

KEEP WELL: FUEL WELL & FEEL WELL

FRESH ORGANIC JUICES, 12 OZ.

AUTUMN JUICE *SEASONAL ITEM* – apples, carrots, cinnamon, ginger, sweet potatoes & turmeric	9.00
CHEER JUICE *SEASONAL ITEM* – cranberries, lime, pineapple, pomegranate & red cabbage	9.00
FIRE JUICE – beets, carrots, honey and citrus	9.00
EARTH JUICE – cucumbers, kale, lemon, pears	9.00
MOON JUICE – cashews, cinnamon, coconut juice & organic maple syrup	9.00
SUN JUICE – apple cider vinegar, carrots, ginger, oranges	9.00

SMOOTHIES, 12 OZ.

AQUA – bananas, blue spirulina, cashews, cucumbers, dates, mangoes with almond milk	7.07
ENERGY – blueberries, green spirulina, kale, pineapples with coconut milk	7.07

MYO (MAKE YOUR OWN) SMOOTHIE

- Choose 2 fruits, 1 veg, 1 protein and a mylk
- 1.) fruit (apples, banana, mixed berries, mango, pineapple, strawberry)
 - 2.) natural protein (chia, flax, hemp)
 - 3.) veggie (carrot, cucumber, kale)
 - 4.) mylk (almond or coconut, flax or hemp when available)

\$1 for casein or whey protein; +\$2 charge for each add-on: Black Seed Oil, CBD, Irish Sea Moss, Moringa, turmeric powder

SMOOTHIE BOWLS

PASSION BOWL – coconut milk, hemp seeds, lemon juice, mixed berries topped with blueberry granola & honey	11.11
PUMP BOWL – coconut milk, beet root, fair trade chocolate, eviscerated coconut, raspberries, strawberries topped with hemp seed granola & pears	11.11
SMART BOWL – almond milk, apples, pumpkin pie spice, topped with almonds, bananas & hemp seeds	11.11
VISION BOWL – almond milk, carrots, cinnamon, coconut flakes, mangoes, nutmeg, pineapples topped with almonds, chia seeds & flax seeds	11.11

EXTRAS

BANANA BOWL – w/nut butter, chopped nuts, seeds, raisins or dates topped w/fresh berries (options change weekly)	5.55
PROTEIN BALLS – w/organic peanut butter, organic rolled oats, cacao, chia & pepitas seeds	3.33
IMMUNITY SHOT – with apple cider vinegar, fresh ginger, lemon & turmeric	3.33
STUFFED DATES – w/organic peanut butter & topped with shaved organic fair trade cacao	2/\$5
ORGANIC HERBAL TEAS OR GINGER WATER	2.22