



OATMEAL WAFFLES

Flourless and vegan house mix made with oatmeal, banana, almond milk + cinnamon

REGULAR \$7

MATCHA \$8

ACTIVATED CHARCOAL \$8

RED VELVET Beetroot + Maca \$8

Choose 1-2 fruits: Banana / blueberries / strawberries / raspberries / blackberries / cinnamon apples

Choose 1 spread: Peanut butter / almond butter / sugar-free chocolate / sugar-free caramel / coconut cream / berries jam

Add vegan ice cream / greek yogurt / superfood + \$1

Make it Keto + \$2

PUMPKIN SPICE \$8

CACAO \$8

COLLAGEN \$8

PROTEIN \$8

BREAKFAST WRAP / BAGEL \$8.5

With spinach, tomato and avocado. Choose side of potatoes, black beans or chips.

Choose Whole wheat tortilla or everything bagel

Choose Vegan or Regular

Vegan: Just Egg + Vegan Chorizo + Vegan Cheese + Vegan Chipotle

Regular: Egg + Turkey Ham + Cheese + Chipotle

BAKED CHILAQUILES \$8

Side of black beans. Choose Regular or Vegan:

CHIPOTLE / RED / MOLE

Add: Chicken +\$3 / Vegan Chicken +\$3 / Egg +\$2 / Vegan Egg +\$2

SMOOTHIE BOWLS \$9

Sweetened with light agave honey, unsweetened almond milk on blend

AÇAÍ ORIGINAL Blend: Banana, açai, strawberries

Toppings: Banana, strawberries, blueberries, chia seeds, granola

DRAGON FRUIT Blend: Banana, dragon fruit, pineapple, blueberries

Toppings: Banana, blueberries, coconut chips, granola

MATCHA MANGO Blend: Mango, Matcha, spinach

Toppings: Mango, strawberries, coconut chips, granola

MANGO COLADA Blend: Mango, pineapple, chia seeds

Toppings: Mango, pineapple, blueberries, coconut chips, granola

COCONUT BERRIES Blend: Mix of berries, coconut cream

Toppings: Mix of berries, coconut chips, granola



PARFAITS - Add superfood to blend +\$1

OVERNIGHT OATS \$5.5 Oatmeal, chia seeds, almond milk, cinnamon, light agave honey

GREEK YOGURT \$5.5

CHIA PUDDING \$6.5

Choose 1 or 2 fruits: Banana / Blueberries / Strawberries / Mango / Pineapple / Cinnamon Apples

Choose 1 topping: Almond Butter / Peanut Butter / Granola / Coconut chips

FRUIT CUP \$4

Choose 1 to 3 fruits: Banana / Strawberries / Cucumber / Mango / Pineapple / Kiwi / Orange

Choose Plain / Chamoy + Tajin (low sodium) / Greek Yogurt + Granola



TOASTS Option of multigrain or keto bread

NUT FRUIT \$5.5 Choose peanut or almond butter

Banana, strawberries, blueberries, light agave honey, flax seeds

MAKE-YOUR-OWN SWEET \$5.5 Choose spread: peanut butter / almond butter / chocolate / greek yogurt

Choose 1 or 3: Banana / Strawberry / mango / pineapple / blueberries

Choose 1 or 2 topping: Chia seeds / hemp seeds / flax seeds / coconut chips / light agave honey / sugar-free caramel / coconut cream

SPANISH \$5.5 House savory spread, prosciutto, dehydrated tomatoes

AVOCADO \$4 Avocado, spinach, dijon mustard seeds

Add: Prosciutto \$3 / Chicken \$3 / Vegan Chicken \$3 / Egg \$2 / Vegan Egg \$2

PESTO CAPRESE \$5.5

Pesto, tomato, fresh mozzarella, balsamic vinegar. Make Vegan +\$1.5

Add: Prosciutto \$3 / Chicken \$3 / Vegan Chicken \$3

SALMON \$7.5 House sweet spread, choose spicy or plain, cucumber, spinach, smoked salmon, avocado



PANINIS \$8

Make it combo +\$3 (chips or side salad + lemonade / refresher or fridge drink)

Option of multigrain or keto bread

HOUSE with cheese, spinach, tomato and avocado

Choose protein: chicken / vegan chicken / turkey ham / hummus

Choose dressing: Chipotle / buffalo / BBQ / marinara / pesto

Choose vegan or regular (for cheese and dressing)

ITALIAN Pesto, prosciutto, mozzarella, marinara, spinach, dehydrated tomato

VEGAN MEATBALLS with marinara, vegan cheese, bell peppers

AVOCADO PROSCIUTTO Cream cheese, dijon mustard seeds, avocado, prosciutto, spinach

MAKE-YOUR-OWN SALAD / WRAP \$9

Choose your choice of carbs, veggies + proteins with our salad/wrap form

MEAL PREP BAR

Choose your choice of carbs, veggies + proteins with our meal prep form

1 meal prep \$10.5

+5 meal preps \$8.5

+10 meal preps \$65

CHARCUTERIE BOARDS

Personal Cones \$16 (Order 1 day in advance for vegan)

Set of 6 \$13/each

For two \$30

For 4 \$58

VEGAN DESSERTS \$3.5

Ask for availability

-Fruit Tart

-Keto Brownies

-Banana / Coffee / Matcha Bread

-Carrot / Red Velvet Cake

-Matcha / Berries Cheesecake





All ingredients are organic and sugarless

SMOOTHIES \$7.5 20 oz. Choose milk + sweetener

- NUT BUTTER Choose peanut or almond butter, banana, strawberries, blueberries, oatmeal, cinnamon
- CACAO HAZELNUT Almond butter, cacao powder, cacao nibs, banana, hazelnut
- MATCHA PISTACHIO Matcha, pistachios, banana, flax seeds
- MATCHACHA TROPICAL Matcha, Pineapple, Mango, Coconut Cream
- AÇAÍ BERRIES Açaí, maca, berries mix, almond butter, cacao nibs
- MANGO BERRIES Mango, berries mix, chia seeds or peanut butter
- GREEN LOVER Spinach, kale, hemp seeds, orange, apple, pineapple
- IMMUNITY SYSTEM BOOSTER Mango, banana, orange, chia seeds, turmeric, ginger
- BLUE MERMAID Algae Spirulina, Blue Matcha, Maca, Banana, Blueberries, Pineapple
- AVOCADO LOVER Mango, Avocado, Banana, Chia Seeds
- CHAMOYADA Choose: Mango, Strawberries, Cucumber or Pineapple, with low-sodium tajin + sugar-free chamoy

KID'S SMOOTHIES \$4.5 12 oz

Choose 2-3 ingredients: Banana / Strawberry / Peach / Mango / Pineapple / Orange / Apple / Greek Yogurt / Cinnamon / Cacao Powder / Peanut Butter

COFFEE Choose milk + sweetener,

Choose hot latte / iced latte / frappe

- COFFEE \$3.5
- ESPRESSO LATTE \$4.5
- MOCHA \$5
- PUMPKIN SPICE \$5
- MATCHA ESPRESSO \$5
- CHAI ESPRESSO \$5
- CARAMEL ESPRESSO Sugar-Free Caramel \$5

LATTE / FRAPPE \$5

- Choose milk + sweetener
- MATCHA
- CHAI
- MATCHA COLLAGEN
- MATCHA CHAI
- GOLDEN MILK
- CHAI GOLDEN MILK
- TARO
- TARO MATCHA
- MATCHA CHAI
- BLUE MATCHA \$6
- +\$1 ADD SUPERFOOD

COLD-PRESSED JUICES \$6.5

- GREEN 1 Spinach, cucumber, celery, apple, pineapple
- GREEN 2 Spinach, celery, ginger, lime, apple, cucumber
- RED Beetroot, cucumber, spinach, orange, carrot
- YELLOW SUNSHINE Pineapple, orange and ginger
- ORANGE + CARROT

LEMONADES \$3.5

- CHIA
- HEMP
- BERRIES
- CUCUMBER
- ACTIVATED CHARCOAL
- MATCHA

FRUIT REFRESHENER \$3.5

- CUCUMBER
- STRAWBERRY CUCUMBER
- STRAWBERRY MANGO
- DRAGON FRUIT - PINEAPPLE

WINE CORKAGE FEE \$8

Includes wine chiller + 2 wine glasses

MILKS

- *Lactose Free Light
- Almond
- Soy
- Coconut
- Oatmeal + \$0.5

SWEETENERS

- *Light Agave Honey
- Date Syrup
- Stevia
- Monk Fruit + \$0.5

EXTRAS

- Whey Protein + \$0.5
- Vegan Protein + \$1.5
- Collagen + \$1
- Ingredient / Superfood + \$1
- Creatine / Glutamine + \$1

MAKE-YOUR-OWN DRINK Grab the make-your-own drink form

- SMOOTHIE \$8 Choose a Milk / Water + Sweetener + up to 5 ingredients
- HOT LATTE / ICED LATTE / FRAPPE \$5 Choose Milk + Sweetener + up to 2 superfoods
- COLD-PRESSED JUICE \$7 Choose Milk + Sweetener + up to 5 fruits/vegetables/superfoods
- REFRESHENER \$3.5 Choose up to 2 ingredients, sweetened with stevia

INGREDIENTS

FRUITS/VEGETABLES

- | | | | |
|--------------|-----------|-----------|--------|
| Banana | Mango | Cucumber, | Carrot |
| Strawberries | Pineapple | Kiwi | Lime |
| Blueberries | Apple | Spinach | Celery |
| Raspberries | Peach | Kale | Tomato |
| Blackberries | Orange | Avocado | |

SUPERFOODS

- | | | | |
|-----------------|--------------------|--------------|------------|
| Matcha | Greek Yogurt | Dragon Fruit | Beetroot |
| Blue Matcha | Collagen | Maca | Moringa |
| Taro | Activated Charcoal | Amaranth | Vanilla |
| Chai | Cinnamon | Ginger | Peppermint |
| Algae Spirulina | Oatmeal | Turmeric | |
| Cacao Powder | Açaí | Coffee | |

NUTS + SEEDS

- | | | |
|------------|--------------|---------------|
| Almonds | Cashews | Flax Seeds |
| Peanuts | Goji Berries | Pumpkin Seeds |
| Pistachios | Chia Seeds | Cacao Nibs |
| Hazelnut | Hemp Seeds | |

SPREADS

- | | |
|---------------|----------------------|
| Peanut Butter | Chocolate Sugar-Free |
| Almond Butter | Caramel Sugar-Free |
| Coconut Cream | Berries Jam |

