JUICE	12oz 20oz
GREEN LOVE kale, spinach, cucumber, green apple, lemon, ginger	6.99 9.99
BEAUTY GREEN kale, cucumber, cilantro, red apple, pineapple, lime	6.99 9.99
IMMUNITY carrot, celery, beet, red apple, lemon, ginger, garlic	6.99 9.99
GOLD GODDESS grapefruit, pineapple, lemon, ginger, turmeric	6.99 9.99
CELERY celery, lemon, ginger	6.99 9.99
ELIXIRS	20oz over ice
LEMON LUSTER lemon, ginger, coconut or filtered water, agave, caye	7.99 nne
READY TO RESET lemon, lime, filtered water, activated charcoal, stevia	7.99 a
MAGIC MATCHA matcha, vanilla, milk choice, stevia	7.99
GOLDEN MILK turmeric, ginger, cinnamon, black pepper, milk choic	7.99 e, stevia
turmeric, ginger, cinnamon, black pepper, milk choic	e, stevia
turmeric, ginger, cinnamon, black pepper, milk choic WELLNESS SHOTS	e, stevia loz 2oz
turmeric, ginger, cinnamon, black pepper, milk choic WELLNESS SHOTS WHEATGRASS	1 oz 2 oz 2.99 4.99
turmeric, ginger, cinnamon, black pepper, milk choic WELLNESS SHOTS WHEATGRASS TURMERIC	1
WELLNESS SHOTS WHEATGRASS TURMERIC GINGER SHOT FLIGHT	1
WELLNESS SHOTS WHEATGRASS TURMERIC GINGER SHOT FLIGHT loz each of wheatgrass, turmeric, and ginger	1
WELLNESS SHOTS WHEATGRASS TURMERIC GINGER SHOT FLIGHT loz each of wheatgrass, turmeric, and ginger COFFEE # TEA	e, stevia 10z 20z 2.99 4.99 3.99 6.99 1.99 2.99 7.99
WELLNESS SHOTS WHEATGRASS TURMERIC GINGER SHOT FLIGHT 10z each of wheatgrass, turmeric, and ginger COFFEE + TEA HOT COFFEE	e, stevia 10z 20z 2.99 4.99 3.99 6.99 1.99 2.99 7.99 1.99 2.99
WELLNESS SHOTS WHEATGRASS TURMERIC GINGER SHOT FLIGHT loz each of wheatgrass, turmeric, and ginger COFFEE # TEA HOT COLD BREW	e, stevia 10z 20z 2.99 4.99 3.99 6.99 7.99 120z 20oz 1.99 2.99 3.99 5.99
WELLNESS SHOTS WHEATGRASS TURMERIC GINGER SHOT FLIGHT 10z each of wheatgrass, turmeric, and ginger COFFEE + TEA HOT COFFEE NITRO COLD BREW HOT TEA ICED TEA	10z 20z 2.99 4.99 3.99 6.99 1.99 2.99 7.99 1.99 2.99 3.99 5.99 1.49 1.99

SMOOTHIES		
		12oz 20oz
DAILY DETOX wild blueberries, bana spirulina, coconut wat		7.99 11.99
JUST CHILL pineapple, banana, sp shredded coconut, cbo		7.99 11.99
PALEO POWER banana, avocado, almocacao, maca, milk cho		7.99 11.99
CACAO BOOSTE banana, cacao, maca,		5.99 8.99
BERRY BASICS strawberry, wild bluebraspberries, banana, r		5.99 8.99
MANGO TANGO mango, banana, celery coconut water, apple		5.99 8.99
OMG "OH MY GR kale, spinach, pineapp	EENS" ole, lime, coconut water	5.99 8.99
KIDS SMO	THIES	12 o z
MONSTER C strawberry, banana, o	range juice	5.99
FUNKY MONKEY banana, peanut butter		5.99
SUPER HERO SL strawberry, banana, k		5.99
BOOSTERS		
1.50 ea AVOCADO CHIA SEEDS HEMP SEEDS ALMOND BUTTER PEANUT BUTTER	2.00 ea CACAO MACA COLD BREW SPIRULINA ACTIVE CHARCOAL	3.00 ea BONE BROTH PROTEIN WHEY PROTEIN PLANT PROTEIN MCT OIL CBD
SUPERFOOD BOWLS		
AÇAÍ or DRAGONFRUIT açaí or dragonfruit base blended with milk choice, topped with berries, banana, shredded coconut, chia, gf granola		
MILK CHOICES: COCONUT, ALMOND, SOY, HEMP, DAIRY		

BEFORE ORDERING PLEASE INFORM US IF ANYONE IN YOUR PARTY HAS A FOOD ALLERGY

ALL OF OUR RECIPES USE ONLY

ORGANIC OR NON-GMO INGREDIENTS

V VEGAN

G GLUTEN CONSCIOUS

BREAKFAST	served all day
BACON, EGG, CHEESE bacon, egg, sharp cheddar, on local brioche bun	6.99
EGG + GREENS egg, sautéed spinach, feta, on local 7 grain bun	6.99
PALEO BREAKFAST BOWL egg, bacon, avocado, over sautéed spinach	7.99
AVOCADO GF BREAD	1.50 1.50
EXTRA EGG	2.00
AVOCADO TOAST	served all day
starts with salt + pepper on local 7 grain bread	4.99
BACON FETA	3.00 1.50
FRIED EGG SLIVERED ALMONDS + CRUSHED CHILI FLAKES	2.00 1.00
SALADS	
RAINBOW FALAFEL (V) (G)	9.99
romaine, rainbow bell pepper, grape tomato, cucum red onion, tossed in balsamic vinaigrette, topped w falafel and side of tzatziki	
SUMMER QUEEN (6)	9.99
arugula and spinach, strawberries, radish, walnuts, shaved parmesan, tossed in red wine vinaigrette	
HOT AVOCADO (6)	9.99
mixed greens, romaine, grilled avocado, pea shoots blue cheese, pepitas, tossed in green goddess dres	
CASHEW KALE CAESAR ®	8.99
tuscan kale, romaine, shredded carrots, chickpea c vegan parmesan, tossed in creamy cashew dressing	
SALAD ADD-ONS	
GRILLED CHICKEN CRISPY TOFU	4.00 3.00
CHICKEN SALAD TUNA SALAD	5.00 4.00
BACON FRIED EGG	3.00 2.00
AVOCADO	1.50
KIDS SANDWICHES	on honey wheat
PB + J	5.99
TURKEY + CHEESE	5.99
ALMOND BUTTER + BANANA	5.99

SANDWICHES	with kimchi or pickle side
THE FAB FALAFEL (v) falafel, romaine, tomato, red onion, vegan tzatziki, grilled on wheat wrap	8.99
T.L.T. marinated tempeh, avocado, vegan che tomato, pesto spread, grilled on local 7	
SUNSHINE BURGER (V) southwest sunshine burger, avocado, to cheese or sharp cheddar, chipotle spre	
SPICY CHICK warm grilled chicken, avocado, tomato romaine, chipotle spread, on local brio	
B.L.A.T. bacon, lettuce, avocado, tomato, class grilled on local white french bread	ic mayo,
TURKEY PESTO turkey breast, sharp cheddar, spinach, pesto spread, grilled on local 7 grain b	
TURKEY CLUB turkey breast, sharp cheddar, bacon, le pickles, classic mayo, grilled on local	
CAPRESE local tomatoes, local basil, fresh regio mozzarella, balsamic glaze, grilled on	
GRILLED CHEESE sharp cheeddar or vegan cheese, on local white french or 7 grain bread	5.99
GF BREAD AVOCADO BACON	1.50 1.50 3.00
HOT BOWLS	served after 10:30am
COCONUT \$\sigma' \s TURMERIC roasted cauliflower, broccoli, sweet por rainbow bell peppers, sautéed spinach coconut turmeric curry sauce over will	tatoes, , in a
MAC + CHEESE fusilli pasta tossed in creamy cheese sauce, topped with breadcrumbs	9.99
MAC + CHEEZE fusilli pasta tossed in creamy cashew sauce, topped with breadcrumbs	9.99
TURKEY CHILI medium-heat ground turkey and veggie topped with avocado and sharp chedda	
VEGGIE CHILI (V) southwest style with three beans and with avocado and sharp cheddar or year	

with avocado and sharp cheddar or vegan cheese