

# MENU

## SMOOTHIES, JUICES & MORE!

**SPECIAL OF THE DAY**  
MON-FRI UNTIL 3PM  
WRAP OF THE DAY + SMALL  
SMOOTHIE



FULL CATERING MENU!

### SMOOTHIES

CARIBEAN BREEZE 16 oz. Coconut, Mango & Pineapple	\$8,25
BANG BANG 16 oz. Strawberry & Bananas	\$7,69
MAGNIFICENT 16 oz. Mango, Banana & Strawberry	\$7,69
YAN & YEN 16 oz. Passion Fruit, Raspberry, Banana & Strawberry	\$8,25
TRIPLE BERRY 16 oz. Blueberry, Raspberry, Strawberry & Yogurt	\$7,69
COCONUT FIX 16 oz. Coconut Milk, Banana, Milk, Brown Sugar & Vanilla	\$8,25
RASPBERRY TREAT 16 oz. Raspberry, Blueberry, Orange, Banana & Honey	\$7,69
THE OTHER COLADA 16 oz. Banana, Strawberry & Coconut	\$7,69

(24 OZ) MEDIUM: + 1,5  
(32 OZ) LARGE: + 3,0

### ACAI BOWLS & MORE!

ORGANIC CHIA CUP Organic Chia and Almond Milk, Coconut Cream Topped with Blueberry, Banana, Strawberry & Granola	\$9,10
YOGURT PARFAIT Non Fat Yogurt, Choose 2 Fruits, Granola & Honey	\$6,10
ACAI OR PITAYA SUPERFOOD CUP Layers of Yogurt, Acai or Pitaya, Amaranth, Granola, Peanut Butter, Banana, Strawberry & Other Goodnesses	\$15,90
ORGANIC Acai OR PITAYA BOWL Blended Acai or Pitaya Topped with Strawberry, Banana, Honey, Coconut, Chia & Granola. Try Sugar Free Acai! (+1,00)	\$13,49
ORGANIC GREEN BOWL Blended Greens, Fruits and Superfoods, Topped with Strawberry, Banana, Honey, Coconut, Chia & Granola	\$13,49

### SUPER SMOOTHIES

GREEN MONKEY 16 oz. Kale, Banana, Coconut, Almond Butter, Almond Milk & Honey	\$10,45
GREEN & HEALTHY 16 oz. Spinach, Pineapple, Banana, Orange, Spirulina, Flax Seeds & Honey	\$9,89
PROTEIN CYCLE 16 oz. Blueberry, Raspberry, Strawberry, Pineapple, Whey Protein, Banana, Mango & Amino Fuel	\$10,45
FLU FIGHTER 16 oz. Banana, Strawberry, Orange, Vitamin C, Echinacea & Spirulina	\$10,45
MANGO BLISS 16 oz. Mango, Passion Fruit, Pineapple, Honey & Low Fat Yogurt	\$10,45
KALECIUS BURNER 16 oz. Kale, Honey, Mango, Pineapple & Fat Burner	\$9,89
DETOX DRAGON 16 oz. Organic Pitaya, Coconut Water, Honey, Banana, Pineapple & Mango	\$10,45
PEANUT POWER 16 oz. Banana, Berry of Choice, Whey Protein, Peanut Butter, Honey & Amino Fuel	\$10,45
VEGAN BUILDER 16 oz. Chocolate or Vanilla Vegan Protein, Banana, Cinnamon, Coconut Milk & Hint of Vanilla	\$10,45
ACAI POWER 16 oz. Organic Acai, Banana or Pineapple, Raspberry & Honey	\$10,45
THE DIETITIAN 16 oz. Banana, Strawberry, Low Fat Yogurt & Fat Burner	\$9,89
GREEN GODDESS 16 oz. Kale, Spinach, Celery, Pineapple, Apple, Cucumber & Hint of Stevia	\$10,45
PINEAPPLE SKY 16 oz. Coconut Milk, Banana, Pineapple, Bee polen, Blue Majik Spirulina & Honey.	\$10,45
COFFEE BUILDER 16 oz. Espresso, Coconut Milk, Banana, Protein, Honey & Dark Chocolate	\$10,45

(24 OZ) MEDIUM: + 1,5  
(32 OZ) LARGE: + 3,0

<b>EXTRAS!</b>	<b>+1,00</b>	Antioxidant, Multivitamin, Royal Jelly, Animo Fuel, Spirulina, Digestive Enzymes, Vitamin C, Echinacea, Ginseng, Detox Formula, Flax seed, Chia Seed, Fat Burner, Granola or Oatmeal, Fruit, Honey
	<b>+1,50</b>	Whey Protein, Maca Powder, Bee Polen, Raw Cacao or Matcha Green Tea
	<b>+2,00</b>	Goji Berries, Almond Butter, Peanut Butter, Acai, Nutella or Vegan Protein

### FRESH SQUEEZED JUICES

SUNRISE IN MIAMI 12 oz. Orange, Carrot & Ginger	\$8,42
APPLEICIOUS 12 oz. Apple, Cucumber, Celery & Spinach	\$8,42
RED & HEALTHY 12 oz. Beet, Orange, Carrot, Kale & Ginger	\$8,42
FLU SHIELD 12 oz. Orange, Lime, Ginger & Honey	\$8,42
DAILY DETOX 12 oz. Apple, Cucumber, Kale, Lime & Chia	\$8,42

(16 OZ) MEDIUM: + 1,5  
(24 OZ) LARGE: + 2,5

MAKE YOUR OWN 12 oz. Only One Choice. Of Carrot, Orange, Apple, Cellery (+1.00) & Cucumber	\$6,19
GINGER SHOT Cold Pressed Ginger with a Tiny Hint of Apple Juice & Lime	\$4,39

<b>ADD EXTRAS:</b>	<b>+0,50</b>	Fruit/Veggie
	<b>+1,00</b>	Spinach/Kale/Beet
	<b>+1,50</b>	Ginger/Flax/Chia Seed



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### WRAP SALAD

LEAN BEAN BURRITO **\$13,40 \$14,60**  
Beans, Chicken, Kale, Organic Guacamole, Quinoa, Provolone & Hint of Sriracha.

WARRIOR **\$13,40 \$14,60**  
Chicken, Spinach, Feta, Sundried Tomatoes, Cranberries, Sunflower Seeds, Hummus & Raspberry Vinaigrette. Add Avocado \$2

HEALTHY ASIAN **\$12,20 \$13,40**  
Chicken Teriyaki, Provolone, Lettuce, Tomato, Corn, Scallions & Sesame Seeds.

MY MEXICAN **\$12,20 \$13,40**  
Chicken, Organic Guacamole, Sour Cream Lettuce, Tomato, Onion & Jalapeno

HEALTHY GREEK **\$12,20 \$13,40**  
Chicken, Romaine, Tomato, Cucumber, Olives, Hummus & Vinaigrette.

FIT PESTO CHICKEN **\$13,40 \$14,60**  
Chicken, Almond Pesto, Diced Almonds, Tomato, Spinach & Provolone

VEGGIE DELIGHT **\$9,89 \$10,89**  
(Choice of 6 Veggies & Dressing) Add Cheese, Add Black Bean Or Vegan Burger \$3

DESIRED CESAR **\$12,20 \$13,40**  
Romaine, Chicken, Whole Wheat Croutons, Parmesan & Light Caesar Dressing.

A-KALE-PULCO **\$14,30 \$15,30**  
Kale, Organic Quinoa, Chicken, Avocado, Tomato, Corn, Jalapeno, Onion, Sunflower Seeds, Feta & Chipotle Ranch

KALE BERRY CESAR **\$14,30 \$15,30**  
Kale, Whole Wheat Croutons, Parmesan, Carrots, Cranberries, 4 Strawberry slices, Chicken, Sesame Seed, Cesar Dressing

#### MAKE YOUR OWN WRAP OR SALAD

1. CHOOSE WHITE, WHEAT, TOMATO BASIL OR SPINACH WRAP
  2. CHOOSE 1 PROTEIN
  3. CHOOSE CHEESE
  4. ADD VEGGIES (W:4. S:6)
  5. CHOOSE YOUR DRESSING
  6. ADD EXTRAS
- + MAKE IT A COMBO + \$ 3,80** **W:\$11,99** **S:\$13,20**

#### PROTEIN

- Chicken, Chicken Salad, Turkey or Tuna
- Black Bean or Vegan Patty **+3,30**
- Double Protein **+3,30**

#### CHEESE

- Provolone, Swiss, American or Fat Free
- Feta **+1,50**
- Double Cheese

#### VEGGIES

- Spinach, Romaine Lettuce, Tomato, Onion, Cucumber, Olives, Carrot, Broccoli, Scallions, Banana Peppers, Jalapeno, Green Pepper, Corn, Sun Dried Tomato or Kale
- Add Avocado **+2,00**

#### DRESSING

- Blue Cheese, Caesar, Chipotle Ranch, Honey Mustard, Olive Oil, Vinegar, Ranch, Raspberry Vinaigrette, Siracha, Vinaigrette
- Extra Dressing **+0,50**

#### EXTRAS

- Organic Hummus, Organic Quinoa **+2,00**
- Pickles, Refried Beans, Extra Veggie, Brown Rice **+1,00**
- Sliced Almonds, Cranberries, Sun Flower, Sesame Seeds **+0,50**
- Bacon, Egg, Egg white, Sausage **+1,50**

### NUTRIBOWLS

NATIVE **\$14,60**

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

SPARTAN **\$14,60**

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

AZTEC **\$14,60**

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

AZUMI **\$14,60**

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

#### MAKE YOUR OWN WRAP OR SALAD

1. ORGANIC QUINOA OR BROWN RICE
  2. CHOOSE 1 PROTEIN
  3. CHOOSE CHEESE
  4. ADD VEGGIES (4)
  5. CHOOSE YOUR DRESSING
  6. ADD EXTRAS
- + MAKE IT A COMBO \$14,60**

### POWER BREAKFAST

ON THE MIX SLAM WRAP **\$8,60**

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 **\$7,69**

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 **\$10,99**

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

POWER BREAKFAST BURRITO **\$11,49**

Tomato Basil Wrap, Beans, Eggs Scramble, Bacon, Organic Quinoa, Cheddar, Scallion, Tomato & Chipotle Ranch.

CLASSIC AMERICAN BOX **\$9,89**

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

AVOCADO TOAST **\$7,30**

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

ALMOND CRUNCH TOAST **\$8,20**

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

ORGANIC OATMEAL **\$8,80**

Oatmeal, Banana & Cinnamon (Add extras:Fruit)

PROTEIN WAFFLE **\$7,20**

Protein Waffle, Coconut Flakes, Strawberry, Blueberry & Syrup (Add extras)

### EMPANADA

SPINIACH/CAPRESE **\$3,90** CHICKEN NOODLE **\$6,99**  
CHIMICHURRI BEEF **\$3,90** ROASTED TOMATO AND **\$6,99**  
CHICKEN/HAM & CHEESE **\$3,90** RED PEPPER

### SOUPS

### AMAZING COFFEE

AMERICANO	\$3,10	ADD:	● Almond or	<b>+0,50</b>
ESPRESSO	\$3,30		● Soy milk	
CORTADITO	\$3,45		● Nutella or	<b>+2,00</b>
COLADA CUBANA	\$3,30		● Almond Butter	
CAFE CON LECHE (12 oz)	\$3,70			
HOT TEA (12 oz)	\$2,75			
NUTELLA ICE (s-m-l)	\$8,69			
ICED COFFEE/TEA (s-m)	\$3,80			
ICED LATTE (s-m-l)	\$3,99			
HOT CHOCOLATE (12 oz)	\$3,30			
ALMOND BLISS ICE (s-m-l)	\$8,79			



Uber Eats

GRUBHUB

DOORDASH