

Protein Smoothies

Recovery \$9

banana, cherries, coconut yogurt, cashews, almond milk, vanilla vegan protein

Go Getter \$9

banana, peanut butter, cacao, hemp seeds, walnuts, cinnamon, almond milk, chocolate vegan protein

Grounded \$8

banana, date, cacao, hemp seeds, brazil nuts, honey, cinnamon, almond milk, hemp protein

Refreshing Smoothies

Super Matcha \$8

banana, blueberries, chia, matcha, agave, spinach, almond milk

The Warrior \$8.5

banana, flax, maca, goji berries, spirulina, vanilla extract, agave, spinach, almond milk

Tropical Trip \$7.5

pineapple, mango, coconut yogurt, orange juice, coconut milk

Coffee/Tea

Power Iced Latte \$7

coffee, cacao, almond milk, maple syrup, chocolate vegan protein

Iced Latte \$5

coffee, cacao, almond milk, maple syrup, cinnamon

Iced Matcha Latte \$5.5

matcha, maple syrup, almond milk, goji berries

Grab and Go Salads

Greek Salad \$11

lettuce, cucumber, green pepper, tomato, feta, pepperoncini, za'ater, lemon vinaigrette (on the side)

Kale Caesar Salad with Chicken \$13.5

kale, grilled chicken, parmesan, croutons, caesar dressing (on the side)

Smoked Salmon Salad \$13.5

lettuce, sustainable smoked salmon*, organic hard boiled egg, radish, cucumber, pickled red onions, croutons, mustard dill vinaigrette (on the side)

Grab and Go Wraps

Turkey Wrap \$10.5

roasted turkey, roasted red peppers, avocado, pickled red onions, and lettuce wrapped in a spinach tortilla; hummus (on the side)

Vegan Wrap \$9

kale, quinoa, cabbage, carrots, pickled red onions, and avocado wrapped in a spinach tortilla; hummus and tahini (on the side)

Chicken Caesar Wrap \$11

grilled chicken, kale, tomatoes, and parmesan wrapped in a spinach tortilla; caesar dressing (on the side)

**raw. consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness.*

Grab and Go Juices

The Glow \$8.5

pineapple, grapefruit, turmeric

Kale Yeah \$8.5

kale, spinach, cucumber, apple lemon

Revive \$8.5

kale, cucumber, pineapple, ginger

Pearadise \$8.5

pear, pineapple, spinach, ginger

Energizer \$8.5

spinach, carrot, cucumber, celery, ginger

Fire Fighter \$8.5

carrot, apple, celery, ginger, cayenne

Go Green \$8.5

kale, spinach, chard, cucumber, celery

Beet Up \$8.5

beet, apple, lemon, ginger

Beetle \$8.5

apple, carrot, beet, celery, lime, ginger

So Celery \$9

celery

Charcoal Lemonade \$8

activated charcoal, filtered water, lavender, lemon, agave

Almond Milk \$8

almonds, filtered water, date, vanilla extract, sea salt

Orange Juice \$4.5

oranges

Grab and Go Shots

Wellness \$5

ginger, oil of oregano, garlic extract, turmeric, cayenne, lemon

Painkiller \$4.5

ginger, lime, turmeric, honey

Grab and Go Snacks

Energy Bites \$3.95

dates, oats, peanuts, chia, cacao, peanut butter, coconut flakes



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