



COLD-PRESSED JUICES 11

Green Genes

Kale, Spinach, Cucumber, Celery, Apple, Parsley, Lemon, Ginger

Green Gold

Fennel, Spinach, Kale, Pear, Celery, Cucumber

Peruvian Sun

Sweet Potato, Carrot, Apple, Lemon, Lime, Maca

Spice-C

Orange, Ginger, Jalapeño

McGregor's Garden

Spinach, Parsley, Carrot, Celery, Lemon

Kickstart

Beet, Carrot, Apple, Ginger

Happy Day

Pineapple, Apple, Cucumber, Mint

Watermelon Quench

Watermelon, Pineapple, Lemon

Bright Lights

Swiss Chard, Cucumber, Mint, e3 Live

Forbidden Juice

Grapefruit, Pineapple, Ginger, Lemon, Cayenne, Turmeric

Biome Builder

Pineapple, Cucumber, Aloe H2O, Coconut H2O, Apple Cider Vinegar, Lemon, Lime

POWER BOOSTERS & HEALTH SHOTS 6

Coco Chlorella

Coconut Water, Chlorella

Heartbeet

Beet, Coconut H2O, Lime, Spirulina

Ginger + Kale

Ginger, Kale

Coconut Mylk

Coconut Water, Coconut Meat

Root and Berries

Maqui, Lemon, Turmeric

A+

E3 Live, Aloe Water

POWER SMOOTHIES 11

Survival Kit

Pink Pitaya, Strawberry, Cucumber, Pineapple, Avocado, Mango, Coconut Water

Chocolate Power Mylk

Cashews, Filtered Water, Dates, Raw Cacao, Lucuma Powder, Sea Salt

Vanilla Power Mylk

Cashews, Filtered Water, Flaxseeds, Dates, Vanilla, Sea Salt

Green Monkey

Kale, Kiwi, Apple, Banana, Orange, Lemon

Banana Chia

Banana, Almonds, Filtered Water, Dates, Chia Seeds, Flaxseed, Cinnamon

Kale Karma

Kale, Pear, Pineapple, Lemon, Probiotic

Mocha Espresso

Cashews, Filtered Water, Dates, Raw Cacao, Espresso Beans, Maple Syrup, Sea Salt

Shake The Tree

Coconut Water, Pineapple, Banana, Lemon, Maple Syrup

Tropical Breeze

Pineapple, Strawberry, Mango, Banana, Goji Berry, Coconut Water

Blue Coconut

Blueberry, Dates, Almonds, Filtered Water, Almond Butter, Coconut Oil, Chia Seeds

Solar Power

Mango, Sunflower Seed Mylk, Coconut Oil, Goji Berry, Dates, Maqui Berry, Vanilla

SMART BREAKFASTS 4

Warm Quinoa Breakfast Bowl

Quinoa,Maple Syrup, Cinnamon, +1 nut, +1 fruit, + 1 sauce, +nut or seed mylk

Vanilla Maple Crunch Granola

+1 fruit, + 1 nut or seed mylk

Acai Bowl

topped with homemade granola

Raw Oatmeal

Steel cut oats topped with fresh blueberries and cherry sauce

ALL-DAY ENERGY 9

Vanilla Berry Chia Pudding

Key Lime Pie

Chocolate Coconut Truffles

Raw Brownie Bites

Lemon Matcha Trio

Butternut Pumpkin Squares

Tahini Cookies

Kale Chips

Raw Oatmeal

SIDES 4

Zucchini Basil Pesto Pasta

Veggie Quinoa Sliders

Ginger Tempeh Rolls

Mango Quinoa Salad

SALADS 7

Kale & Microgreens

Curried Chickpea

Quinoa Burger on Arugula with Spicy Almond Spread

Rainbow Chard with Avocado & Hemp

Asian Tempeh

Watercress and Fig

Vegan Ceasar Salad with Chickpea Crunch

SANDWICHES 7

Sundried Tomato, Kale, & Almond Hummus

Avocado, Cucumber, Tomato, & Chipotle "Cheese"

Avocado & Spinach

Sunflower Butter, Berry Jam, & Banana

Hearty Pesto

Chickpea, Walnut, & Apple

Walnut "UN-TUNA"