



JUICE MENU

COLD PRESSED JUICE

Ginger Ninja	Apple, Lemon, Ginger, Cayenne
Green Emerald	Cucumber, Green Apple, Spinach, Parsley
Greens n' Ginger	Lettuce, Spinach, Kale, Celery, Cucumber, Parsley, Lemon, Ginger
Just Celery	Celery
Revive Alive	Apple, Lemon, Ginger
Rise & Shine	Grapefruit, Orange, Apple, Celery, Spinach
Root Restore	Carrot, Beet, Apple
Ruby Red	Orange, Carrot, Beet
Sunburst	Orange, Pineapple, Carrot
The Energizer	Carrot, Apple, Ginger
Tropi-Kale	Pineapple, Celery, Kale, Ginger
Verde Goode	Cucumber, Pear, Celery, Kale

MYLK

Blue Majik™ Cashew Mylk	Alkaline Water, Cashews, Dates, Blue Majik™, Vanilla, Cinnamon
Cacao Almond Mylk	Alkaline Water, Almonds, Cacao, Dates, Maple Syrup, Vanilla
Java Zen Latte	Alkaline Water, Cold Brew Coffee, Almonds, Dates, Cacao, Maple Syrup, Vanilla

BREWS & TONICS

Activated Lemonade	Alkaline Water, Lemon Juice, Maple Syrup, Activated Charcoal
Blue Majik™ Switchel 16-oz	Alkaline Water, Lemon Juice, Maple Syrup, Apple Cider Vinegar, Ginger, Turmeric, Blue Majik™
Blue Majik™ Switchel 32-oz	Alkaline Water, Lemon Juice, Maple Syrup, Apple Cider Vinegar, Ginger, Turmeric, Blue Majik™
Ginger Turmeric Switchel 16-oz	Alkaline Water, Lemon Juice, Maple Syrup, Apple Cider Vinegar, Ginger, Turmeric
Ginger Turmeric Switchel 32-oz	Alkaline Water, Lemon Juice, Maple Syrup, Apple Cider Vinegar, Ginger, Turmeric
Master Cleanse	Alkaline Water, Lemon Juice, Maple Syrup, Cayenne
On Tap 16-oz	Switchel, Blue Majik™ Switchel, Kombucha

WELLNESS SHOTS

E3 Brain On®	E3Live® with super concentrated extract of phycocyanin and Phenylethylamine (PEA)
Ginger	Ginger
Immunity	Lemon, Ginger, Apple Cider Vinegar, Oil of Oregano, Garlic, Turmeric, Cayenne
Metabolism	Lemon, Apple, Celery, Ginger, Cayenne
Turmeric	Turmeric
Wellness	Lemon, Ginger, Apple, Maple Syrup, Cayenne

SMOOTHIE MENU

SMOOTHIES / 12-oz

Almond Brothers	blueberries, banana, almond milk, almond butter, cocoa nibs (v, gf)	\$ 8.00
I'm a Be-Leaf-Er	spinach, kale, avocado, pineapple, ginger, green adaptogen, coconut milk (v, gf)	\$ 8.00
Strawberry Fields Forever	strawberries, banana, coconut milk, oats, vanilla, dates (v, gf)	\$ 8.00
Takes Two to Mango	mango, banana, coconut milk, coconut oil, chia seeds, turmeric, cinnamon (v, gf)	\$ 8.00
Wake Me Up Before You Cocoa	bananas, dates, cocoa powder, cinnamon, almond butter, almond milk (v, gf)	\$ 8.00

KIDS SMOOTHIES / 8-oz

Baby Beluga	banana, blueberries, spinach, coconut milk (v, gf)	\$ 5.00
You Are My Sunshine	strawberries, banana, coconut milk (v, gf)	\$ 5.00

SMOOTHIE BOWLS

Bein' Green	spinach, kale, banana, strawberries coconut milk, hemp hearts, green adaptogen TOPPING: granola, hemp seeds, blueberries, raspberries (v, gf)	\$ 10.00
Blue Bayou	banana, mango, coconut milk, chia seeds, hemp hearts, Blue Majik™ TOPPING: coconut chips, blueberries, granola, chia seeds (v, gf)	\$ 10.00
Peanut Butter Blues	bananas, almond milk, peanut butter, cacao powder, maca (optional) TOPPING: granola, banana, chia seeds, goji berries (v, gf)	\$ 10.00
Pink Cadillac	banana, strawberries, coconut milk, date, dragonfruit powder TOPPING: cacao nibs, coconut chips, goji berries, fresh blueberries (v, gf)	\$ 10.00
Raspberry Beret	açai, banana, strawberries, mango, cacao powder, coconut water TOPPING: granola, banana, raspberries, cacao nibs, coconut chips, goji berries (v, gf)	\$ 10.00



MENU

SALADS / price per pound \$10.49

Balsamic Beets	beets, walnuts, parsley, onion, avocado oil balsamic vinaigrette (v, gf)
Black Bean & Feta Salad	black beans, red onion, parsley, feta cheese, lemon vinaigrette (gf)
Black Bean Quinoa Salad	quinoa, black beans, red bell pepper, red onion, cilantro, apple cider vinaigrette (v, gf)
Broccoli Salad	broccoli, apples, red onion, sunflower seeds, raisins, vegan cashew lemon olive oil dressing (v, gf)
Curry Chickpea	chickpeas, red pepper, cilantro, green onion, raisins, cashews, tahini curry dressing (v, gf)
Kale & Red Cabbage Salad	kale, red cabbage, scallions, pumpkin seeds, dried cranberries, vegan cashew lemon Dijon mustard dressing (v, gf)
Kale Quinoa Salad	kale, quinoa, red bell pepper, raisins, almonds, lemon and olive oil dressing (v, gf)
Macaroni Salad	gluten-free macaroni, red bell pepper, celery, red onion, parsley, vegan mayo dressing (v, gf)
Quinoa Chickpea Salad	quinoa, chickpeas, spinach, parsley, cilantro, green onion, pumpkin seeds, lemon tahini dressing (v, gf)
Quinoa Chickpea Salad w/ Feta	quinoa, chickpeas, spinach, parsley, cilantro, green onion, feta cheese, pumpkin seeds, lemon tahini dressing (gf)
Quinoa Tabouli Salad	quinoa, parsley, tomatoes, cucumbers, green onion, lemon garlic vinaigrette (v, gf)
Seedy Slaw Salad	purple cabbage, green cabbage, carrots pumpkin seeds, sunflower seeds, sesame seeds, lemon vinaigrette (v, gf)
Quinoa Thai Salad	quinoa, red cabbage, carrots, sugar snap peas, cilantro, green onions, peanuts, peanut sesame dressing (v, gf)
Tofu Eggless Salad	tofu, vegan mayo, carrots, red onion, parsley, nutritional yeast, Dijon mustard, turmeric (v, gf)

SOUPS

Lentil Soup	lentils, spinach, carrots, celery, onion, garlic, spices (v, gf)	\$ 6.50
Mushroom Wild Rice Soup	mushrooms, wild rice, onion, carrot, celery, spinach, spices (v, gf)	\$ 6.50
Turmeric Bisque	butternut squash, carrots, sweet potato, turmeric, onion, curry, garlic, ginger, spices, coconut milk (v, gf)	\$ 6.50
Veggie Chili	quinoa, black beans, kidney beans, sweet potato, red pepper, tomato, spices (v, gf)	\$ 6.50
Daily Soup Special	check our daily vegan and gluten free soup special...always vegan and gluten free	\$ 6.50

SIDES

Black Bean Hummus	black beans, garlic, olive oil, tahini, lime juice, cumin, cilantro, salt, cayenne (v, gf)	\$ 5.00
Hummus	chickpeas, lemon juice, tahini, olive oil, garlic, cumin, sea salt, paprika (v, gf)	\$ 5.00
Ginger Thai Noodles	rice noodles, cilantro, maple syrup, coconut oil, apple cider vinegar, Sriracha, ginger, garlic (v, gf)	\$ 6.25
Pad Thai	rice noodles, carrot, red bell pepper, snow peas, green onions with peanut butter Pad Thai sauce (v, gf)	\$ 6.50
Vegan Mac and Cheese	gluten-free elbows, raw cashews, lemon juice, sea salt, nutritional yeast, chili powder, garlic, turmeric, Dijon mustard, pepper (v, gf)	\$ 6.25
Vegan Queso	cauliflower, carrots, cashews, tomato, onion, cilantro, nutritional yeast, spices (v, gf)	\$ 6.00

RAW FOODS / DEHYDRATED SNACKS

Everything Crackers	flax seeds, poppy seeds, sesame seeds, onion flakes, garlic flakes, garlic, sea salt (v, gf)	\$ 5.00
Fruit Leather	pineapple, mangoes, papaya, banana, chia seeds, shredded coconut (v, gf)	\$ 5.00
Kale Chips	kale, olive oil, nutritional yeast, sea salt, cayenne pepper (v, gf)	\$ 5.00
Onion Bread	onions, sunflower seeds, flax seeds, olive oil, gluten-free tamari, maple syrup (v, gf)	\$ 5.00

RAW SWEETS

Chocolate Pudding	avocado, dates, cacao powder, maple syrup, salt (v, gf)	\$ 4.00
Haystacks	shredded coconut, coconut oil, maple syrup, cacao powder, vanilla, sea salt (v, gf)	\$ 4.00
Peanut Butter Fudge	walnuts, peanut butter, raw cacao, dates, cinnamon, vanilla sea salt (v, gf)	\$ 4.50
Raw Cookie	gluten free oats, pumpkin seeds, sunflower seeds, raisins, coconut, chia seeds, cacao, coconut oil, maple syrup (v, gf)	\$ 4.50

ENERGY BITES

Cacao Brownie Bites	dates, walnuts, vanilla, cacao powder, sea salt (v, gf)	\$ 2.50
Lemon Bites	cashews, dates, coconut, chia seeds, lemon (v, gf)	\$ 2.50
Walnut Energy Bites	walnuts, dates, unsweetened coconut, coconut oil, vanilla, sea salt (v, gf)	\$ 2.50