



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 - \$2

GLUTAMINE - \$2

BCAA - \$2

GUARANA - \$1

BEE POLLEN - \$1

ALMOND MILK - \$1



DEDICATED TO SERVING FRESHNESS

## TOAST

### AVOCADO TOAST - \$12

Multi-grain Bread with House Smashed Avocado & Micro Greens

### CREAM CHEESE TOAST - \$12

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

### ALMOND BUTTER TOAST - \$12

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

## 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

## 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 - \$14

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

### 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

### VEGGIE WRAP - \$14

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

## 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

TUNA TATAKI - \$6

RAW SALMON - \$5

ROASTED SALMON - \$6

ROASTED CHICKEN - \$4



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

### POWER BREAKFAST BOWL - \$17

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

### SHRIMP BOWL - \$17

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

### TUNA PONZU BOWL - \$16

Raw Tuna with Rice, Edamame, Cherry Tomato, Carrots, Avocado & Truffle Ponzu Sauce - Tuna Tataki +\$3

### BASIL BARNYARD BOWL - \$15

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

## PIZZA

### PROTEIN PIZZA - \$18

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

### MARGHERITA PIZZA - \$16

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 \$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 | Truffle 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

### 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 - \$6

Rich Chocolate Avocado 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



DEDICATED TO SERVING FRESHNESS

## BEER

ESTRELLA INEDIT - \$7

Gluten Free

STELLA ARTOIS - \$7

MICHELOB ULTRA PURE GOLD - \$6

Organic

VEZASUR MANGOLANDIA - \$6

..... \$5

..... \$5

## HAPPY HOUR

## WINE

Glass | Bottle

LIGNUM ITALIAN - \$9.50 | \$30

Red Blend

ORGANIC VEGANIA - \$8.50 | \$29.00

Red Blend

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

ORGANIC VEGANIA - \$8.50 | \$29

Pinot Grigio

CA' MONTINI - \$10 | \$30

Pinot Grigio

..... \$6 | \$14

..... \$6 | \$14

## PROSECCO

Glass | Bottle

ORGANIC ALBERTO NANI PROSECCO - \$13 | \$39

VOGA PROSECCO ROSE - \$10 / \$30

MIMOSA GLASS - \$8

MIMOSA PITCHER - \$24

..... \$7 | \$15

## SANGRIA

Glass | Half Pitcher | Pitcher

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

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

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

\$6 / \$12 / \$18

\$6 / \$12 / \$18

\$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



DEDICATED TO SERVING FRESHNESS

## LIFE'S GATHERINGS

PARTY PLATERS FOR A HEALTHIER CROWD

### PARTY MENU - \$135.00

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 - \$250

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 - \$100.00

Serves 12 - 16 People  
8 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 - \$84.00

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

### BOWLS PARTY OF SIX - \$84.00

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

### FAMILY SALAD - \$65.00

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

### PIZZA PARTY - \$100 FOR 6

### PIZZA PARTY - \$165 FOR 10

### PIZZA PARTY - \$265 FOR 16

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

### ROASTED SALMON - \$80.00

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

### POWER BREAKFAST - \$65.00

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 - \$55

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

### HOMEMADE GUACAMOLE - \$32 | 64 OZ.

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

### AVOCADO TOAST - \$65.00

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.