



Juice, Smoothie + Coffee Bar

### Juice/Elixirs

Small(12oz) Large (20 oz)

<b>Fresh Pineapple</b>	\$12/14
<b>4 Horseman</b>	\$12/14
<i>apple, beet, celery, carrot</i>	
<b>33 (Tribute to Larry Bird)</b>	\$12/14
<i>green veggies and apple</i>	
<b>Z-8</b>	\$12/14
<i>carrot, beet, celery, tomato, kale, jalapeno, garlic, cucumber</i>	
<b>Premium Juice Combination:</b>	\$12/14
<b>Choose up to 4:</b> <i>beet, carrot, celery, apple, lemon, kale, parsley, tomato, cucumber, cranberry, pineapple, mango, orange, garlic, ginger, turmeric, jalapeno</i>	
<b>Tai Mai</b>	\$12/14
<i>pineapple, mango, orange</i>	
<b>Recovery Elixir</b>	\$12/14
<i>Cranberry Juice, goji, ginseng, iced green tea</i>	
<b>Liquid Aloha</b>	\$12/14
<i>Kale, Parsley, Cucumber, Pineapple</i>	
<b>Mintade</b>	\$12/14
<i>Mint, Cucumber, Fresh Lemonade</i>	

### Shots

<b>Ginger</b>	\$5
<b>Turmeric</b>	\$5
<b>Immunity Boost</b>	\$7
<i>Turmeric, Garlic, Jalapeno, Lemonade</i>	
<b>Wellness Boost</b>	\$7
<i>Ginger, Turmeric, Mint, Lemonade</i>	
<b>Goji</b>	\$2



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### Smoothies

Small(12oz) Large (20 oz)

<b>Perfecto</b>	\$12/14
<i>Smoothie of the Day</i>	
<b>B-52</b>	\$12/14
<i>Strawberries, blueberries, mango, pineapple juice</i>	
<b>Pirates of the Hawaiian Islands</b>	\$12/14
<i>Mango, banana, coconut lilikoi, pineapple juice, rice milk</i>	
<b>Fountain of Youth</b>	\$12/14
<i>Blueberry, Cranberry juice, acai, kale</i>	
<b>Purple Haze</b>	\$12/14
<i>Acai, blueberry, banana, Cranberry juice, soy milk, frozen yogurt</i>	
<b>The Garage</b>	\$12/14
<i>the 101 works - all fruits</i>	
<b>Jinx Bond</b>	\$12/14
<i>matcha green tea powder, banana, frozen yogurt, rice milk</i>	
<b>Enter Sandman</b>	\$12/14
<i>dark chocolate, frozen yogurt, almond milk, banana, Mac-Nut butter</i>	

### Kids Smoothies (9oz)

<b>Strawberry Pineapple</b>	\$7
<b>Strawberry Banana</b>	\$7
<i>Frozen yogurt and rice milk</i>	
<b>Add-ons:</b>	
<i>Bee pollen, Goji Berries, Cacao, Ginseng</i>	\$1
<i>Kale, Cucumber, Banana</i>	
<i>Whey protein, Plant Protein, Soy Protein, Mac-Nut Butter, Spirulina, Maca, Fiber, Acai, Brain Octane Oil</i>	\$2
<i>Ginger, Turmeric, Espresso</i>	\$5

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Located At Shops At Mauna Lani

68-1330 Mauna Lani Dr. Suite 301 Kamuela, HI 96743



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### Meal Replacement Smoothies

Small(12oz) Large (20 oz)

<b>Met Rx</b>	\$13/15
<i>Vanilla or chocolate whey protein, banana, rice milk</i>	
<b>Hulk</b>	\$13/15
<i>Soy protein, kale, apple, banana, blueberry, Cranberry juice</i>	
<b>Breakfast Fiber</b>	\$13/15
<i>Plant protein, banana, date, coconut oil, matcha green tea powder, almond milk</i>	
<b>Lean Machine</b>	\$13/15
<i>Whey protein powder, mac-nut butter, flaxseed oil, blueberries, almond milk</i>	
<b>Add-ons:</b>	
<i>Bee pollen, Goji Berries, Cacao, Ginseng</i>	\$1
<i>Kale, Cucumber, Banana, Mac-Nut Butter</i>	
<i>Whey protein, Plant Protein, Soy Protein, Spirulina, Maca, Fiber, Acai, Brain Octane Oil</i>	\$2
<i>Ginger, Turmeric, Espresso</i>	\$5

### Random Drinks

Small(12oz) Large (20 oz)

<b>Tropical Iced Tea</b>	\$5/7
<b>Iced Green Tea</b>	\$5/7
<b>Fresh Squeezed Lemonade</b>	\$5/7
<b>Arnold Palmer</b>	\$6/8
<i>Green tea, Lemonade</i>	
<b>Plantation</b>	\$6/8
<i>Pineapple juice, tropical tea</i>	



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Coffee

HOT One Size (16oz)
COLD Small(12oz) Large (20 oz)

- 100% Local Coffee \$5
Bulletproof Coffee \$7
Local grass-fed butter, brain octane oil
100% Local Decaf French Press \$5
Iced 100% Local Coffee \$5/7
100% Hawaiian Espresso \$5
Iced Latte \$5/7
Cappuccino \$5
Latte \$5
Hot Tea \$3
Fire & Ice Iced Blended Coffee \$8/10
Iced Blended Mocha Banana \$8/10

- Add-ons:
Vanilla syrup, sugar-free vanilla syrup \$1
caramel syrup, chocolate syrup, peppermint syrup,
cinnamon syrup, coconut syrup, hazelnut syrup

- Local grass-fed butter, brain octane oil,
vanilla bean powder \$2

- Espresso \$5

Breakfast
(Served All Day)

- Egg & Avocado Wrap \$13
Tomato and cheddar
Egg & Turkey Wrap \$13
Tomato and cheddar

- Add-ons:
Avocado \$2
Turkey \$3



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Acai Bowls

Small(16oz) Large (32 oz)

- O.G. Acai Bowl \$13/18
100% Acai, dollop of yogurt, topped with Banana,
blueberries, granola, coconut, & agave
Hapuna Bomber Acai Bowl \$13/18
100% Acai, dollop of peanut butter, topped
with Banana, Granola, coconut, & chocolate chips
Rootsy Puna Acai Bowl \$13/18
100% Acai, dollop of overnight spirulina chia
seed pudding, topped with banana, blueberries,
hemp seeds, bee pollen, coconut, & honey
Waipo Mudslide Acai Bowl \$13/18
100% Acai, Topped with Banana, graham crackers,
coconut, chocolate chips, mac-nut nutella, & coconut

- Add-ons:
Bee pollen, Goji Berries, Cacao, hempseeds \$1
Whey protein, Plant Protein, Soy Protein,
mac-nut nutella, peanut butter, Mac-Nut Butter,
overnight spirulina chia seed pudding \$2

Bagels
(Toasted)

- Butter \$3
Avocado \$5
Cream Cheese \$5
Veggie \$7
hummus, tomato, cucumber, sprouts
Smoked Salmon \$10
cream cheese, tomato, cucumber, sprouts

Treats

(2 Scoop/ 3 Scoop)

- Ice Cream \$4.50/6.75

- Add-ons:
Sprinkles, Chocolate sauce \$1
Banana, Granola, Coconut, Chocolate chips



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Hot Paninis & Cold Wraps

(Comes with Chips or Green Salad)

- Tomato Mozzarella \$12
And Turkey \$15
fresh basil, pesto
Veggie Wrap \$15
Hummus, Tomato, Cucumber, Sprouts
Turkey & Prosciutto \$15
brie, Dijon, tomato, sprouts
Corleone Italian \$15
prosciutto, salami, tomato, mozzarella, basil, olive
tapenade
No-Mayo Tuna \$15
EVOO, onions, celery, tomato, cheddar, sprouts

- Add-ons:
Avocado \$2

Salads

(Can be made into a wrap)

- Greek \$15
mixed local organic lettuces, cucumbers,
tomatoes, olives, feta, lemon oregano vinaigrette
Local Hippy Farmer \$15
mixed local organic lettuces, radishes,
cucumbers, tomatoes, sprouts, feta,
orange basil vinaigrette
No-Mayo Tuna \$15
mixed local organic lettuces, sprouts,
tomato, cucumber, Balsamic vinegar

Kids Menu

(Served with chips)

- Grilled Cheese \$7
Mac-Nut Nutella \$7
With sliced banana
Egg and Cheese \$8
No-Mayo Tuna \$8

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