

SMOOTHIES

\$10.25 ↓

ABSOLUTE OLA*

COCONUT MILK
BANANA
SPINACH
PEANUT BUTTER
VANILLA PROTEIN
AGAVE
GINGER
CINNAMON
TURMERIC
CAYENNE

↓ SURVIVE & THRIVE*

OAT MILK
BANANA
SPINACH
PEANUT BUTTER
VANILLA PROTEIN
DATES
CINNAMON

OCEAN'S BREEZE

MANGO
PINEAPPLE
BLUE SPIRULINA
OATMILK

WARRIOR*

BANANA
CACAO NIBS
DATES
SEA SALT
MACA ROOT
OAT MILK
PEANUT BUTTER
CHOCOLATE PROTEIN

PB SURGE*

BANANA
CHOCOLATE CHIPS
SEA SALT
MACA ROOT
ALMOND MILK
PEANUT BUTTER
CHOCOLATE PROTEIN
COCOA POWDER

\$10.75 ↓

TROPIC DEL SOL

PINEAPPLE
MANGO
STRAWBERRY
BANANA
COCONUT MILK
HOUSE PRESSED OJ

MANGO TANGO

MANGO
PINEAPPLE
HOUSE PRESSED OJ
COCONUT WATER
WATER
VANILLA PROTEIN
AGAVE

BERRY BANANA

STRAWBERRY
BANANA
BLUEBERRY
COCONUT MILK
AGAVE

GLOW

MANGO
STRAWBERRY
BANANA
CARROTS
DATES
HOUSE PRESSED OJ
OAT MILK
GOJI BERRIES

REVIVER

STRAWBERRY
BLUEBERRY
COCONUT WATER
APPLE JUICE
VANILLA PROTEIN
LEMON JUICE
AGAVE

AÇAÍ BOWLS

POWER BOWL* \$12.50

AÇAÍ	TOPPED WITH
SPINACH	STRAWBERRY
MANGO	GRANOLA
BANANA	BANANA
ALMOND MILK	ALMOND BUTTER
	COCONUT
	CHIA

↓ MOUNTAIN BAYA \$12.50

AÇAÍ,	TOPPED WITH
BLUEBERRY	GRANOLA
STRAWBERRY	STRAWBERRY
BANANA	BLUEBERRY
OAT MILK	BANANA
	CHIA

AÇAÍ OASIS* \$12.75

AÇAÍ	TOPPED WITH
STRAWBERRY	GRANOLA
BANANA	STRAWBERRY
ALMOND MILK	BANANA
PEANUT BUTTER	CHOCOLATE CHIP
	COCONUT
	HONEY

TROPICAL PROTEIN \$13.50

AÇAÍ	TOPPED WITH
MANGO	GRANOLA
BANANA	COCONUT
VEGAN PROTEIN	BANANA
COCONUT MILK	PINEAPPLE
BLUE SPIRULINA	GOJI
	HEMP SEED

ENHANCE FOR - \$1.50

FOCUS

ashwagandha

MEMORY

lion's mane

BALANCE

maca root

IMMUNITY

spirulina

STRENGTH

vegan protein

RESTORE

collagen

↓ MOST POPULAR

* CONTAINS NUTS

GF GLUTEN FREE

✓ VEGAN

A OPTION AVAILABLE

WELLNESS SHOTS \$4.50

OBLITERATOR

GARLIC
GINGER
VINEGAR
LEMON JUICE
TURMERIC
CAYENNE

THE CURE TONIC

GREEN APPLE
CUCUMBER
PEAR
KALE
LIME JUICE
GINGER
APPLE CIDER VINEGAR
SPIRULINA

IMMUNITY BOOST

GINGER
LEMON
CAYENNE

**** ALL FOOD OPTIONS COME VEGAN FRIENDLY.
GLUTEN FREE OPTIONS ARE AVAILABLE TOO! ****

SMALL BITES

OVERNIGHT OATS* \$7.50

- BANANA NUT
-PIÑA COLADA
-BERRY JAM

ENERGY BITES* 2(\$3) 4(\$6)

GRANOLA
MAPLE
CHOCOLATE
CHIPS
ALMOND
BUTTER

BIGGER BITES

AVO TOAST* \$11

AVOCADO LEMON MASH
HERB SAUCE
BERRY JALAPENO SAUCE
FETA (VEGAN)
RADISH

ADULT AB&J TOAST* \$10.50

PROVISIONS BAKERY COUNTRY SOURDOUGH
BIG SPOON SEA SALT CHOCOLATE
ALMOND BUTTER
STRAWBERRY
CHIA SEEDS
HOUSE BERRY COMPOTE
BANANA

MEDITERRANEAN BOWL * \$11.50

TRI-COLORED QUINOA
SPINACH
CHICKPEA SALAD
ALMONDS
RADISH
HEIRLOOM CHERRY TOMATOES
ARTICHOKE
ROASTED RED PEPPER
CILANTRO TAHINI AVOCADO DRESSING

HOUSE PESTO GRILLED CHEESE* \$10

HOUSEMADE ALMOND JALAPENO PESTO
SHREDDED SHARP CHEDDAR
(OR VEGAN MOZZARELLA)
TOMATO

+ GF BREAD \$1
+ VEGAN SUBSTITUTE \$.50

JUICES

AWAKE \$9.50

KALE
APPLE
GINGER
CAYENNE
LEMON
MAPLE

BOUNCE BACK \$9.50

PINEAPPLE
CARROT
BEET
APPLE
ORANGE JUICE

REFRESH \$10.50


CUCUMBER
APPLE
SPINACH
KALE
LEMON JUICE
GINGER
PARSLEY

ENERGIZER \$9.50

BEET
APPLE
LEMON
GINGER

MOJITO \$9.50

CUCUMBER
APPLE
PINEAPPLE
SPINACH
MINT
LIME

 MOST POPULAR
* CONTAINS NUTS
GF GLUTEN FREE
VA VEGAN OPTION AVAILABLE