

Juices \$10.95

Blissful

Spinach, Mint, Apple and Cucumber

Sunrise

Lemon, Orange, Pineapple and Carrot

Grounded

Beet, Apple, Carrot, Pineapple and Celery

Goddess

Spinach, Kale, Ginger, Celery and Cucumber

Lemonade \$5.95

Lemonade Crush

Fresh Squeezed Lemons and Maple Syrup

Blue Crush

Fresh Squeezed Lemons, Maple Syrup, Blue Spirulina

Pink Crush

Fresh Squeezed Lemons, Maple Syrup, Pitaya

Coffee

Cold Brew Over Ice \$4.95 

Iced Matcha Latte \$6.95

Oat Milk, Matcha, Maple Syrup and Vanilla

Iced Latte \$6.95

Oat Milk, Cold Brew, Maple Syrup and Vanilla 

Smoothies \$9.95

Good Morning

Cold Brew, Almond Milk, Banana, Dates,  Almond Butter and Cinnamon

Nutter Butter

Oat Milk, Banana, Peanut butter, Maple Syrup and Granola *Peanut Butter drizzle Around Cup

Boost

Almond Milk, Banana, Cacao, Cinnamon, Almond Butter, Maple Syrup and Vanilla

Classic

Oat Milk, Strawberry, Banana, Honey, Vanilla

Mango Tango

Almond Milk, Banana, Mango, Honey and Vanilla

Energizer

Apple Juice, Kale, Spinach, Banana, Cinnamon

Oats \$8.95

Recharge

Base: Steel Cut Oats, Vanilla, Cinnamon, Honey
Toppings: Strawberries, Banana and Hemp Seeds

Chocolate Lover

Base: Cacao, Cinnamon, Vanilla, Maple Syrup
Toppings: Granola, Cacao Nibs, Cashews, Banana

Salads \$12.95

Cobb

Romaine, Cucumbers, Tomatoes, Cheddar, Avocado, Egg, Turkey Bacon

Julius

Romaine, Grilled Chicken, Crushed Croutons, Fresh Squeezed Lime, Black Pepper, Caesar Dressing

Fresh

Spring Mix, Romaine, Apples, Roasted Pecans, Dried Cranberries, Sunflower Seeds, Feta Cheese

Warm Maple

Spinach, Kale, Warm Sweet Potatoes, Feta, Chicken, Roasted Pecans, Cashews, Pumpkin Seeds

Power

Spring Mix, Feta, Egg, Chicken, Avocado, Walnuts, Sunflower Seeds, Hemp Seeds

Vegan Power

Spring Mix, Israeli Salad, Avocado, Falafel, Sunflower Seeds, Hemp Seeds, Hummus, Tahini Drizzle



Sandwiches & Wraps \$10.95

Morning Sunshine

Avocado, Salt, Black Pepper, EVOO, Cheddar, Turkey Bacon, Hard Boiled Eggs

Blazing Buffalo

Chicken Breast, Buffalo Sauce, Ranch, Cheddar Cheese, Feta, Spinach

Smokey BBQ

Chicken Breast, BBQ Sauce, Cheddar Cheese, Tomatoes, Salt, Spinach

Happy Veggie (Recommended in a wrap)

Israeli Salad, Falafel, Soom Tahini, Hummus, EVOO, Salt, Black Pepper



Mozzarella Pesto

Mozzarella, Pesto, Chicken Breast, Tomatoes, Spinach, Balsamic Glaze

Cheesy Overload

Hummus, Mozzarella, Cheddar, Feta Cheese

Egg Smash

Mixture of Avocado, Eggs, Salt, Black Pepper, EVOO, Garlic Powder, Feta, Cheddar

AVO Chicken

Chicken, Avocado, Cheddar, Mozzarella, Tomato, Spinach, Salt, Garlic, Black Pepper



Toasts \$7.95

Avo

Avocado, Salt, Red Pepper, Black Pepper, Lemon, Olive Oil

Banana Crazy

Choice of Peanut butter or Almond Butter, Bananas, Cacao Nibs, Hemp Seeds, Honey

Mediterranean

Hummus, Lemon, Cucumber, Feta, Red Pepper, Black Pepper

Pesto

Pesto, Tomatoes, Feta, Balsamic Glaze, Salt

Bowls \$11.95

OG

Blend: Oat Milk, Acai, Strawberry, Blueberry, Banana, Honey
Toppings: Granola, Strawberries, Frozen Blueberries, Goji Berries

Tropical

Blend: Coconut Water, Mango, Pineapple, Banana, Honey
Toppings: Granola, Pineapple, Strawberries, Coconut Chips

So Pretty

Blend: Almond Milk, Banana, Strawberry, Pitaya, Maple Syrup
Toppings: Granola, Strawberries, Cacao Nibs

Blue Magic

Blend: Almond Milk, Blue Spirulina, Banana, Pineapple, Vanilla
Toppings: Granola, Banana, Frozen Blueberries

Green Monster

Blend: Oat Milk, Acai, Banana, Kale, Spinach, Maple Syrup
Toppings: Granola, Chia Seeds, Banana

Chocolate Covered Strawberry

Blend: Almond Milk, Acai, Cacao, Maple Syrup, Banana,
Strawberry, Almond Butter
Toppings: Granola, Banana, Strawberries, Cacao Nibs

Cherry Bowl

Blend: Oat Milk, Acai, Cacao, Cherry, Banana, Maple Syrup
Toppings: Granola, Strawberries, Cacao Nibs, Chia Seeds

Perk Up

Blend: Oat Milk, Cold Brew, Cacao, Banana, Maple Syrup
Toppings: Granola, Cacao Nibs, Banana, Hemp Seeds

Munchkins \$6.95

Cheesy Snack Wrap or Cheddar Cheese Wrap

Optional add on chicken +\$1

PB Snack Wrap

Peanut Butter, Apples, Honey

PB & Jelly Time

Classic PB&J

Picky Eater

Soom Chocolate Tahini Spread, Banana, Honey Drizzle

Strawberry & Banana Smoothie

Almond Milk, Strawberries, Banana

Cookie Monster

Almond Milk, Banana, Peanut Butter, Cacao Nibs,
Blue Spirulina

Fruity

Orange Juice, Coconut Water, Banana, Pineapple

Fuzzy Friends \$4.95

Four Legged Smoothie

Coconut Water, Coconut Oil, Banana, Peanut Butter

Protein Bowl

Chicken, Cheese, Sweet Potato

Fruit Bowl

Banana and Blueberries with a Peanut Butter Drizzle