE BOWLS

**vegan & gf | 16 oz 13.50**

**hemp \ whey + 1.00**

## 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



## PUMPKIN GLOW

almond milk, banana, pumpkin, flax seeds, maple syrup, pumpkin pie spice. topped with granola, banana, pumpkin seeds

*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*