



DEDICATED TO SERVING FRESHNESS

SHOTS

NOURISH - \$5

Pure Wheatgrass

ENERGY - \$5

Guarana & Matcha Green Tea

GINGER TURMERIC - \$5

Ginger, Turmeric & Lemon

JUICES | 16 OZ.

THE FLORIDIAN - \$11

Fresh Orange & Carrot Juice

CHIA WATERMELON - \$11

Watermelon, Chia Seeds, Ginger & Orange Juice

GO GREEN - \$11

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

BE REFRESHED - \$11

Pineapple, Celery & Lemon Juice

SMOOTHIES | 16 OZ.

KETO DRAGON FRUIT - \$10.50

Strawberries, Blueberries, Raspberries & Dragon Fruit

TROPICAL - \$10.50

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

POST WORKOUT - \$10.50

Blueberries, Banana, Avocado, Turmeric & Whey Protein

DETOX - \$10.50

Spinach, Green Apples, Celery, Pineapple & Ginger

PRE WORKOUT - \$10.50

Spinach, Strawberries, Açai, Guarana & Banana

AÇAÍ BOWLS

BRAZILIAN AÇAÍ - \$14

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

DRAGON FRUIT PITAYA AÇAÍ - \$14

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

SWOLE AÇAÍ - \$16

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

BLUE AÇAÍ - \$14

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

SMOOTHIE EXTRAS

WHEY PROTEIN - \$2

VEGAN PROTEIN - \$3

GLUTAMINE - \$2

BCAA - \$2

GUARANA - \$1

BEE POLLEN - \$1

ALMOND MILK - \$1

OAT MILK - \$1.50

ALMOND BUTTER - \$3

PEANUT BUTTER - \$2



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TOAST

AVOCADO TOAST - \$14

Multi-grain Bread with House Smashed Avocado & Micro Greens

CREAM CHEESE TOAST - \$14

Multi-grain Bread with Cream Cheese, Strawberries, Chia Seeds & Drizzled Honey

ALMOND BUTTER TOAST - \$14

Multi-grain Bread with Almond Butter, Fresh Strawberries, Blueberries, Raspberries & Chia

WAFFLES

ORANGE ZEST WAFFLES - \$14

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

PLAIN JANE WAFFLES - \$14

Gluten free batter, Seasonal Fruits, House Granola & Agave

COCONUT WAFFLES - \$14

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

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

EGG WRAP - \$13

Whole Wheat Wrap, Spinach, Boiled Egg, Feta Cheese, Cherry Tomatoes, Olive Oil, Salt & Pepper

CHICKEN WRAP - \$15.95

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

TUNA TRUFFLE PONZU WRAP - \$16.95

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

SALMON GUACAMOLE WRAP - \$16.95

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

VEGGIE WRAP - \$14.95

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

ADD YOUR TOUCH

TO ANY TOAST, WAFFLE, PANINI, WRAP, SALAD OR BOWL

HOUSE GRANOLA - \$2

KETO GRANOLA - \$3

EXTRA FRUIT - \$2

CACAO NIBS - \$1

COCONUT FLAKES - \$1

FETA CHEESE - \$2

TOFU - \$4

BOILED EGGS - \$4

RAW TUNA - \$6

TUNA TATAKI - \$8.95

RAW SALMON - \$7

ROASTED SALMON - \$11

ROASTED CHICKEN - \$6.96

SMOKED SALMON - \$8



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SALADS

PEAR N' DIVE SALAD - \$14.95

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

CRUNCHY WATERCRESS SALAD - \$14.95

Watercress, Radish, Carrot, Cucumber with Truffle Ponzu Sauce

KALE & ROASTED

VEGGIE SALAD - \$14.95

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

SUMMER SALAD - \$14

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

BOWLS

VERY VEGAN BOWL - \$15

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

TROPICAL CATCH BOWL - \$18.95

Raw Salmon with Quinoa, Avocado, Edamame, diced Almonds, Cherry Tomatoes, Mango & Honey Ginger Sauce - Roasted Salmon +\$6

POWER BREAKFAST BOWL - \$17

Smoked Salmon, Arugula, Tomatoes, Onions, Boiled Eggs, Feta Cheese, Lemon, Olive Oil, Salt & Pepper

SHRIMP BOWL - \$17.95

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

TUNA PONZU BOWL - \$18.95

Raw Tuna with Rice, Edamame, Cherry Tomato, Carrots, Avocado & Truffle Ponzu Sauce - Tuna Tataki +\$6

BASIL BARNYARD BOWL - \$16.95

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

PIZZA

PROTEIN PIZZA - \$19.50

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

CHICKEN PESTO PIZZA - \$18.50

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

VEGGIE PIZZA - \$18.50

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

MARGHERITA PIZZA - \$17.50

Cauliflower Crust, Tomato Sauce & Mozzarella 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

KIDS SPECIAL \$15

Breakfast

Chocolate Chip Waffles + Juice

Lunch & Dinner

Cheese Pizza + Cookie

EXTRAS FOR SALADS BOWLS & PIZZA

Feta Cheese \$2 | Vegan Cheese \$4 | Tofu \$4 | Egg \$4 | Roasted Veggies \$4 | Prosciutto \$5 | Roasted Chicken \$6.96 | Roasted Salmon \$11 | Raw Salmon \$7 | Smoked Salmon \$8 | Raw Tuna \$8 | Tuna Tataki \$11

HOMEMADE DRESSINGS \$1.00

Honey Ginger Soy | Carrot Ginger Vinaigrette | Raspberry Balsamic Vinaigrette | Walnut Pesto Vinaigrette | Truffle Ponzu Sauce \$1.50



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SOMETHING SWEET

FRUIT SALAD YOGURT - \$8

Seasonal Fruit Mix with Greek Yogurt

KETO COCONUT BALLS - \$7

Shredded Coconut, Cacao Nibs, Vanilla & Coconut Oil

BANANA BREAD

WITH ICING - \$6.50

Multi-grain Bread with Almond Butter, Fresh Strawberries, Blueberries, Raspberries & Chia

CARROT CAKE - \$7

Homemade Carrot & Pineapple Cake

CHOCOLATE CHIP COOKIES - \$6

HOMEMADE GRANOLA - \$6

Special Homemade Recipe

HOMEMADE KETO GRANOLA - \$6

Special Homemade Recipe

CHOCO-CADO

MATCHA MOUSSE - \$7

Rich Chocolate Mousse

CHOCOBANA BROWNIE - \$7

Cacao, Banana Topped with Orange Zest

BANANA BREAD PLAIN - \$6

LIGHT BITES

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

HOMEMADE GUACAMOLE WITH ALMOND CRACKERS - \$8

MULTIGRAIN TOAST WITH CREAM CHEESE - \$4

COFFEE

ALMOND MILK CAFE LATTE - \$4

ALMOND MILK CAPPUCCINO - \$5

AMERICANO - \$4

CHAGACCINO - \$6

CHIA LATTE - \$5

DOUBLE ESPRESSO - \$4

ESPRESSO - \$3

MACCHIATO - \$4



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BEER

ESTRELLA INEDIT - \$7
Gluten Free

STELLA ARTOIS - \$7

MICHELOB ULTRA PURE GOLD - \$6 \$5
Organic

VEZASUR MANGOLANDIA - \$6 \$5

HAPPY HOUR

WINE

Glass | Bottle

LIGNUM ITALIAN - \$12 | \$45
Red Blend

ORGANIC VEGANIA - \$9.50 | \$39 \$6 | \$14
Red Blend

LION & THE LILY ROSE - \$11 | \$42

ORGANIC VEGANIA - \$9.50 | \$39
Pinot Grigio

CA' MONTINI - \$12 | \$42 \$6 | \$14
Pinot Grigio

PROSECCO

Glass | Bottle

ORGANIC ALBERTO NANI PROSECCO - \$14 | \$69

VOGA PROSECCO ROSE - \$14 / \$69 \$7 | \$35

MIMOSA GLASS - \$11

MIMOSA PITCHER - \$29

SANGRIA

Glass | Half Pitcher | Pitcher

RED WINE SANGRIA - \$11 / \$16 / \$29 \$6 / \$12 / \$18

WHITE WINE SANGRIA - \$11 / \$16 / \$29 \$6 / \$12 / \$18

ROSE SANGRIA - \$11 / \$16 / \$29 \$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

HALF TAPAS BOARD - \$12

Multi-grain Bread with House Spreads of Choice; Goat Cheese, Bruschetta & Avocado

PROSCIUTTO WRAPPED DATES - \$5

4 Prosciutto Wrapped Dates

MEDITERRANEAN OLIVES MIX - \$4



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LIFE'S GATHERINGS

PARTY PLATERS FOR A HEALTHIER CROWD

PARTY MENU - \$145.00

Serves up to 10 People
Your Choice of Salad • Summer,
Kale or Crunchy salad
10 Wrap Halves • Chicken, Veggie or
Salmon, served with multi-grain crackers

GET TOGETHER - \$275

Serves up to 20 People
Your Choice of Salad • Summer, Kale or
Crunchy salad
20 Wrap Halves • Chicken, Veggie or
Salmon, served with multi-grain crackers

ASSORTED WRAPS - \$125.00

Serves 8 - 10 People
10 Wrap Halves • Chicken, Veggie, Tuna, or
Salmon, served with multi-grain crackers

SALADS PARTY OF SIX - \$84.00

Serves up to 6 People
Your Choice of Salad • Summer,
Kale or Crunchy salad
One Choice of Protein • Chicken,
Tofu or Salmon

WRAPS PARTY OF SIX - \$94.00

Serves up to 6 People
6 Wrap Halves • Chicken, Veggie or
Salmon, served with multi-grain crackers &
house salad

BOWLS PARTY OF SIX - \$104.00

Serves up to 6 People
6 Protein Bowls • Chicken, Tofu or Salmon,
served with house salad

FAMILY SALAD - \$145.00

Serves up to 12 People
Your Choice of Salad • Summer,
Kale & Roasted Veggies or Crunchy
Watercress salad

PIZZA PARTY - \$120 FOR 6

PIZZA PARTY - \$185 FOR 10

PIZZA PARTY - \$280 FOR 16

Your Choice of Cauliflower Crust Pizza •
Protein, Veggie or Chicken

ROASTED SALMON - \$95.00

Serves 12 - 16 People
Oven roasted salmon platter with 16 pieces,
served family style with lemon wedges

POWER BREAKFAST - \$85.00

Serves 12 - 16 People
Breakfast platter includes 8 free range
boiled egg slices, cured raw salmon slices
with lemon wedges & sesame seeds on
a bed of baby spinach, tomato slices &
sprinkled feta cheese

CELEBRATE WITH

HOMEMADE COOKIE PLATTER - \$42 | 16 COOKIES

Freshly Baked Chocolate Chip Cookies

FRUITS & GREEK YOGURT - \$65

Serves 12 to 16 People
Assorted Seasonal Fruits, Greek Yogurt,
Homemade Granola & Honey

HOMEMADE GUACAMOLE - \$42 | 64 OZ.

Serves 12 to 16 People
Freshly Smashed Avocado seasoned with
Cilantro & Enjoyed with Almond Crackers

AVOCADO TOAST - \$75.00

Serves 12 - 16 People
16 Country Sourdough Toast slices with freshly
mashed avocado, cilantro & microgreens

ALL CATERING ORDERS REQUIRE 48 HR ADVANCE ORDERING.
All food and beverage is subject to a taxable 20% administrative fee and 7% Sales Tax.