



FRESH JUICES

DETOXED Sm. \$8 | Lg. \$10

Red Beet, Ginger, Lime, Red Apple, Carrot

Lean Sm. \$7 | Lg. \$9

Romaine Lettuce, Kale, Parsley, Lime, Green Apple, Cucumber

Better Sm. \$7 | Lg. \$9

Orange, Ginger, Lemon, Red Apple, Cucumber

Glow Sm. \$9 | Lg. \$12

Golden Beet, Turmeric, Celery, Green Apple, Cucumber

Snappy Sm. \$9 | Lg. \$12

Turmeric, Ginger, Lemon, Maple Syrup, Cucumber, Cayenne Pepper

Bright Sm. \$7 | Lg. \$9

Orange, Parsley, Ginger, Red Apple, Carrot

Thrive Sm. \$6 | Lg. \$8

Spinach, Lemon, Celery, Green Apple, Cucumber



"Bright Juice"

SMOOTHIES



"Berry Bold Smoothie"

Sm. \$9 | Lg. \$11

Swell

Chocolate Pea Protein, Almond or Peanut Butter, Banana, Oats, Cacao, Pure Maple Syrup, Almond Milk

Sm. \$8 | Lg. \$10

Tropical

Strawberry, Pineapple, Banana, Coconut Water

Sm. \$10 | Lg. \$13

Berry Bold

Blueberry, Strawberry, Acai, Cranberries, Lemon, Ginger, Almond Milk

Sm. \$8 | Lg. \$10

Greener

Spinach, Green Apple, Pineapple, Banana, Almond Milk

Sm. \$8 | Lg. \$10

Hyped

Red Beet, Ginger, Banana, Red Apple

Sm. \$10 | Lg. \$13

Dreamy

Vanilla Pea Protein, Carrot, Mango, Orange

WELLNESS SHOTS

Rocky

Wheatgrass Shot \$4.25

Organic Wheatgrass

Immunity Shot \$3.75

Ginger, Lemon, Orange, Cayenne Pepper

Turmeric Shot \$3.75

Turmeric, Orange, Cayenne Pepper

Metabolizer Shot \$3.75

Jalapeno, Lemon, Green Apple



Our Guarantee:

Your order should be perfect, every time. If it's not, let us know so we can make it right!

We promise no artificial colors, flavors, or sweeteners nor harmful preservatives. We promise wholesome ingredients, made fresh everyday.



WELL PARED®

SALADS & WRAPS

Make any of these a salad or a wrap!

Protein: Chicken + \$2 | Avocado Hummus + \$1.25 | Extra Ingredients + \$1 each ✓ = Vegan Dressing

✓ **\$10**
Romaine Lettuce, Pickled Red Pepper, Red Onion, Cucumber, Goat Cheese, House Made Garlic Croutons, Sriracha Pepper Vinaigrette

Big Sky ✓ **\$10**
Arcadian Spring Mix, Green Apple, Dried Cranberries, Blue Cheese, House Made Candied Walnuts, Berry Dressing

Maple Beet ✓ **\$10**
Kale, Golden Beets, Dried Fig, Pickled Blueberries, Toasted Pepitas, Goat Cheese, Hemp Hearts, Maple Mustard Vinaigrette

Gallatin **\$10**
Arcadian Spring Mix, Pear, Red Apple, Red Onion, Goat Cheese, House Made Candied Walnuts, Cauli-Onion Vinaigrette

Kale Caesar ✓ **\$10**
Kale, Romaine Lettuce, Pickled Carrot, Red Onion, Sliced Almonds, Parmesan Cheese, House Made Garlic Croutons, Almond Caesar Dressing



"Maple Beet"



"Go-Go Girl"

ACAI

\$9 Samba
Acai, House Made Granola, Green Apple, Banana, Goji Berry Coulis, Hemp Hearts

\$11 Go-Go Girl
Acai, House Made Granola, Coconut, Peanut Butter, Raw Cacao Nibs, Goji Berry Coulis, Cinnamon

\$11 Chili Bee
Acai, Toasted Cashews, Curried Banana Crumb, Dried Chili Pineapple, Bee Pollen, Chia Seeds

YOGURT

Greek Yogurt or Oat Yogurt Substitute + \$1

P. B. & J. **\$8**
Vanilla Yogurt, House Made Granola, Banana, Goji Berries, Peanut Butter, Goji Berry Coulis

Apple Cobbler **\$7**
Vanilla Yogurt, House Made Granola, Red Apple, Pure Maple Syrup, Cinnamon

Nutty Monkey **\$8**
Vanilla Yogurt, House Made Granola, Coconut, Banana, Peanut Butter, Raw Cacao Nibs

KIDS' MENU

Apple Dunkers | \$3.85
Red and Green Apple with Almond or Peanut Butter

Apple Nachos | \$4.55
Red and Green Apple with Almond or Peanut Butter, Coconut, Dried Cranberries, Raw Cacao Nibs

Yogurt & Granola | \$3.85
Vanilla Yogurt topped with House Made Granola