

# CLASSIC SMOOTHIES

\$8

## 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, vanilla yogurt, almond milk

## LONGEVITY

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

# PROTEIN SMOOTHIES

**\$8.50**

## 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 \$8

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



**JUICE CLEANSSES 4 pk \$27 / 6 pk \$40**

**WELLNESS SHOTS \$3.50**

**SEA MOSS \$15**



# COLD PRESSED JUICES

7.25

## SWEET BEET BLEND

beets, apple, carrot, lemon, ginger

## HEALTHY GREENS

celery, apple, cucumber, kale, spinach and 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 (3 pk) \$4.75

Yogurt Parfaits (Blueberry or Hawaiian) \$5

Avocado Toast - (2 slices) sourdough, avocado, olive oil, basil \$6.50

Overnight Oats \$4.50

Sandwiches: (comes with chips & salsa) \$8

- Chicken & Cheese Quesadilla (or Buffalo) grilled chicken, cheese on flour tortilla
- Avocado Grilled Cheese on sour dough, cheese, avocado



# BOWLS \$9

## 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



# PROTEIN IS PERSONAL.



We recommend adding protein based on your goals and needs.



1 PSJ SCOOP = 10g OF PROTEIN

**1**  
**SCOOP**  
(10g PROTEIN)

*Great for  
a Snack*

Helps keep you satisfied between meals.

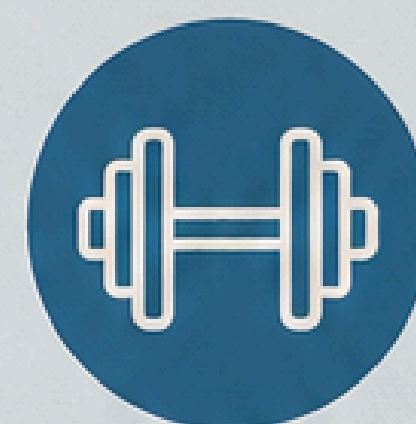


SNACK /  
LIGHT FUEL

**2**  
**SCOOPS**  
(20g PROTEIN)

*Great for  
Post-Workout*

Supports muscle recovery and helps rebuild.



POST-WORKOUT /  
RECOVERY

**2-3**  
**SCOOPS**  
(20-30g PROTEIN)

*Great for a  
Meal Replacement*

Helps support fullness and provides balanced nutrition.



MEAL  
REPLACEMENT



Everyone's body and goals are different.

*When in doubt, ask us—  
we're happy to help you choose!*



THANK YOU FOR BEING PART OF OUR COMMUNITY!