

## CLASSIC SMOOTHIES

\$7.50

### PEANUT BUTTER

peanut butter, banana, chocolate almond milk

### SUNSHINE

pineapple, mango, strawberry, orange juice

### BERRY PASSION

strawberry, blueberry, banana, kale, peanut butter, coconut water

### BANANA CHIA

banana, chia seeds, almonds, raisins, cinnamon, coconut, peanut butter, almond milk

### DRAGON FRUIT

dragon fruit, mango, strawberry, pineapple, coconut, coconut water

### ACAI BLAST

acai berries, blueberry, banana, strawberry, coconut water

### BANANA BERRY

strawberry, blueberry, banana, coconut water

### GREEN GODDESS

pineapple, banana, kale, spinach, coconut water

### WHITE CHOCOLATE BERRY

strawberry, vanilla yogurt, white chocolate, agave, almond milk

### SNICKERDOODLE COOKIE

snickerdoodle cookies, banana, cinnamon, almond butter, yogurt, almond milk

### LONGEVITY

strawberry, blueberry, apples, grapes, honey, peppermint, elderberry, green tea, hemp seeds, coconut water

## PROTEIN SMOOTHIES

\$8

### ALOHA PROTEIN

coconut, pineapple, banana, pea/whey protein, coconut milk

### POWER

oats, chia seeds, almond/peanut butter, pea/whey protein, yogurt, agave, almond milk

### CHOCOLATE POWER

oats, chia seeds, almond/peanut butter, pea/whey protein, yogurt, agave, chocolate almond milk

### OATMEAL RAISIN COOKIE

oats, banana, peanut butter, raisins, honey, cinnamon, vanilla, pea/whey protein, almond milk

### BANANA OMEGA

banana, oats, flax seeds, chia seeds, honey, almond/peanut butter, pea/whey protein, almond milk

### POWER BERRY

strawberries, blueberries, oats, chia seeds, almond/peanut butter, yogurt, pea/whey protein, almond milk

### PEANUT BUTTER & JELLY

strawberry, banana, peanut butter, yogurt, pea/whey protein, agave, almond milk

### COLD BREW SMOOTHIE \$7.50

Peanut Butter Banana with cold brew, almond milk, honey and vanilla

## BOWLS \$8.50

### ACAI BANANA BERRY

acai, banana, blueberries, strawberries, almond milk, granola, coconut, almond butter or nutella.

### SUNRISE

mango, strawberries, coconut milk, granola, banana, coconut, blueberries, almond butter

## COLD PRESSED JUICES

\$6.75

### SWEET BEET BLEND

beets, apple, carrot, lemon, ginger

### HEALTHY GREENS

celery, apple, cucumber, kale, parsley, ginger

### ENERGIZE ME

pineapple, apple, pear, ginger

### SUMMER SHINE

pineapple, apple, orange, lemon, kale

### BLUE ENERGIZER

pineapple, apple, pear, ginger, blue spirulina

### KICKIN CARROT

apples, carrots, celery

### BLUE DETOX ME

wheatgrass, green apple, pineapple, mint, coconut water, blue spirulina

## HEALTHY FOODS

Energy Bites - (pk of 3) \$4.25

Yogurt Parfaits (Blueberry or Hawaiian) \$4.75

Bagel with Cream Cheese \$3.50

Avocado Toast - (2 slices) wholegrain or sourdough, avocado, olive oil, basil \$6

Overnight Oats \$4

Sandwiches: (comes with chips & salsa) \$7.50

- Caprese - mozzarella cheese, tomatoes, spinach, pesto, basil, balsamic glaze, on ciabatta bread

- Chicken & Cheese Quesadilla (or Buffalo) grilled chicken, cheese on flour tortilla

- Avocado Grilled Cheese on sour dough or wheat bread, cheese, avocado

### JUICE CLEANSES

4 PACK = \$26 / 6 PACK = \$39

WELLNESS SHOTS = \$3 / SEA MOSS = \$14

Plant Slant  
Juice

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