

# 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 &amp; Pineapple</i>	\$7,50
BANG BANG <i>16 oz. Strawberry &amp; Bananas</i>	\$6,99
MAGNIFICENT <i>16 oz. Mango, Banana &amp; Strawberry</i>	\$6,99
YAN & YEN <i>16 oz. Passion Fruit, Raspberry, Banana &amp; Strawberry</i>	\$7,50
TRIPLE BERRY <i>16 oz. Blueberry, Raspberry, Strawberry &amp; Yogurt</i>	\$6,99
COCONUT FIX <i>16 oz. Coconut Milk, Banana, Milk, Brown Sugar &amp; Vanilla</i>	\$7,50
RASPBERRY TREAT <i>16 oz. Raspberry, Blueberry, Orange, Banana &amp; Honey</i>	\$6,99
THE OTHER COLADA <i>16 oz. Banana, Strawberry &amp; Coconut</i>	\$6,99
<b>(24 OZ) MEDIUM: + 1,5</b> <b>(32 OZ) LARGE: + 3,0</b>	

### ACAI BOWLS & MORE!

ORGANIC CHIA CUP <i>Organic Chia and Almond Milk, Coconut Cream Topped with Blueberry, Banana, Strawberry &amp; Granola</i>	\$8,30
YOGURT PARFAIT <i>Non Fat Yogurt, Choose 2 Fruits, Granola &amp; Honey</i>	\$5,50
ACAI OR PITAYA SUPERFOOD CUP <i>Layers of Yogurt, Acai or Pitaya, Amaranth, Granola, Peanut Butter, Banana, Strawberry &amp; Other Goodnesses</i>	\$14,50
ORGANIC Acai OR PITAYA BOWL <i>Blended Acai or Pitaya Topped with Strawberry, Banana, Honey, Coconut, Chia &amp; Granola. Try Sugar Free Acai! (+1,00)</i>	\$12,30
ORGANIC GREEN BOWL <i>Blended Greens, Fruits and Superfoods, Topped with Strawberry, Banana, Honey, Coconut, Chia &amp; Granola</i>	\$12,30

**EXTRAS!**

<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

### SUPER SMOOTHIES

GREEN MONKEY <i>16 oz. Kale, Banana, Coconut, Almond Butter, Almond Milk &amp; Honey</i>	\$9,50
GREEN & HEALTHY <i>16 oz. Spinach, Pineapple, Banana, Orange, Spirulina, Flax Seeds &amp; Honey</i>	\$8,99
PROTEIN CYCLE <i>16 oz. Blueberry, Raspberry, Strawberry, Pineapple, Whey Protein, Banana, Mango &amp; Amino Fuel</i>	\$8,99
FLU FIGHTER <i>16 oz. Banana, Strawberry, Orange, Vitamin C, Echinacea &amp; Spirulina</i>	\$9,50
MANGO BLISS <i>16 oz. Mango, Passion Fruit, Pineapple, Honey &amp; Low Fat Yogurt</i>	\$9,50
KALECIUS BURNER <i>16 oz. Kale, Honey, Mango, Pineapple &amp; Fat Burner</i>	\$8,99
DETOX DRAGON <i>16 oz. Organic Pitaya, Coconut Water, Honey, Banana, Pineapple &amp; Mango</i>	\$9,50
PEANUT POWER <i>16 oz. Banana, Berry of Choice, Whey Protein, Peanut Butter, Honey &amp; Amino Fuel</i>	\$8,99
VEGAN BUILDER <i>16 oz. Chocolate or Vanilla Vegan Protein, Banana, Cinnamon, Coconut Milk &amp; Hint of Vanilla</i>	\$9,50
ACAI POWER <i>16 oz. Organic Acai, Banana or Pineapple, Raspberry &amp; Honey</i>	\$9,50
THE DIETITIAN <i>16 oz. Banana, Strawberry, Low Fat Yogurt &amp; Fat Burner</i>	\$8,99
GREEN GODDESS <i>16 oz. Kale, Spinach, Celery, Pineapple, Apple, Cucumber &amp; Hint of Stevia</i>	\$9,50
PINEAPPLE SKY <i>16 oz. Coconut Milk, Banana, Pineapple, Bee polen, Blue Majik Spirulina &amp; Honey.</i>	\$9,50
COFFEE BUILDER <i>16 oz. Espresso, Coconut Milk, Banana, Protein, Honey &amp; Dark Chocolate</i>	\$9,99
<b>(24 OZ) MEDIUM: + 1,5</b> <b>(32 OZ) LARGE: + 3,0</b>	

### FRESH SQUEEZED JUICES

SUNRISE IN MIAMI <i>12 oz. Orange, Carrot &amp; Ginger</i>	\$7,65
APPLEICIOUS <i>12 oz. Apple, Cucumber, Celery &amp; Spinach</i>	\$7,65
RED & HEALTHY <i>12 oz. Beet, Orange, Carrot, Kale &amp; Ginger</i>	\$7,65
FLU SHIELD <i>12 oz. Orange, Lime, Ginger &amp; Honey</i>	\$7,65
DAILY DETOX <i>12 oz. Apple, Cucumber, Kale, Lime &amp; Chia</i>	\$7,65
<b>(16 OZ) MEDIUM: + 1,5</b> <b>(24 OZ) LARGE: + 2,5</b>	

MAKE YOUR OWN <i>12 oz. Only One Choice. Of Carrot, Orange, Apple, Celery (+1.00) &amp; Cucumber</i>	\$5,65
GINGER SHOT <i>Cold Pressed Ginger with a Tiny Hint of Apple Juice &amp; Lime</i>	\$3,99

**ADD EXTRAS:**

<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** \$12,20 \$13,30  
Beans, Chicken, Kale, Organic Guacamole, Quinoa, Provolone & Hint of Sriracha.

**WARRIOR** \$12,20 \$13,30  
Chicken, Spinach, Feta, Sundried Tomatoes, Cranberries, Sunflower Seeds, Hummus & Raspberry Vinaigrette. Add Avocado \$2

**HEALTHY ASIAN** \$11,20 \$12,50  
Chicken Teriyaki, Provolone, Lettuce, Tomato, Corn, Scallions & Sesame Seeds.

**MY MEXICAN** \$11,20 \$12,50  
Chicken, Organic Guacamole, Sour Cream Lettuce, Tomato, Onion & Jalapeno

**HEALTHY GREEK** \$11,20 \$12,50  
Chicken, Romaine, Tomato, Cucumber, Olives, Hummus & Vinaigrette.

**FIT PESTO CHICKEN** \$12,20 \$13,30  
Chicken, Almond Pesto, Diced Almonds, Tomato, Spinach & Provolone

**VEGGIE DELIGHT** \$8,99 \$9,99  
(Choice of 6 Veggies & Dressing) Add Cheese, Add Black Bean Or Vegan Burger \$3

**DESIRED CESAR** \$10,99 \$11,90  
Romaine, Chicken, Whole Wheat Croutons, Parmesan & Light Caesar Dressing.

**A-KALE-PULCO** \$13,32 \$14,40  
Kale, Organic Quinoa, Chicken, Avocado, Tomato, Corn, Jalapeno, Onion, Sunflower Seeds, Feta & Chipotle Ranch

**KALE BERRY CESAR** \$13,32 \$14,40  
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:\$10,99**  
**S:\$11,99**

#### 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** \$13,30

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

**SPARTAN** \$13,30

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

**AZTEC** \$13,30

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

**AZUMI** \$13,30

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**      **\$13,30**

### POWER BREAKFAST

**ON THE MIX SLAM WRAP** \$7,80

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** \$6,99

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** \$9,99

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

**POWER BREAKFAST BURRITO** \$10,60

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

**CLASSIC AMERICAN BOX** \$8,99

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

**AVOCADO TOAST** \$6,60

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

**ALMOND CRUNCH TOAST** \$7,50

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

**ORGANIC OATMEAL** \$8,80

Oatmeal, Banana & Cinnamon (Add extras:Fruit)

**PROTEIN WAFFLE** \$6,60

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	\$2,80	<b>ADD:</b>	● Almond or	<b>+0,50</b>
ESPRESSO	\$3,30		● Soy milk	
CORTADITO	\$3,30	● Nutella or	<b>+2,00</b>	
COLADA CUBANA	\$3,30	● Almond Butter		
CAFE CON LECHE (12 oz)	\$2,80			
HOT TEA (12 oz)	\$2,50			
NUTELLA ICE (s-m-l)	\$8,10			
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)	\$8,10			

