



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

## AÇAI BOWLS

### BRAZILIAN AÇAI - \$14

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

### DRAGON FRUIT PITAYA AÇAI - \$14

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

### SWOLE AÇAI - \$16

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

### BLUE AÇAI - \$14

Açai 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 - \$11

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.