

JUICE BLENDS

12oz: \$9 | 16oz: \$12 | 20oz: \$15 | 32oz: \$22

SKIN GLOW

Cucumber, carrot, parsley, apple

IMMUNE BOOSTER

Orange, lemon, ginger

VEGGIE JUICE

Celery, cucumber, kale, parsley, carrot, beet

DETOX DREAM

Activated charcoal powder, 9.5ph water, lemon, ginger, maple syrup, cayenne

LUV YER LIVER

Carrot, beet, cucumber

GARLICKY GREENS

Cucumber, celery, spinach, parsley, kale, garlic, lemon, ginger

RED ZINGER

Beet, lime, ginger

KAREN'S JUICE

Celery, cucumber, tomato, spinach, kale, carrot, apple, lemon, ginger, parsley, garlic

GREEN DRINK

Celery, cucumber, spinach, parsley, kale

SOURSOP

Guanabana, cabbage, beet, celery, garlic, ginger

VITAMIN A-B-C

Watermelon, strawberries, rosemary

TONIC ELIXIRS

8oz: \$7 | 12oz: \$10

BLUE GREEN

E3 live algae, aloe vera, apple juice, 9.5ph water

BLOOD BALANCE

Moringa, wheatgrass, mint, 9.5ph water

ACV TONIC

Apple cider vinegar, Chlorella, ginger, lemon juice, 9.5ph water

CURCUMIN

Turmeric, ginger, lime, apple, ice



SHOTS

WHEATGRASS

1oz: \$3.50 | 2oz: \$6

TURMERIC

1oz: \$3.50 | 2oz: \$6

WELLNESS

2oz: \$4 | 4oz: \$7
Lemon, ginger, cayenne
| add oregano: \$1

ON GUARD

1oz: \$2 | 2oz: \$4
Doterra essential oil,
9.5ph water

GINGER

1oz: \$3 | 2oz: \$5

OREGANO

2oz: \$3 | 4oz: \$5

E3 LIVE

1oz: \$3.50 | 2oz: \$6
Blue green algae

SMOOTHIES

12oz: \$9 | 16oz: \$11 | 20oz: \$13 | 32oz: \$20

ACAI BLEND

Acai, blueberry, blackberry, raspberry, strawberry, apple juice

TROPICAL DELIGHT

Mango, pineapple, papaya, banana, coconut water

BRAZILLIAN ACAI

Papaya, mango, acai, apple juice

GRAPEFRUIT BLISS

Strawberry, banana, pineapple, grapefruit juice

MANGO PACIFICO

Mango, orange juice

BERRY BONANZA

Strawberry, blueberry, blackberry, raspberry, orange juice

WHEATGRASS ENERGY

Pineapple, spinach, wheatgrass, apple juice

PRICKLY PEAR DELIGHT

Prickly pear cactus, pineapple, lemon, apple juice

SEA MOSS BLEND

Banana, pineapple, sea moss, spinach, kale, apple juice

DR. SEBI

Banana, pineapple, dates, sea moss, coconut milk

SHAKES

All shakes: 16oz | 20oz: Add \$2

Add On's: Electrolytes | Shilajit | Hemp Protein | Soy Protein | Pea Protein | Maca | Whey | Brown Rice Protein | Plant Protein | Peanut Butter | Almond Butter | Spirulina | Sea Moss | Espresso

VEGAN DATE ... \$10

Date crystals, fresh dates, soy ice cream, banana, soy milk

ALMOND PECAN ... \$9

Almonds, pecans, soy ice cream, almond milk

CHOCOLATE ... \$9

Cacao powder, cacao nibs, soy ice cream, banana

POWER DATE ... \$11

Shields date crystals, fresh dates, soy ice cream, banana, soy milk, spirulina, maca, whey protein

BLUEBERRY ... \$8

Blueberries, soy ice cream, soy milk

MACA ... \$9

Maca powder, banana, soy milk, soy ice cream

HEMP ... \$10

Banana, soy ice cream, hemp protein, super green powder, maca powder, almond milk

PROTEIN ... \$10

Banana, peanut butter, soy milk, soy ice cream, choice of protein

SINGLE JUICES

12oz: \$7 | 16oz: \$9 | 20oz: \$11 | 32oz: \$16

CELERY

BEET

CARROT

ORANGE

CUCUMBER

WATERMELON

APPLE

CABBAGE





BURGERS

Gluten Free Options Available!

All burgers served on focaccia bun.

BEYOND BURGER | \$18
Lettuce, tomato, carrot, sprouts, grilled onion, 1,000 island, chips and salsa

LENTIL BURGER | \$19
House-made lentil patty, lettuce, tomato, onion, pickles, veganaise, chips and salsa

SPICY BLACK BEAN BURGER | \$19
House-made black bean patty, cotija cheese, lettuce, tomato, pickled onion, chipotle mayo, chips and salsa





SALADS

Vegan dressings: Lemon Tahini, Caesar, Ranch, Balsamic Vinagrette, Sesame Peanut

PEANUT NOODLE SALAD | \$17
Green moroheiya noodles, grilled tofu, avocado, lettuce, cabbage, carrot, pickled onion

FALAFEL SALAD | \$18
House-made falafel patty, mixed greens, carrot, onion, sprouts, tomato, olives, feta cheese, hummus

COBB SALAD | \$18
Un-turkey, un-ham, tempeh bacon, hard-boiled egg, lettuce, tomato, onion, avocado, gorgonzola cheese, croutons

NATURE’S SALAD | \$17
Mixed greens, pecans, goji berries, pumpkin seeds, sunflower seeds, sliced apple, tomatoes, carrot, sprouts, avocado, onion

GREEK SALAD | \$17
Lettuce, tomato, cucumber, olives, bell pepper, onion, feta cheese, artichoke hearts



WRAPS

Vegan dressings: Lemon Tahini, Caesar, Ranch, Balsamic Vinagrette, Sesame Peanut
Gluten Free Options Available!

CHICKEN CAESAR WRAP | \$18
Spicy soy chicken, avocado, red onion, lettuce, tomato, croutons, parmesan cheese, spinach tortilla, caesar dressing, served with a side salad

GARDEN WRAP | \$18
Hummus, mixed greens, carrot, onion, sprouts, tomato, avocado, kale, zucchini, squash, cabbage, cauliflower, broccoli, wrapped in rice paper, served with a side salad

EGGPLANT WRAP | \$17
Eggplant, bell pepper, onion, feta cheese, mixed greens, veganaise, wrapped in a spinach tortilla, served with a side salad

MEDITERRANEAN WRAP | \$17
Soy chicken, tomato, olives, feta cheese, hummus, wrapped in a spinach tortilla, served with a side salad

GTB WRAP | \$18
Blackened tempeh, tempeh bacon, mixed greens, carrot, sprouts, guacamole, wrapped in a spinach tortilla, served with a side salad

SPICY CHICKEN WRAP | \$16
Spicy soy chicken, mixed greens, tomato, onion, carrot, sprouts, avocado, veganaise, wrapped in a spinach tortilla, served with a side salad

SIDES

Side Salad: \$6
Extra dressings: \$1/ea

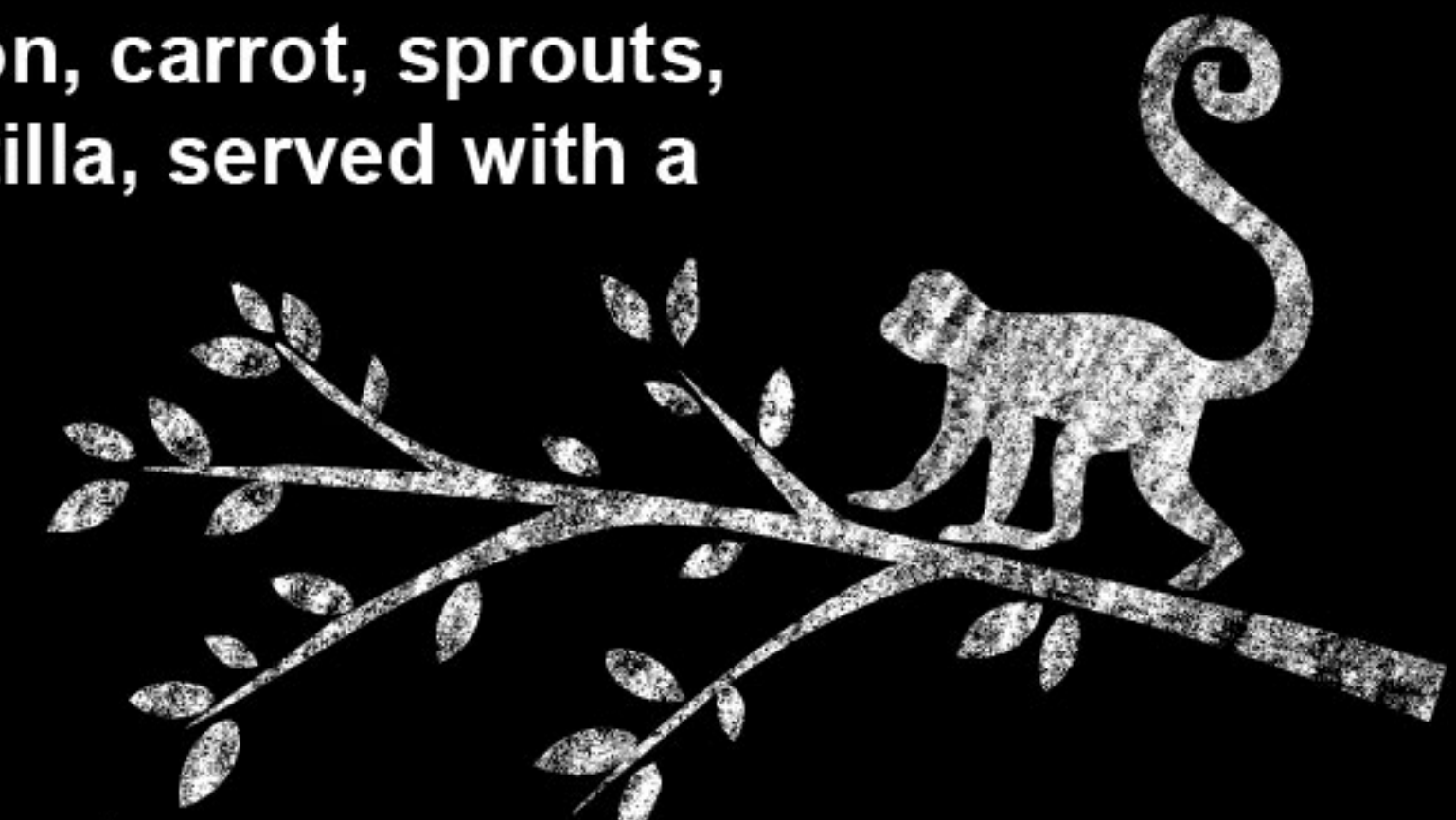
3 Cactus Corn Tortillas: \$2

Avocado: \$2

Rice: 12oz: \$4 | 24oz: \$8

Chips & Salsa: \$5

Beans: 12oz: \$4 | 24oz: \$8



Toast: \$2

Soup of the Day: 12oz: \$6 | 24oz: \$12

Roasted Potatoes: \$5

Hummus: 2oz: \$1 | 4oz: \$2 | 12oz: \$7

Steamed Veggies: \$6

Salsa: 12oz: \$7 | 24oz: \$13



ENTREES

Gluten Free Options Available!

JACKFRUIT BBQ NACHOS | \$18
BBQ pulled Jackfruit, vegan cheese, blue corn tortilla chips, pico de gallo, pickled onion, vegan crema, guacamole

OYSTER MUSHROOM FRIED RICE | \$18
Brown rice, oyster mushrooms, kale, zucchini, squash, carrot, cabbage, cauliflower, broccoli, pineapple, asparagus, sunflower sprouts, green onion

TACO PLATE | \$18
Cactus corn tortillas, lettuce, pico de gallo, guacamole, served with rice and beans, Choice of: Blackened Soy Fish, Soy Chicken, Blackened tempeh

BURRITO BOWL | \$18
Brown rice, beans, soy chicken, lettuce, pico de gallo, guacamole, chipotle dressing, chips and salsa

GUACAMOLE PLATE | \$16
Guacamole, cucumbers, chips and salsa

VEGAN STIR FRY | \$18
Kale, broccoli, zucchini, squash, cabbage, carrot, cauliflower, choice of sauce, choice of protein, served with brown rice. | Choose your Sauce: Garlic Ginger, Teriyaki, Curry, Tamari | Choose your Protein: Soy Chicken, Soy Beef, Tofu, Tempeh

BLACKENED CHICKEN QUESADILLA | \$18
Soy chicken, bell peppers, onions, mozzarella cheese, spinach tortilla, served with rice, beans, and fresh salsa

SESAME TOFU NOODLES | \$18
Moroheiya green wheat noodles, crispy tofu, bell pepper, onion, mushroom, cabbage, avocado, tamari sesame sauce



ESPRESSO BAR

Dairy substitutes: Add \$1: Soy | Almond | Hemp | Oat | Macadamia | Coconut Milk

- 20oz Lattes ICED ONLY

8oz Latte Drinks HOT ONLY
- CARAMEL VANILLA LATTE

8oz: \$4.75 | 12oz: \$5.25 | 16oz: \$5.75 | 20oz: \$6.25
- HAZELNUT MOCHA

8oz: \$4.75 | 12oz: \$5.25 | 16oz: \$5.75 | 20oz: \$6.25
- BLUBERRY MATCHA LATTE

8oz: \$4.75 | 12oz: \$5.50 | 16oz: \$5.25 | 20oz: \$7.00
- CAFE LATTE

8oz: \$4.50 | 12oz: \$5.25 | 16oz: \$5.75
- HONEY BLOSSOM LATTE

8oz: \$4.75 | 12oz: \$5.50 | 16oz: \$6.00
- LAVENDER LATTE

8oz: \$4.75 | 12oz: \$5.50 | 16oz: \$6.00
- ROSE PETAL LATTE

8oz: \$4.75 | 12oz: \$5.50 | 16oz: \$6.00
- HOT CHOCOLATE

8oz: \$4.00 | 12oz: \$4.50 | 16oz: \$5.00
- AMERICANO

8oz: \$3.75 | 12oz: \$4.75 | 16oz: \$5.75 | 20oz: \$6.50
- MEXICAN MOCHA

8oz: \$4.50 | 12oz: \$5.00 | 16oz: \$5.50
- MOCHA

8oz: \$4.25 | 12oz: \$4.75 | 16oz: \$5.25
- CHAI TEA LATTE

8oz: \$4.25 | 12oz: \$4.75 | 16oz: \$5.25
- MEXICAN HOT CHOCOLATE

8oz: \$4.25 | 12oz: \$5.00 | 16oz: \$5.75
- DOPIO

2 hot | \$3.50

- MATCHA GREEN TEA LATTE

8oz: \$4.50 | 12oz: \$5.25 | 16oz: \$6.00 | 20oz: \$6.75
- HIBISCUS ICED TEA

12oz: \$4.50 | 16oz: \$5.25 | 20oz: \$6.00
- BUTTERFLY LEMONADE

16oz: \$4.50 | \$20oz: \$5.00
- TURMERIC GINGER SODA

16oz: \$5.00 | \$20oz: \$5.75



BREAKFAST

Gluten Free Options Available!

Bread options: Sourdough | 21 Grain | Gluten Free

ORANGE TAHINI FRENCH TOAST | \$18

3 slices of Bread and Flour sourdough bread, tahini drizzle, orange slices

BREAKFAST BURRITO | \$19

2 scrambled eggs, cheddar cheese, potatoes, apple sage grain sausage, bell peppers & onions, spinach, beans, chips & fresh salsa

SWEET POTATO BREAKFAST BOWL | \$19

Sweet potato, beans, 2 eggs or tofu, spinach, avocado, oyster mushrooms, 2 corn tortillas

SPANISH OMELET | \$18

2 eggs, soy-rizo, pico de gallo, serrano, cotija cheese, avocado, roasted potatoes, toast, fresh salsa

SUPER GREEN OMELET | \$17

2 eggs, asparagus, kale, spinach, green onion, micro-greens, avocado, roasted potatoes, toast, fresh salsa

SPINACH & FETA OMELET | \$17

2 eggs, spinach, feta cheese, avocado, roasted potatoes, toast, fresh salsa

VEGGIE OMELET | \$18

2 eggs, kale, broccoli, zucchini, squash, cabbage, carrot, cauliflower, avocado, roasted potatoes, toast, fresh salsa

- AVOCADO TOAST | \$16

Local sprouts, olive oil, sumac
- BREAKFAST TACOS | \$18

2 eggs, mushroom, tempeh bacon, bell peppers and onion, pickled onion, cotija cheese, roasted potatoes
- VEGAN BANANA NUT PANCAKES | \$18

2 vegan pancakes, banana, walnut crème, maple syrup
- OATMEAL BOWL | \$12

Almond milk, fresh fruit, chopped walnuts, shredded coconut, crystalized ginger, toast
- TOFU SCRAMBLE | \$17

Tofu, kale, zucchini, squash, carrot, broccoli cabbage, cauliflower, avocado, roasted potatoes, toast, fresh salsa
- BREAKFAST CLUB MELT | \$17

2 fried eggs, tempeh bacon, unham, mozzarella, lettuce, tomato, chips & salsa
- BOWLS

ACAI BOWL | \$14

Açaí, frozen strawberry, blueberry, blackberry, raspberry, hemp granola, fresh strawberry, banana, shredded coconut, agave

MACA BOWL | \$14

Frozen banana, cashew milk, maca, cacao nib, hemp granola, fresh strawberry, banana, blueberry, almond butter, hemp hearts, shredded coconut, agave

PITAYA BOWL | \$14

Frozen pitaya, pineapple, mango, spinach, almond milk, hemp granola, fresh kiwi, strawberries, bananas, shredded coconut, dried goji berries, agave



LUNCH

Gluten Free Options Available!

SANDWICHES

Bread options: Sourdough | 21 Grain | Gluten Free

BLTA | \$17

Tempeh bacon, lettuce, tomato, avocado, veganaise, chips and salsa

AVOCADO GRANDE | \$18

Avocado, lettuce, tomato, carrot, sprouts, onion, veganaise, chips and salsa | add hummus: \$1

UN-TURKEY MELT | \$16

Housemade vegan turkey, choice of cheese, spring mix, onion, tomato, chipotle mayo. Served with chips and salsa.

MOCK EGG SANDWICH | \$16

Tofu egg salad, lettuce, tomato, carrot, onion, sprouts, veganaise, chips and salsa

EGGPLANT SANDWICH | \$17

Marinated eggplant, bell peppers, onion, feta cheese, lettuce, tomato, veganaise, chips and salsa

