



215 N. Main Ave.
 Lake Placid, FL 33852
 #(863) 699-6542

PLEASE NOTE:
 We have tested our smoothie recipes based on price/taste/ and consistency. Our smoothie bags are pre-made and changing the recipes are at *YOUR RISK*. We cannot guarantee that it will taste as good, look as pretty, be as quick to make, or cost the same.

Juices

12 oz. \$8.75

You can find our fresh juices in the grab n' go.

Wheatgrass and Immunity Shots

Fresh organic wheatshots. We juice and freeze individually in to-go containers. Thaws fast for drinking or you can keep frozen to add to your smoothies, or save for later. \$4.50

Protein Shakes

16 oz. \$8.50

Peanut Butter Protein

Almond Milk, Banana, **Chocolate or Vanilla** Pea Protein Powder, Peanut Butter

Strawberry Fields Forever

Almond Milk, Vanilla Pea Protein, Banana, Strawberries

Life by Chocolate

Almond Milk, Chocolate Pea Protein powder, Cacao, Dates

The Hulk

Almond Milk, Vanilla Pea Protein, Banana, Spinach

Scott with Hair

Our Peanut butter protein made with our house-made organic cold brew coffee.

The Body Builder

Oat Milk, Vanilla or Chocolate Pea Protein, hemp, peanut butter protein powder and banana. **42 grams protein \$9.50**

Teas/Coffee

Misc. Herbal Hot Teas \$3.75

Cold Brew Iced Coffee \$6.00

Iced Matcha Latte \$6.00

French Press Coffee \$5.00

organic almond, organic soy, and organic oat milk.

Stevia, honey, sugar, and agave available.

GLUTEN-FREE Bread and wraps available upon request!

Coffee Ad-ins

\$0.50

Vanilla

Mocha

Caramel

Hazelnut

Pumpkin Spice

Smoothies

16 oz. \$8.50

Tropical Twist

Orange Juice, Pineapple, Apple, Banana

Funky Monkey

Almond Milk, Banana, Peanut Butter, Dates

Berry Blast

Blueberries, Strawberries, Coconut Water, Banana

Groovy Greeny

Apple, Spinach, Banana, Pineapple

Caribbean Passion

Banana, Mango, and Apple Juice

Smoothie Add-Ins

Chia Seeds - 1.00

Maca - 1.00

Hemp Seeds - 1.00

Barley Powder - 2.00

Super-greens Powder - 2.00

Flax - 1.00

Spirulina - 1.00

Moringa - 1.00

Goji Berries - 1.50

Ashwaganda - 1.50

Acai/Pitaya Bowls

\$9.95

Jen's Acai Bowl

Acai Bowl Topped with Banana, Strawberries, Chia Seeds, Cacao, and Granola

Acai Bowl

Acai Bowl Topped with Banana, Hemp Seeds, Raw Honey, and Almond Butter

Dragon Bowl

Pitaya Bowl Topped with Strawberries, Banana, Coconut Shreds, and Granola

Vegan Ice Cream

Vanilla Cashew Cream Ice Cream

\$6.50 Scoop

add rainbow sprinkles - \$0.50

add chocolate chip - \$0.50

add chocolate syrup - \$0.50

Organic ingredients are used when available.

"Let food be thy medicine and medicine be thy food."

— Hippocrates

Power Bowls

\$13.95

Buddha Bowl

Brown Rice, Hummus, Carrot, Cucumber, Avocado, Purple Cabbage, Onions, Tomatoes, Sesame Seeds, and Coconut Amino Dressing

Mediterranean Bowl

Brown Rice, Hummus, Cucumber, Red Onions, Tomatoes, Black Olives, Feta Cheese (plant-based), and Balsamic Dressing

Falafel Bowl

Brown Rice, Hummus, Cucumber, Red Onions, Tomatoes, Falafel, Sriracha Mayo.

Salads

\$12.95

Greek Salad

Mixed Greens, Cucumber, Tomato, Red Onion, Black Olives, Feta Cheese (plant-based) and Balsamic Dressing.

Good Vibes House

Mixed Greens, Purple Cabbage, Carrots, Cucumber, Tomato, Red Onion, micro-greens, Hemp Hearts, and House Vinaigrette

Tuna Salad

Mixed Greens, Cucumber, Tomato, Red Onion, and House Vinaigrette

Toasts

\$7.75

Avocado Toast

Toasted Multi-Grain Bread, Avocado Mash, Sliced Tomatoes, Balsamic Dressing, and Sesame Seed Blend

Almond Butter Banana Toast

Toasted Multi-Grain Bread, Almond Butter, Banana, Cinnamon, and Honey

Hummus Toast

Toasted Multi-Grain Bread, Hummus, Sliced Tomatoes, Balsamic Dressing, and Sprouts

Loaded Avocado Toast \$8.50

Toasted Multi-Grain Bread, Avocado Mash, Sliced Tomatoes, Feta Cheez', Pickled Onions, Balsamic Dressing, and Sesame Seed Blend

Sandwiches

Made with organic sprouted wheat bread.

Gluten-Free bread available

\$11.25

Greek

Hummus, Spring Mix, Tomato, Black Olives, Cucumber, Red Onion, and Balsamic Dressing

Veg Head

Hummus, Spring Mix, Sprouts, Tomatoes, Avocado, Red Onion, and Coconut Amino Dressing

Garden Burger

Dr Praeger's Garden Burger on an Organic Bun served with spring mix and mustard. \$12.25

Tuna Salad Sandwich

House-made tuna salad served on our organic sprouted wheat bread with spring mix, onion, and tomato.

Rainbow Veggie Wrap

Hummus, Spring Mix, Sprouts, Tomatoes, Avocado, Red Onion, purple cabbage, carrots, cucumber, and house vinaigrette served on organic wrap. \$12.25

Sweet Potato Fries

Organic air fried sweet potato fries served with house-made ranch dressing. \$6.99

Breakfast

Breakfast Burrito

Just Egg, Beyond Sausage, Sliced "Cheez", avocado served on an organic wrap with a side of house-made pico. \$9.95

Breakfast Sandwich

Just Egg and Sliced "Cheez" served on an Organic English Muffin. \$6.25

Add Beyond Sausage \$1.60

Kids

Cheez Quesadilla \$8.75

Organic flour tortilla and Daiya cheez'.

PB&J - \$6.75

Organic Sprouted Bread, Peanut Butter, and Organic Jelly

Grilled Cheese - \$8.75

Organic Sprouted Bread and Daiya cheez'.