

# 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, apple,  
cucumber, mint

## SUMMER BREEZE\*

watermelon, mint,  
pineapple

## 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

# \*New SUMMER 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

drip coffee 3.00  
cold brew 3.00

## ESPRESSO

espresso 3.00  
cappuccino 5.25  
latte 6.50

## HOUSE LATTES


blue lavender 6.50  
pumpkin spice  
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)*

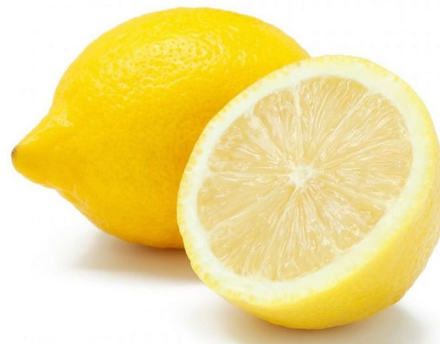
## SUPERLATTES 6.50

chai  
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  
pink cloud \*  
yuzu lemonade \* 

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 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

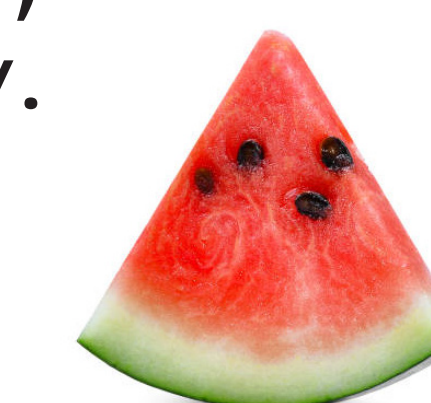
almond milk, banana, pineapple, blue spirulina, honey, coconut oil. topped with granola, banana, hemp seeds, coconut chips + drizzle

## MATCHA MANGO

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

## WATERMELON WAVE \*

watermelon, strawberry, pineapple, chia & honey. topped with granola, watermelon, 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

## 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*

### MANGO COCO CHIA PUDDING\* 6.00

coconut milk, mango, chia seeds, coconut flakes, maple, vanilla, greek yogurt. topped with granola & coconut chips



### ENERGY BALLS

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

5.50

### OVERNIGHT OATS

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

7.00

### PASTA SALAD

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

6.50