# SMOOTHIES

#### smoothies 16oz

thai tropical (vg) 12.95
mango, papaya, pineapple, banana,
coconut water

sunset beach (vg) 11.95
strawberries, mango, pineapple &
juice, banana

pink flamingo (vg) 11.95
strawberries, mango,
orange juice, banana

melon berry (vg) 11.95
watermelon, strawberry, ginger,
lime juice, mint

**berry booster (ve)** 11.95 mixed berries, banana, oats, yogurt, almond milk

acai smoothie (vg) 12.95 acai, mixed berries, banana, almond milk

**buddha detox (ve)** 12.95 passion fruit puree, mango, banana, lime, honey

**immune boosting (vg)** 12.00 orange,ginger,turmeric,mango,green apple, carrot,lime,agave green smoothies

#### green smoothies

tropikale (vg) 12.50
kale,mango,pineapple & juice,green apple,banana

nice cream green (vg) 13.00
avocado,kale,spinach,banana,flaxseeds,oats,
agave,almond milk

vitamin sea (vg) 13.95
irish sea moss, spinach, mixed berries, banana,
chia seeds, dates, coconut water

protein smoothies - 1 scoop of protein

strawberry protein (ve) 12.95
strawberries, peanut butter, banana, oats, almond
milk, \*whey protein

**awakening espresso (ve)** 15.50 espresso, avocado, spinach, banana, oats, flaxseeds, almond milk, \*whey protein

**coco nutty (ve)** 12.95 cacao powder (cold pressed), banana, peanut butter, flaxseed, almond milk, \*whey protein

**let's start the day (ve)** 12.95 banana, peanut butter, maca, cacao nibs, whey protein

mango lover (ve) 13.95
mango,greek yogurt,cinnamon,almond milk,\*whey
protein topped w/ fresh mango,coconut flakes,
pumpkin seed

green protein smoothies - 1 scoop of protein

mint choc chip (ve) 13.95
spirulina, spinach, mint, banana, dark choc chips,
cacao nibs, almond milk, \*whey protein

**extreme green protein (vg)** 15.50 kale, spinach, broccoli, cucumber, ginger, turmeric, banana, hemp seeds, almond milk, plant based protein

#### make your own smoothie

substitute whey protein with plant based protein, collagen +\$1.50 substitute peanut butter with almond butter +\$1 substitute almond milk with oat milk or coconut water +\$1 substitute granola with gluten free granola +\$1 substitute fruits with passion fruit purée +\$2 substitute based banana of bowls with any fruits +\$1.60 substitute bowls toppings with peanut butter, nutella +\$1.20 almond butter +\$1.60 substitute protein powder with special booster powder +\$2 no substitute juices with any purée or fruits no substitute powder boosters with any fruits or topping

choose up to 4 fruits or vegetables + almond milk or juices \$11.95 choose up to 4 fruits or vegetables + oat milk or coconut water \$12.95

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## SMOOTHIE BOWLS

#### smoothie bowls 18oz

we craft our acai bowl & smoothie bowls entirely from scratch, made to order.

**acai bowl** (contain acai) **(ve)** 14.95 acai, mixed berries, banana, almond milk topped w/banana, strawberries, blueberries, granola, chia seeds, coconut flakes, honey

**nuts about choc bowl** (contain acai) **(vg)** 17.95 acai, mixed berries, banana, chocolate vegan protein, almond milk topped w/mangos, banana, strawberries, blueberries, granola, chia seeds, almond, walnut, hemp seeds, dark chocolate sauce, \*choice of almond butter or nutella

#### banana butter bowl (ve) 15.50

banana,peanut butter,almond milk \*whey protein topped w/strawberries,blueberries,granola,chia seeds,cacao nibs,hemp seeds,coconut flakes, \*\*peanut butter

### cacao berry bowl (vg) 15.95

mixed berries, banana, cacao powder (cold pressed), agave, almond milk topped w/banana, strawberries, blueberries, granola, chia seeds, cacao nibs, hemp seeds, coconut flakes, dark chocolate sauce, maple syrup, \*\*peanut butter

#### mango nice cream bowl (ve) 15.95

mango, passion fruit, banana \*whey protein topped w/mango, strawberries, blueberries, granola, chia seeds, goji berries, pumpkin seeds, almond, coconut flakes, \*\*peanut butter

### green jungle bowl (vg) 16.95

avocado, kale, spinach, pineapple, banana, almond milk topped w/mangos, pineapples, strawberries, blueberries, banana, chia seeds, goji berries, cacao nibs, hemp seeds, bee pollen, flax seeds, coconut flake, maple syrup

### emeral spirulina bowl (vg) 16.95

spirulina, spinach, mango, banana, almond milk topped w/banana, strawberries, blueberries, granola, chia seeds, cacao nibs, hemp seeds, coconut flakes, maple syrup \*\*peanut butter

## the unicorn (vg) 16.95

mixed berries, banana, almond milk,
\*whey protein topped w/banana, mango,
strawberries, blueberries, granola,
bee pollen, chia seeds, cacao nibs,
hemp seeds, coconut flakes,
\*\*peanut butter

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# FRESH JUICES & SMOOTHIE COCKTAILS

fresh juices 16oz

**flu away (vg)** 11.95 orange, turmeric, ginger, green apple, carrot, lemon

magic green (vg) 11.95
kale, spinach, cucumber, ginger, green apple, pineapple

seasonal detox (vg) 12.50
celery,kale,pear,cucumber,ginger,mint,lemon

**cool as a cucumber (vg)** 11.95 cucumber, spinach, celery, green apple, lemon, ginger

**heart beet (vg)** 11.95 beet, carrot, orange, celery, ginger, turmeric

passion in the city (vg) 12.50 passion fruit, green apple, pineapple, coconut oil

yuzu (vg) 12.50 pear, orange, ginger, yuzu, lemon, coconut oil

ichigo (vg) 12.50
strawberry, green apple, ginger, coconut oil

orange juice (vg) 9.00

watermelon juice (vg) 9.50

green apple juice (vg) 9.00

carrot juice (vg) 9.00

celery juice (vg) 10.95

pear juice (vg) 10.95

add ons (per item) \$1 banana \$1.60 fruits & vegetables \$2 passion fruit puree \$2 avocado \$2 pineapple \$2 acai

boosters add ons (per item) \$.50 vitamin c \$1.60 probiotic \$2.50 collagen \$3 vitamin b12 \$2 vanilla whey protein (gf) \$3 whey bolic (gluten free muscle building)
\$3 unflavored whey protein (no sugar)
\$2.50 vanilla plant based protein (vegan) (gf)
\$2.50 chocolate plant based protein (vegan) (gf)
\$3 mushroom powder
\$1.60 maca
\$2.50 irish sea moss
\$2 spirulina
\$2 matcha
\$1.60 coconut oil
\$1.60 turmeric shots

**ginger shot (vg)** 6.00 ginger, lemon, cayenne

turmeric shot (vg) 6.00 ginger, orange, lemon, turmeric

smoothie cocktails 16oz
made to order with fruits

vodka melon (vg) 18.00 vodka, watermelon, lemon, mint

passion margarita (vg) 18.00 tequila, passion fruit, strawberries, lime

pina colada (vg) 18.00
rum, pineapple, coconut

**yuzu goddess (vg)** 18.00 tequila, mango, orange, yuzu, chili seasoning

coconut daiquiri (vg) 18.00
rum, lime, coconut, mint
\*(lychee daiquiri, strawberry daiquiri)

ume plum (vg) 18.50
gin, japanese pickled plum,
strawberry, lime

\* \* substitute Top Shelf Alcohol \$6

add ons \$1.60 (per item) peanut butter, nutella, coconut flakes, chia seeds, granola, almond, dark chocolate chips, pumpkin seeds, dates, cacao nibs, hemp seeds, goji berries, flaxseeds

add ons \$2 (per item) almond butter, gluten free granola, cacao powder (cold pressed), bee pollen, walnut, yuzu

add ons \$.1(per item) agave, maple syrup, caramel, dark chocolate sauce \$.50 syrup flavors

add ons \$3 espresso

**add ons \$6** alcohol

add ons \$12 top shelf alcohol

(ve) vegetarian (vg) vegan

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