



DEDICATED TO SERVING FRESHNESS

SHOTS

NOURISH - \$5

Pure Wheatgrass

ENERGY - \$5

Guarana & Matcha Green Tea

GINGER TURMERIC - \$5

Ginger, Turmeric & Lemon

JUICES

THE FLORIDIAN - \$8 | 12 OZ.

Fresh Orange & Carrot Juice

GO GREEN - \$8 | 12 OZ.

Cucumber, Spinach, Kale Green Apple, Celery & Ginger Juice

CHIA WATERMELON - \$8 | 12 OZ.

Watermelon, Chia Seeds, Ginger & Orange Juice

BE REFRESHED - \$8 | 12 OZ.

Pineapple, Celery & Lemon Juice

SMOOTHIES

KETO DRAGON FRUIT - \$9 | 16 OZ.

Strawberries, Blueberries, Raspberries & Dragon Fruit

DETOX - \$9 | 16 OZ.

Spinach, Green Apples, Celery, Pineapple & Ginger

TROPICAL - \$9 | 16 OZ.

Pitaya, Strawberries, Mango, Pineapple, Orange Juice & Chia Seeds

PRE WORKOUT - \$9 | 16 OZ.

Spinach, Strawberries, Açai, Guarana & Banana

POST WORKOUT - \$9 | 16 OZ.

Blueberries, Banana, Avocado, Turmeric & Whey Protein

AÇAÍ BOWLS

BRAZILIAN AÇAÍ - \$12

Açaí blended with Banana & Strawberries, topped with Seasonal Fruits, Chia Seeds & Coconut Flakes

DRAGON FRUIT PITAYA

AÇAÍ - \$12

Pitaya blended Açai topped with Seasonal Fruits, Chia Seeds & Coconut Flakes

SWOLE AÇAÍ - \$14

Açaí blended with Banana, Strawberries & Protein Powder, topped with Peanut Butter, Cacao Nibs, Coconut Flakes & Granola

BLUE AÇAÍ - \$13

Açaí blended with Banana, Strawberries & Spirulina, topped with Blueberries, Banana & Coconut Flakes

SMOOTHIE EXTRAS

WHEY PROTEIN - \$1

VEGAN PROTEIN - \$1

GUARANA - \$1

BEE POLLEN - \$1

ALMOND MILK - \$1



DEDICATED TO SERVING FRESHNESS

TOAST

AVOCADO TOAST - \$12

Multigrain Bread with House Smashed Avocado & Micro Greens

CREAM CHEESE TOAST - \$12

Multigrain Bread with Cream Cheese, Strawberries, Chia Seeds & Drizzled Honey

ALMOND BUTTER TOAST - \$12

Multigrain Bread with Almond Butter, Fresh Strawberries, Blueberries, Raspberries & Chia Seeds

WAFFLES

ORANGE ZEST WAFFLES - \$11

Orange infused Gluten Free Batter topped with Seasonal Fruits, Cream & Agave

PLAIN JANE WAFFLES - \$11

Gluten free batter, Seasonal Fruits, House Granola & Agave

COCONUT WAFFLES - \$11

Coconut infused Gluten Free batter topped with Bananas & Coconut Flakes, Cream & Agave

ADD YOUR TOUCH

HOUSE GRANOLA - \$2

KETO GRANOLA - \$3

EXTRA FRUIT - \$2

CACAO NIBS - \$1

COCONUT FLAKES - \$1

FETA CHEESE - \$2

BOILED EGGS - \$3

RAW TUNA - \$4

RAW SALMON - \$5

ROASTED SALMON - \$6

ROASTED CHICKEN - \$4

PANINI

ITALIAN PANINI - \$14

Prosciutto Ham, Tomatoes, Basil, Mozzarella drizzled with Olive Oil, Salt & Pepper

MEDITERRANEAN PANINI - \$14

Roasted Chicken, Pesto Sauce, Spinach & Parmesan Cheese

WRAPS

TUNA TRUFFLE PONZU WRAP - \$14

Tuna, Watercress, Radish, Carrots, Cucumber & Truffle Ponzu Sauce

SALMON GUACAMOLE WRAP - \$14

Raw Salmon, Quinoa, Guacamole diced Cucumber, Tomatoes & Micro Greens with Honey Ginger Sauce

CHICKEN WRAP - \$14

Roasted Chicken with Kale, Feta Cheese & Homemade Basil Walnut-Pesto Dressing

VEGGIE WRAP - \$14

Roasted Veggies, Quinoa, Romaine, Mixed Greens, Guacamole & Cucumbers with Ginger Carrot Sauce



DEDICATED TO SERVING FRESHNESS

SALADS

PEAR N' DIVE SALAD - \$12

Endive & Arugula, Pear Slices, Walnut, Pecans, Cranberries & Feta Cheese with Honey Ginger Vinaigrette

CRUNCHY WATERCRESS SALAD - \$12

Watercress, Radish, Carrot, Cucumber with Truffle Ponzu Sauce

KALE & ROASTED VEGGIE SALAD - \$12

Kale, Roasted Veggies, Feta Cheese, Goji Berries, Roasted Pumpkin Seeds with Raspberry Vinaigrette

SUMMER SALAD - \$12

Chopped Baby Spinach, Clementines, Cherry Tomatoes & Roasted Veggies with Carrot Ginger Sauce

BOWLS

VERY VEGAN BOWL - \$14

Roasted Veggies, Quinoa, Baby Spinach, Carrot, Cucumber, Avocado & Raspberry Balsamic Dressing

TROPICAL CATCH BOWL - \$16

Raw Salmon with Quinoa, Avocado, Edamame, diced Almonds, Cherry Tomatoes, Mango & Honey Ginger Sauce - Roasted Salmon +\$3

SHRIMP BOWL - \$17

Shrimp with Quinoa, Mango Strawberries, Spinach Seaweed & Honey Ginger Dressing

TUNA PONZU BOWL - \$16

Raw Tuna with Rice, Edamame, Cherry Tomatoe, Carrots, Avocado & Truffle Ponzu Sauce

BASIL BARNYARD BOWL - \$14

Roasted Chicken & Veggies with Rice, Baby Spinach, Carrot, Avocado, Parmesan Cheese & Basil Walnut Pesto Dressing

PIZZA

PROTEIN PIZZA - \$18

Cauliflower Crust, Tomatoe Sauce, Mozzarella Cheese, Crispy Prosciutto, Mushrooms, Arugula & an Egg

CHICKEN PESTO PIZZA - \$17

Cauliflower Crust, Pesto Sauce, Mozzarella & Parmesan Cheese, Roasted Chicken, Peppers, Carrots & Fresh Thyme

VEGGIE PIZZA - \$17

Cauliflower Crust, Tomatoe Sauce, Mozzarella Cheese, Roasted Veggies, Black Olives & Goat Cheese

NATURA SPECIAL \$15

Week days, Monday - Thursday

9 AM — 11 AM
BREAKFAST SPECIAL +
YOGURT + SHOT

12 PM — 3 PM
LUNCH SPECIAL + DESSERT +
SHOT

6 PM — 9 PM
DINNER SPECIAL + DESSERT
+ SHOT

EXTRAS FOR SALADS BOWLS & PIZZA

Feta Cheese \$1 | Vegan Cheese \$4 |
Tofu \$4 | Egg \$2 | Roasted Veggies \$4
Prosciutto \$4 | Roasted Chicken \$4 |
Roasted Salmon \$6 | Raw Salmon \$4
Raw Tuna \$4

HOMEMADE DRESSINGS \$0.75

Honey Ginger Soy | Carrot Ginger
Vinaigrette | Raspberry Balsamic
Vinaigrette | Tuffle Ponzu Sauce |
Walnut Pesto Vinaigrette



DEDICATED TO SERVING FRESHNESS

SOMETHING SWEET

FRUIT SALAD YOGURT - \$8

Seasonal Fruit Mix with Greek Yogurt

KETO COCONUT BALLS - \$7

Shredded Coconut, Cacao Nibs,
Vanilla & Coconut Oil

CHOCOLATE CHIP COOKIES - \$6

BANANA BREAD WITH ICING - \$6.50

Homemade Walnut Banana Bread

BANANA BREAD PLAIN - \$6

HOMEMADE GRANOLA - \$6

Special Homemade Recipe

HOMEMADE KETO GRANOLA - \$6

Special Homemade Recipe

CHOCOBANA BROWNIE - \$7

Cacao, Banana Topped with Orange Zest

CHOCO-CADO MATCHA MOUSSE - \$6

Rich Chocolate Avocado Mousse

CARROT CAKE - \$7

Homemade Carrot & Pineapple Cake

LIGHT BITES

HOMEMADE
SOUP OF THE DAY - \$6 | 8 OZ.

HOMEMADE GUACAMOLE
WITH ALMOND CRACKERS- \$8



DEDICATED TO SERVING FRESHNESS

BEER

ESTRELLA INEDIT - \$7

Gluten Free

STELLA ARTOIS - \$7

MICHELOB ULTRA PURE GOLD - \$6

Organic

VEZASUR MANGOLANDIA - \$6

..... \$5

..... \$5

WINE

Glass / Bottle

LIGNUM ITALIAN RED BLEND - \$9.50 / \$30

ORGANIC VEGANIA

RED BLEND - \$8.50 / \$29.00

..... \$6 / \$14

LION & THE LILY ROSE - \$9.50 / \$30

ORGANIC VEGANIA

PINOT GRIGIO - \$8.50 / \$29

..... \$6 / \$14

CA' MONTINI PINOT GRIGIO - \$10 / \$30

PROSECCO

Glass / Bottle

ORGANIC ALBERTO

NANI PROSECCO - \$13 / \$39

VOGA PROSECCO ROSE - \$10 / \$30

..... \$7 / \$15

MIMOSA GLASS - \$8

MIMOSA PITCHER - \$24

SANGRIA

Glass / Half Pitcher / Pitcher

RED WINE SANGRIA - \$8 / \$15 / \$25

\$6 / \$12 / \$18

WHITE WINE SANGRIA - \$8 / \$15 / \$25

\$6 / \$12 / \$18

ROSE SANGRIA - \$8 / \$15 / \$25

\$6 / \$12 / \$18

TAPAS

Monday - Thursday | 5 - 7 pm

FULL TAPAS BOARD - \$24

3 House Toasts + 4 Prosciutto

Dates + Mediterranean Olives

HALF TAPAS BOARD - \$12

1 House Toast + 2 Prosciutto

Dates + Mediterranean Olives

HOUSE TOAST TAPAS - \$5

Multigrain Bread with House

Spreads of Choice; Goat

Cheese, Bruschetta & Avocado

PROSCIUTTO WRAPPED

DATES - \$5

4 Prosciutto Wrapped Dates

MEDITERRANEAN

OLIVES MIX - \$4