



# JUICES

**MADE TO ORDER - NO ICE ADDED - + 1,50  
LARGE SIZE**

## **Revitalizer - 7.99 -**

(Carrot, Lemon, Ginger, Orange)

## **Supremely Spicy - 8.99 -**

(Carrot, Orange, Lemon, Ginger, Cayenne, Cinammon)

## **Detoxifier - 8.89 -**

(Carrot, Apple, Celery, Beet, Ginger)

## **Relax - 8.49 -**

(Apple, Kale, Beet, Lemon, Ginger)

## **Veggie Blend - 10.49 -**

(Carrot, Cucumber, Celery, Beet, Spinach, Kale, Lemon, Ginger)

## **Sweet Green - 9.19 -**

(Apple, Celery, Cucumber, Kale, Spinach, Mint)

## **The Green Goat - 10.29 -**

(Cucumber, Apple, Orange, Pineapple, Mint, Spinach, Kale, Lemon)

## **Green Ginger - 9.49 -**

(Cucumber, Apple, Spinach, Lemon, Ginger)

## **Pure Green - 10.99 -**

(Celery, Cucumber, Kale, Spinach, Ginger, Lemon, Mint)





# JUICES CLEANSES

**MADE TO ORDER - NO ICE ADDED**

- 1.** (Carrot, Ginger, Apple)
- 2.** (Carrot, Apple, Celery, Ginger, Beet,)
- 3.** (Apple, Celery, Cucumber, Kale, Spinach, Mint)
- 4.** (Apple, Kale, Beet, Lemon, Ginger)
- 5.** (Celery, Cucumber, Apple, Orange, Pineapple, Mint, Spinach, Kale, Lemon)

**1 DAY - 34.99 -**

**3 DAYS - 95.99 -**

**7 DAYS - 219.99 -**





# SMOOTHIES

**NO SUGAR ADDED - NO ICE ADDED - + 1,50  
LARGE SIZE**

## **FRUITS**

**Mr Pink - 6.99 -**

(Banana, Strawberry, Apple Juice)

**Island Breeze - 6.89 -**

(Mango, Banana, Pineapple, Coconut Flakes, Coconut Milk, Agave)

**Strawberry Colada - 7.29 -**

(Banana, Pineapple, Strawberry, Coconut Flakes, Coconut Milk)

**Fruit Mania 7.69 -**


(Banana, Pineapple, Mango, Strawberry, Blueberry, Apple Juice)

**Berry Rain - 7.99 -**

(Pineapple, Strawberry, Blueberry, Apple Juice)

**Fruit Berry -7.99 -**

(Strawberry, Blueberry, Banana, Apple Juice)





# SMOOTHIES

NO SUGAR ADDED - NO ICE ADDED - + 1,50  
LARGE SIZE

## FRUITS & VEGGIES

### **Miami Spice - 7.09 -**

(Banana, Pineapple, Mango, Carrot, Ginger, Orange Juice)

### **Green Monster - 7.69 -**

(Mango, Banana, Pineapple, Spinach, Water, Agave)

### **Green Life - 8.79 -**


(Banana, Mango, Kale, Apple Juice)

### **Detox Smoothie - 8.79 -**

(Banana, Strawberry, Blueberry, Beet, Apple Juice)

### **Supergreen Monster - 11.99 -**

(Banana, Spinach, Almond Butter, Flaxseed Podwer, Chia Seeds,  
Supergreen Podwer, Almond Milk)





# SMOOTHIES

NO SUGAR ADDED - NO ICE ADDED - + 1,50  
LARGE SIZE

## WHEY (MILK) PROTEIN

### **PB Muscle - 8.79 -**

(Banana, Peanut Butter, Whey Protein, Apple Juice, Almond Milk)

### **Frozen Panther - 9.89 -**

(Banana, Whey Protein, Cold Brew, Nutella, Almond Milk)

### **Purple Rain - 9.89 -**

(Banana, Blueberry, Whey Protein, Chia Seeds, Almond Milk)

### **Blackberry Coco - 9.99 -**

(Banana, Blackberry, Whey Protein, Coconut Flakes, Agave, Coconut Milk)

### **Tropical Chia - 9.99 -**

(Banana, Pineapple, Mango, Whey Protein, Chia Seeds, Agave, Coconut Milk)





# ACAI, SHOTS AND COFFEE

## SHOTS (2 oz)

**Pure Ginger or Ginger Lemon - 3.50 -**

**Hot Shot - 4.50 -**

(Ginger, Cayenne, Turmeric)

**Immune Shot - 5.50 -**

(Ginger, Lemon, Orange, Turmeric, Honey)

## ICED COFFEE (24 oz)

**Iced Cold Brew Coffee - 3.85 -**

**Iced Latte Coffee with Almond Milk - 4.35 -**

**Vegan Protein Iced Latte - 4.99 -**

**ACAI BOWL - 9.89 -**

**Pick 3 toppings**

(Strawberry, Blueberry, Banana, Granola, Coconut Flakes, Honey, Agave, Peanut Butter, Almond Butter, Nutella, Chia Seeds)

**Extra topping - 0.99 -**





# WRAPS

ON A GRILLED SPINACH WRAP

## **Big Caesar - 9.39 -**

(Grilled Chicken, Lettuce, Parmesan Cheese, Caesar dressing)

## **Tuna Roll - 9.39 -**

(Tuna salad, Lettuce, Tomato, Onion, Swiss Cheese)

## **Sunny Spicy Burrito - 10.99 -**

(Spinach, Avocado, Bacon, Swiss Cheese, Olives, Onion, Sundried Tomato Paste, Hot Sauce)

## **VEGAN**

## **Veggie Vibes - 9.99 -**

(Avocado, Sweet Red Peppers, Cucumber, Carrot, Olives, Lettuce, Tomato, Onion)

## **Vegan Burrito - 11.99 -**

(Spinach, Avocado, Chickpeas, Onion, Kale,)





# BREAKFAST

## **Bagel - 1.99 -**

(Add: Cream Cheese 0.50 / Peanut Butter 1.00 / Nutella 1.00 / Smashed Avocado 1.29 / Bacon 1.00 / Scrambled Eggs 1.00 / Sliced Turkey 1.50 / Sliced Ham 1.50)

## **Avocado Toast - 5.99 -**

(Multigrain Toast with smashed Avocado and pink sea salt)

## **Surfer Dude Wrap- 8.29 -**

(Bacon, Egg, Smashed Avocado, Tomato, Provolone Cheese on a Spinach Wrap)

## **South Beach Wrap - 7.39 -**

(Egg whites, smashed Avocado, Spinach, Tomato, Hot Sauce on a Spinach Wrap)

## **All American Croissant - 7.19 -**

(Bacon, Egg, American Cheese)

## **Montreal Croissant - 7.19 -**

(Black Forest Ham, Scrambled Eggs, Swiss Cheese)

## **Banana Melt Croissant - 4.99 -**

(Croissant with Banana and Nutella)







# SALADS

## **Whole Harvest - 9.89 -**

(Carrot, Chickpea, Sweet Peppers, Olives, Cucumbers, Tomato, Onion, Lettuce, Spinach, Avocado)

## **Julius Caesar - 7.99 -**

(Grilled Chicken, Croutons, Parmesan Cheese, Lettuce)

## **Spartan Salad - 9.49 -**

(Grilled Chicken, Tomato, Olives, Hard Boiled Eggs, Onion, Cucumber, Lettuce)

## **Surf and Turf - 9.49 -**

(Tuna Salad, Chicken Salad, Spinach, Tomato, Avocado, Chickpeas)

## **Californian - 10.99 -**

(Turkey, Bacon, Avocado, Tomato, Onion, Chickpeas, Lettuce)

## **Chipotle - 8.09 -**

(Spinach, Ancient Grain Blend with Kale, Avocado, Sweet Pepper, Tomato, Onion)

## **Chicken Apple Salad - 10.99 -**

(Lettuce, Grilled Chicken, Apple, Avocado, Cranberry)

## **DRESSINGS**

(BALSAMIC VINAIGRETTE, CAESAR DRESSING, GREEK FETA VINAIGRETTE, MANDARIN GINGER, HONEY MUSTARD, OLIVE OIL, CHIPOTLE, MAYO)





# SALADS

**NEW**

**PICK SALAD - 10.49 -**

**Pick base (Spinach or Romaine Lettuce)**

**Pick 4 toppings**


(Carrot, Olives, Tomato, Chicken, Tuna, Onion, Cucumber, Parmesan Cheese, Smashed Avocado, Croutons, Chicken Salad, Chickpeas, Cranberry)

**Extra topping - 0.99 -**

**Pick Dressings**

**DRESSINGS**

(BALSAMIC VINAIGRETTE, CAESAR DRESSING, GREEK FETA VINAIGRETTE, MANDARIN GINGER, HONEY MUSTARD, OLIVE OIL, CHIPOTLE, MAYO)





# SANDWICHES

## **California Club - 10.99 -**

(Multigrain Bread, Turkey, Bacon, Smashed Avocado, Lettuce, Onion, Tomato)

## **Cranberry Croissant - 9.49 -**

(Croissant, Cranberry, Chicken Salad, Lettuce, Tomato, Onion)

## **Firebird - 8.99 -**

(Ciabatta bread, Turkey, Provolone Cheese, Chipotle Dressing)

## **Pressed Pesto - 8.99 -**

(Multigrain Bread, Grilled Chicken, Basil Pesto, Tomato, Mozzarella Cheese)

## **Havana - 8.99 -**

(Ciabatta Bread, Turkey, Ham, Swiss Cheese, Mayo, Mustard)

## **Avocado Chicken - 10.99 - NEW**

(Ciabatta Bread, Grilled Chicken, Avocado, Tomato, Provolone Cheese, Caesar Dressing)

## **VEGAN - VEGETARIAN**

## **Pesto Grilled Cheese - 5.99 -**

(Multigrain Bread, Mozzarella Cheese, Tomato, Basil Pesto)

## **Avocado King - 8.99 -**

(Ciabatta Bread, Smashed Avocado, Spinach, Onion, Sundried Tomato Paste)

