



Smoothies, Juices & more!

305 ALCAZAR AVE #1
Coral Gables, FL 33134
(305) 403-6660
M-F 7AM-9.30PM S 8.00AM-4.30PM
Closed Sunday

SMOOTHIES

SMALL \$5.99

MEDIUM \$7.49

LARGE \$8.99

BANG BANG

Strawberry & Banana

CARIBBEAN BREEZE

Coconut, Mango & Pineapple

YAN & YEN

Passion Fruit, Raspberry, Banana & Strawberry

THE OTHER COLADA

Banana, Strawberry & Coconut

MAGNIFICIENT

Mango, Banana, & Strawberry

TRIPLE BERRY

Blueberry, Raspberry, Strawberry & Yogurt

COCONUT FIX

Coconut Milk, Banana, Condensed Milk, Brown Sugar & Vanilla

RASPBERRY TREAT

Raspberry, Blueberry, Orange, Papaya, Banana & Honey

SUPPLEMENTS

1.00 Antioxidant • Multivitamin • Royal Jelly • Amino Fuel • Spirulina
Digestive Enzymes • Vitamin C • Echinacea • Ginseng • Detox Formula
Flax Seed • Chia Seed • Fat Burner

1.50 Whey Protein • Peanut Butter • Maca Powder • Bee Pollen • Raw Cacao
Matcha Green Tea

2.00 Goji Berries • Almond Butter • Vegan Protein

SUPER SMOOTHIES

GREEN MONKEY

S 7.99 M 9.49 L 10.99

Kale, Banana, Coconut, Almond Butter, Almond Milk & Honey

DETOX DRAGON

S 8.15 M 9.65 L 11.15

Organic Pitaya, Coconut Water, Honey, Banana, Pineapple & Mango

GREEN & HEALTHY

S 7.99 M 9.49 L 10.99

Spinach, Pineapple, Banana, Orange, Spirulina, Flax Seeds & Honey

KALECIOUS BURNER

S 7.95 M 9.45 L 10.95

Kale, Honey, Mango, Pineapple & Fat Burner

ACAI POWER

S 8.15 M 9.65 L 11.15

Organic Acai, Banana or Pineapple, Raspberry & Honey

COFFEE BUILDER

S 7.99 M 9.49 L 10.49

Espresso, Coconut Milk, Banana, Protein, Honey & Dark Chocolate

GREEN GODDESS

S 8.50 M 10.00 L 11.50

Kale, Spinach, Celery, Pineapple, Apple, Cucumber Ginger & Hint of Stevia

PEANUT POWER

S 7.99 M 9.49 L 10.99

Banana, Berry of Choice, Whey Protein, Peanut Butter, Honey & Amino Fuel

PROTEIN CYCLE

S 7.99 M 9.49 L 10.99

Blueberry, Raspberry, Strawberry, Pineapple, Whey Protein, Banana, Mango & Amino Fuel

VEGAN BUILDER

S 8.15 M 9.75 L 11.25

Chocolate or Vanilla Vegan Protein, Banana, Cinnamon, Coconut Milk & Hint of Vanilla

THE DIETITIAN

S 7.99 M 9.49 L 10.99

Banana, Strawberry, Low Fat Yogurt & Fat Burner

MANGO BLISS

S 7.99 M 9.49 L 10.99

Mango, Passion Fruit, Pineapple, Honey & Low Fat Yogurt

FLU FIGHTER

S 7.99 M 9.49 L 10.99

Banana, Strawberry, Orange, Vitamin C, Echinacea & Spirulina

FRESH SQUEEZED JUICE

S \$7.65 M \$9.15 L \$10.15

SUNRISE IN MIAMI

Orange, Carrot & Ginger

APPLEICIOUS

Apple, Cucumber, Celery & Spinach

RED & HEALTHY

Beet, Orange, Carrot, Kale & Ginger

FLU SHIELD

Orange, Lime, Ginger & Honey

DAILY DETOX

Apple, Cucumber, Kale, Lime & Chia

GINGER SHOT

Cold Pressed Ginger With A Tiny Hint of Apple Juice & Lime \$3.99

Make Your Own:

Only one choice of Carrot, Orange, Apple, Celery (+\$1.00) & Cucumber

S \$5.65 M \$7.15 L \$8.15

Add Fruit/Veggie \$.50

Add Spinach/Kale/Beet \$1.00

Add Ginger/Flax/Chia Seed \$1.50

CATERING

Call For
Full Catering Menu!

WRAP PLATTER

FOR 10	FOR 20	FOR 30	FOR 40
\$45	\$80	\$110	\$150

H. SALAD PLATTER

FOR 10	FOR 20	FOR 30	FOR 40
\$35	\$60	\$85	\$120

ASSORTED SMOOTHIES

FOR 10	FOR 20	FOR 30	FOR 40
\$40	\$85	\$120	\$155

EMPANADAS

\$3.50

Spinach / Caprese

Chimichurri Beef

Chicken / Ham & Cheese

SOUPS

\$5.69

Organic Tomato Basil
Chicken Noodle

ACAI BOWLS & MORE

ORGANIC Acai OR PITAYA BOWL \$10.99

Blended Acai or Pitaya Topped With Strawberry, Banana, Honey, Coconut, Chia & Granola. Try Sugar Free Acai! (\$11)

ORGANIC GREEN BOWL \$10.99

Blended Greens, Fruits and Superfoods, Topped with Strawberry, Banana, Honey, Coconut, Chia & Granola

ACAI OR PITAYA SUPERFOOD CUP \$12.00

Layers of Yogurt, Acai or Pitaya, Amaranth, Granola, Peanut Butter, Banana, Strawberry & Other Goodnesses

ORGANIC CHIA CUP \$6.99 NEW

Organic Chia And Almond Milk, Coconut Cream Topped With Blueberry, Banana, Strawberry & Granola

YOGURT PARFAIT \$4.99

Non Fat Yogurt, Choose 2 Fruits, Granola & Honey

Add: Almond Butter \$2.00 Peanut Butter \$1.50 Extra Fruit \$1.00



OUR FAMOUS HEALTHY RECIPES

SPECIAL OF THE DAY MON - FRI UNTIL 3PM
WRAP OF THE DAY + SMALL SMOOTHIE FOR \$9.99

WRAP (W) \$8.99

SALAD (S) \$9.99

MAKE YOUR OWN WRAP / SALAD

1. CHOOSE TYPE OF WRAP

- White, Wheat, Tomato Basil or Spinach

2. CHOOSE 1 PROTEIN

- Chicken, Chicken Salad, Turkey or Tuna.
- Black Bean or Vegan Patty +\$3.00
- Double Protein +\$3.00

3. CHOOSE CHEESE

- Provolone, Swiss, American or Fat Free.
- Feta +\$1.50
- Double Cheese +\$1.50

4. ADD VEGGIES

- Spinach, Romaine Lettuce, Tomato, Onion, Cucumber, Olives, Carrot, Broccoli, Scallions, Banana Peppers, Jalapeno, Green Pepper, Corn, Sun Dried Tomato, or Kale

Add Avocado +\$1.50

5. CHOOSE YOUR DRESSING

- Blue Cheese, Caesar, Chipotle Ranch, Honey Mustard, Olive Oil, Vinegar, Ranch, Raspberry Vinaigrette, Siracha, Vinaigrette.
- Extra Dressing +\$5.00

EXTRAS

- Organic Hummus +\$2.00
- Organic Guacamole +\$2.00
- Organic Quinoa +\$2.00
- Bacon +\$1.50
- Refried Beans +\$1.00
- Sun Flower, Sesame Seeds +\$.50
- Sliced Almonds +\$.50

MAKE IT A COMBO

- Chips & Soda +\$3.50

LEAN BEAN BURRITO

W 10.25 S 11.00

Beans, Chicken, Kale, Organic Guacamole, Quinoa, Provolone & Hint of Sriracha

VEGGIE DELIGHT

W 7.50 S 7.99 (Choice of 6 Veggies & Dressing)

Add Cheese, Add Black Bean Or Vegan Burger \$3

WARRIOR

W 9.99 S 10.99

Served Cold With Hummus, Chicken, Spinach, Feta, Sundried Tomatoes, Cranberries, Sunflower Seeds & Raspberry Vinaigrette.

Add Avocado \$2

MY MEXICAN

W 9.99 S 10.25

Chicken, Organic Guacamole, Sour Cream Lettuce, Tomato, Onion & Jalapeno

A-KALE-PULCO

W 10.99 S 11.95

Kale, Organic Quinoa, Chicken, Avocado, Tomato, Corn, Jalapeno, Onion, Sunflower Seeds, Feta & Chipotle Ranch

HEALTHY ASIAN

W 8.99 S 9.35

Chicken Teriyaki Provolone Cheese, Lettuce, Tomato, Corn, Scallions & Sesame Seeds

HEALTHY GREEK

W 9.99 S 10.99

Chicken, Romaine, Tomato, Cucumber, Olives, Hummus & Vinaigrette

Add Feta \$1.50

DESIRED CEASAR

W 8.50 S 9.25

Choice Of Romaine Or Kale With Chicken, Whole Wheat Croutons, Parmesan & Light Ceasar Dressing

FIT PESTO CHICKEN

Only Available As Wrap 11.00

Baked Chicken, Homemade Almond Pesto, Diced Almonds, Tomato, Spinach, Provolone

POWER BREAKFAST

ON THE MIX SLAM WRAP \$6.99

Egg Whites, Fat Free Cheese, Tomato, Green Peppers with a Drizzle of Light Tangy Sauce & Includes Brewed Coffee Substitute for a Strawberry Banana Smoothie For \$2.

FRESHLY FRESH WRAP \$5.99

Eggs Scramble, Choice Of Cheese, Bacon Or Sausage with a Drizzle of Light Tangy Sauce. Includes Brewed Coffee. Substitute for a Strawberry Banana Smoothie For \$2

PROTEIN BREAKFAST WRAP \$8.99

Spinach Wrap, Egg Whites, Turkey, Spinach, Feta Cheese & Organic Jam Spread on the Side

POWER BREAKFAST BURRITO \$9.00

Tomato Basil Wrap, Beans, Eggs Scramble, Bacon, Organic Quinoa, Cheddar, Scallion, Tomato & Chipotle Ranch Add Avocado or Organic Guacamole \$2

PROTEIN BOX \$8.99

Egg White Scramble, Turkey, Spinach, Feta Cheese with a Side of Organic Toast & Berry Jam

CLASSIC AMERICAN BOX \$7.99

Egg Scramble, Cheddar Cheese, Bacon, a Side of Toast & Berry Jam

AVOCADO TOAST 1/\$5.99 2/\$9.99

Organic Toast, 100% Fresh Avocado Spread, Fresh Strawberry On Top, Feta Cheese & Sesame Seeds

Add Egg Whites or Turkey \$1.50

ALMOND CRUNCH TOAST 1/\$5.75 2/\$9.50

Organic Toast, Organic Almond Butter, Banana, Blueberry, Honey & Coconut Flakes

NATIVE

Organic Quinoa, Kale, Baked Chicken, Broccoli, Avocado, Cranberries, Sunflowers, Almonds & Green Garlic Dressing 11.99

SPARTAN

Organic Quinoa, Romaine, Baked Chicken, Cucumber, Tomato, Black Olive, Feta & Organic Hummus 11.99

AZTEC

Brown Rice, Lettuce, Baked Chicken, Organic Guacamole, Tomato, Onion, Corn & Feta 11.99

AZUMI

Brown Rice, Baked Chicken, Spinach, Scallion, Corn, Sesame Seeds, Sriracha, Lime & Teriyaki Sauce 10.99

AMAZING COFFEE

AMERICANO \$2.50

ESPRESSO \$3.00

CORTADITO \$3.00

COLADA CUBANA \$3.00

CAFE CON LECHE \$3.50

ICED COFFEE S \$4.99 M \$5.99

LATTE (Hot or Iced) S \$4.99 M 5.99

ALMOND BLISS ICED COFFEE S 7 M 8.75

Espresso, Almond Butter, & Organic Agave Blended to Perfection. A Beverage Unlike Any Other.

Add:

Almond or Soy Milk \$.50

Nutella \$1 \$2

Almond Butter

NUTRIBOWLS

MAKE YOUR OWN BOWL \$10.99

1-ORGANIC QUINOA OR BROWN RICE

2-CHOOSE PROTEIN:

Baked Chicken / Chicken Salad / Tuna / Turkey Black Bean Burger \$3 / Vegan Burger \$3

3-CHOOSE VEGGIES (4) :

Romaine Lettuce, Spinach, Kale, Tomato, Onion, Cucumber Carrot, Scallion, Corn, Broccoli, Black Olives, Green Pepper, Banana Pepper

4- EXTRAS

+ Sesame Seeds .25C

+ Sunflower Seed, Almonds,

Cranberries, Extra Veggies .50C

+ Extra Cheese \$1.25

+ Avocado, Organic Hummus, Guacamole \$2

5-ASK FOR OUR WIDE VARIETY OF DRESSINGS



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*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS. PLEASE INFORM US OF ANY FOOD ALLERGIES OR DIETARY RESTRICTIONS BEFORE PLACING ORDER - MENU ITEMS & PRICES ARE SUBJECT TO CHANGE.