



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

CHIA WATERMELON - \$8 | 12 OZ.

Watermelon, Chia Seeds, Ginger & Orange Juice

GO GREEN - \$8 | 12 OZ.

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

BE REFRESHED - \$8 | 12 OZ.

Pineapple, Celery & Lemon Juice

SMOOTHIES

KETO DRAGON FRUIT - \$9 | 16 OZ.

Strawberries, Blueberries, Raspberries & Dragon Fruit

TROPICAL - \$9 | 16 OZ.

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

POST WORKOUT - \$9 | 16 OZ.

Blueberries, Banana, Avocado, Turmeric & Whey Protein

DETOX - \$9 | 16 OZ.

Spinach, Green Apples, Celery, Pineapple & Ginger

PRE WORKOUT - \$9 | 16 OZ.

Spinach, Strawberries, Açai, Guarana & Banana

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



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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

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

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

RAW SALMON - \$5

ROASTED SALMON - \$6

ROASTED CHICKEN - \$4



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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

VEGGIE PIZZA - \$17

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

CHICKEN PESTO PIZZA - \$17

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

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



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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

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

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



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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 - \$9.50 | \$30
Red Blend

ORGANIC VEGANIA - \$8.50 | \$29.00 \$6 | \$14
Red Blend

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

ORGANIC VEGANIA - \$8.50 | \$29
Pinot Grigio

CA' MONTINI - \$10 | \$30 \$6 | \$14
Pinot Grigio

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

HALF TAPAS BOARD - \$12

Multigrain 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 - \$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 multigrain 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 multigrain crackers

ASSORTED WRAPS - \$100.00

Serves 12 - 16 People
8 Wrap Halves • Chicken, Veggie, Tuna, or
Salmon, served with multigrain 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 multigrain 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.