

MENU

SMOOTHIES, JUICES & MORE!

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



FULL CATERING MENU!

SMOOTHIES

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

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

ACAI BOWLS & MORE!

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

SUPER SMOOTHIES

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

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

EXTRAS!	+1,00	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
	+1,50	Whey Protein, Maca Powder, Bee Polen, Raw Cacao or Matcha Green Tea
	+2,00	Goji Berries, Almond Butter, Peanut Butter, Acai, Nutella or Vegan Protein

FRESH SQUEEZED JUICES

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

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

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

ADD EXTRAS:	+0,50	Fruit/Veggie
	+1,00	Spinach/Kale/Beet
	+1,50	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 +0,50 Soy milk ● Nutella or +2,00 Almond Butter
ESPRESSO	\$3,30	
CORTADITO	\$3,45	
COLADA CUBANA	\$3,30	
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	

