

# GRAB + GO

Items prepared  
*fresh, daily*

**AVAILABILITY VARIES**

check the case!

## ORGANIC JUICES

APPLE LEMON GINGER	11. <sup>50</sup>
CELERY	11. <sup>50</sup>
PINEAPPLE APPLE GINGER	11. <sup>50</sup>
GO GREEN celery, cucumber, kale, spinach, lemon, ginger	12. <sup>50</sup>
PINEAPPLE MINT pineapple, cucumber, green apple, mint, blue majik	12. <sup>50</sup>
CUCUMBER HYDRATE cucumber, green apple, kale, lemon	13. <sup>50</sup>
SWEET GREENS apple, cucumber, spinach, kale, lime	13. <sup>50</sup>
VITALITY apple, lemon, ginger, turmeric, E3Live + BrainOn	13. <sup>50</sup>

**EVERYTHING IS 100% ORGANIC**

100% GLUTEN-FREE

100% SOY-FREE

100% CANOLA OIL-FREE



## ORGANIC WELLNESS SHOTS

IMMUNITY lemon, ginger, turmeric	5. <sup>50</sup>
HAPPY GUT pineapple, lemon, ginger, apple cider vinegar	5. <sup>50</sup>
ANTI-INFLAMMATORY ginger, lemon, carrot, turmeric	5. <sup>50</sup>
GINGER ginger	5. <sup>50</sup>

## ORGANIC SIDES

CHICKEN SALAD	9. <sup>50</sup>
EGG MUFFINS	5. <sup>25</sup>
GREEK SALAD	6. <sup>75</sup>
HEALTHY SLAW	6. <sup>75</sup>
HUMMUS	6. <sup>75</sup>
PAD THAI KELP NOODLE	6. <sup>75</sup>
PESTO CHICKEN SALAD	10
TUNA SALAD	7. <sup>25</sup>

## ORGANIC TREATS

BLUEBERRY MAGIC SCONE	7. <sup>50</sup>
BREAKFAST COOKIE	4
PB+C PROTEIN BAR	5. <sup>25</sup>
PB PROTEIN ENERGY BALLS	8

**THIS FACILITY USES TREE NUTS AND PEANUTS**

# MADE TO ORDER

## ORGANIC SMOOTHIES AND BOWLS

*bowls have toppings! banana, seasonal fruit, granola, nut butter/honey*

### NUTTER BUTTER LOVE 12

banana, zucchini, cashew milk, vanilla protein, cinnamon, date paste, peanut butter, **ashwagandha**

*make it a bowl for 15.50*

### COFFEE LOVE 11.<sup>75</sup>

banana, zucchini, **cold brew**, cashew milk, almond butter, date paste, cacao nibs

*make it a bowl for 15.50*

### TURMERIC LOVE 12

banana, zucchini, cashew milk, **turmeric**, cinnamon, maple syrup, cashews, almond butter,

*make it a bowl for 15.50*

### CHOCOLATE LOVE 12

banana, zucchini, avocado, cashew milk, peanut butter, vanilla protein, cacao powder, **cacao nibs**, maple syrup

*make it a bowl for 15.50*

### GREEN LOVE 12

banana, zucchini, spinach, kale, **spirulina**, cashew milk, almond butter, maple syrup

*make it a bowl for 15.50*

### BERRY LOVE 12.<sup>75</sup>

banana, strawberry, blueberry, chia seeds, honey, **hibiscus+elderberry tea**, coconut milk, coconut butter

*make it a bowl for 16*

### KETO MINT LOVE 16

coconut milk, avocado, zucchini, coconut meat, EO peppermint, **MCT oil**, whey protein, monkfruit, coconut butter, cacao nibs

### KETO CHOCOLATE LOVE 16

coconut milk, avocado, zucchini, coconut meat, peanut butter, **MCT oil**, whey protein, monkfruit, coconut butter, cacao powder, cacao nibs

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## SPECIALTY BOWLS

### ACAI SMOOTHIE BOWL 16

acai, banana, strawberry, blueberry, date paste, cashew milk, vanilla extract

**Topped with:** house made granola, banana, seasonal fruit, almond butter

### DRAGONFRUIT SMOOTHIE BOWL 16

dragonfruit, banana, strawberry, date paste, cashew milk, vanilla extract

**Topped with:** house made granola, banana, seasonal fruit, almond butter

## MADE TO ORDER

### COCONUT YOGURT BOWL 12

coconut yogurt, maple syrup, granola, almond butter, banana, seasonal fruit, hemp hearts

### KETO YOGURT BOWL 13.<sup>25</sup>

coconut yogurt, almond butter, walnut, hemp hearts, optional monkfruit, pumpkin seeds, blueberries

### GRANOLA BOWL 11

granola, cashew milk, peanut butter, seasonal fruit, banana, hemp hearts

### BUDDHA BOWL 11

greens, quinoa, black beans, roasted veggies  
choice of sauce: sesame ginger / cilantro lime

## ORGANIC SALADS

*dressings: cilantro lime, lemon vinaigrette*

### PREMA SALAD 13.<sup>75</sup>

arugula, spinach, purple cabbage, carrot, cucumber, dried cranberries, pickled onions, pumpkin seeds, feta cheese, hemp seed, pickled onions, scallion, sauerkraut

### SUPERFOOD SALAD 16

arugula, spinach, purple cabbage, carrot, cucumber, dried cranberries, pickled onions, pumpkin seeds, avocado, blueberry, chickpea, tomato, sunflower seed, walnut

### SALAD ADD-ONS

pesto chicken salad 5.<sup>25</sup>  
tuna salad 3.<sup>75</sup>

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**ORGANIC LATTES**

All lattes made with house-made **organic cashew milk**  
\*Caffeine-free? Sub mushroom elixir for espresso\*

**Cashew Milk Latte**

12oz \$6.25  
16oz \$6.75 hot or iced

**Vanilla Cashew Milk Latte**

12oz \$6.75  
16oz \$7.25 hot or iced

**Salted Caramel Cashew Milk Latte**

12oz \$6.75  
16oz \$7.25 hot or iced

**Repair Latte**

*Collagen + Lucuma + Honey*  
12oz \$7.25  
16oz \$7.75 hot or iced

**Balance Latte**

*Ashwagandha + Honey + Lion's Mane +  
Cinnamon*  
12oz \$7.25  
16oz \$7.75 hot or iced

**Power Protein Latte**

*SP Veg-E Complete Protein, Choc or Vanilla*  
12oz \$6.75  
16oz \$7.25 hot or iced

**Mocha**

*Raw Cacao + Maple Syrup*  
12oz \$6.75  
16oz \$7.25 hot or iced

**Chai Latte**

12oz \$6.75  
16oz \$7.25 hot or iced

**Matcha Latte**

12oz \$6.75  
16oz \$7.25 hot or iced

**Golden Milk Latte**

*\*caffeine-free, made with coconut milk\**  
12oz \$6.75  
16oz \$7.25 hot or iced

**Hot Chocolate**

*Raw Cacao + Maple Syrup*  
12oz \$6.25  
16oz \$6.75 hot or iced

## **ORGANIC COFFEE**

### **Drip**

12oz \$3.25

16oz \$4.25

### **Drip with Grassfed Butter**

12oz \$4.25

16oz \$5.25

### **Drip with Grassfed Butter, MCT Oil and Collagen**

12oz \$6.00

16oz \$7.00

### **Cold Brew**

16oz \$6.25

## **ORGANIC ESPRESSO**

### **Espresso**

Single Shot \$2.25

Double Shot \$4.25

### **Cappuccino**

8oz \$6.25

### **Americano**

12oz \$4.25

16oz \$6.25

### **ADD-INS**

Collagen \$1.25

CBD pump \$3.25

Grass-fed Butter \$1.25

MCT Oil \$1.25

Vanilla Syrup \$1.25

Caramel Syrup \$1.25