

## Fresh Juices

12 oz... \$5      20 oz... \$7  
16 oz... \$6      24 oz... \$8

**Extra Ingredients... \$.75/ea**

### REFRESHED

Spinach, Parsley, Lemon, Red Apple, Cucumber

### DETOXED

Beet, Ginger, Red Apple, Lime, Carrot

### BETTER *(Flu & hangover remedy)*

Orange, Ginger, Red Apple, Lemon, Cucumber

### SNAPPY

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

### MERRY

Cranberries, Grapefruit, Orange, Apple

### RECOVERED

Orange, Red Apple, Lemon, Pear, Cucumber

### POWERED *(Anti-oxidant boost)*

Kale, Broccoli, Spinach, Red Apple, Carrot

### NUDE *(Not to be taken literally)*

Banana, Pineapple, Pear, Honeydew

### LEAN

Romaine, Parsley, Broccoli, Green Apple, Lime, Cucumber

### VIVID

Beet, Grapefruit, Red Apple

### SEASONED

Sweet Potato, Pear, Carrot, Dash of Cinnamon

### SAVORY

Sweet Potato, Turmeric, Orange, Red Apple

## Smoothies

12 oz... \$4.50    20 oz... \$6.50  
16 oz... \$5.50    24 oz... \$7.50

*Base Options: Almond Milk, Coconut Milk, Coconut Water, Water*  
**Extra Ingredients... \$.75/ea**

### SWOLL

Chocolate Whey Protein, Banana, Choice of Peanut (PB2) or Almond Butter, Almond Milk

### TROPICAL *(Kids love this one)*

Strawberry, Pineapple, Banana, Coconut Water

### BOLD

Blueberry, Mango, Pineapple, Almond Milk

### PUMPED

Juiced Red Apple, Banana, Dates, Super-Greens Blend (Wheatgrass, Moringa, Alfalfa, Barley), Almond Milk

### DREAMY

Juiced Orange, Juiced Carrot, Mango, Vanilla Whey Protein

### GREEN

Spinach, Pineapple, Mango, Banana, Almond Milk

### CUT

Oats, Vanilla Whey Protein, Pear, Cinnamon, Almond Milk

### WILD

Juiced Orange, Blackberry, Raspberry, Blueberry, Almond Milk

### MIGHTY

Kale, Apple, Pineapple, Mango, Coconut Water

### GINGERBREAD

Ginger, Almond Butter, Banana, Almond Milk

## Boosts

### PROTEIN POWDER \$1

Plant Protein - 15g  
Chocolate Whey - 16g  
Vanilla Whey - 16g

### CHIA SEEDS \$.75

Regulate Blood Sugar & Raise Energy Levels

### FLAX SEEDS \$.75

Great Source of Fiber (4g) & Omega 3's

### CACAO NIBS \$.75

Increase Focus & Help Diminish Appetite

### SUPER GREENS \$.75

Organic Wheatgrass, Mooring Leaf, Alfalfa Leaf, Chlorella, Spirullina, Barley Grass & Stevia Leaf

### ALMOND BUTTER \$.75

Great Source of Protein

### PB2 \$.75

Powdered Peanut Butter

## Shots

### WHEATGRASS SHOT \$3.50

Organic Wheatgrass

### WELLNESS SHOT \$3

Lemon, Ginger, Cayenne Pepper

### TUMERIC SHOT \$3.50

Orange, Turmeric, Cayenne Pepper

### PRE SHOT \$3

Beet and Carrot

### METABOLIZER SHOT \$3.50

Jalapeño, Lemon, Green Apple

 = A Well Pared Favorite

## Salads/Wraps

Make Any Of These A Salad Or A Wrap. Gluten-Free Rice Wraps Available Upon Request

**Without Chicken \$7.50**

**With Chicken \$9.00**

**Extra Ingredients \$0.75/ea**

### GALLATIN

Organic Spring Mix, Pear, Red Apple, Red Onion, Goat Cheese, House-Made Candied Walnuts & House Made Sweet Onion Vinaigrette

### GARNET

Romaine Lettuce, Diced Tomato, Shredded Parmesan Cheese, House Made Croutons & House Made Caesar Dressing

### AUTUMN

Organic Spring Mix, Red Apple, Roasted Butternut Squash, Dried Cranberries, Blue Cheese & House Made Maple Walnut Dressing

### ROCKY

Romaine Lettuce, Red Pepper, Red Onion, Goat Cheese, House Made Croutons & House Made Sriracha Pepper Vinaigrette

### RAVAGER

Arugula, Green Apples, Red Peppers, Dried Cranberries, Peanuts & House Made Balsamic Vinaigrette

### SPICEY KALE

Kale, Romaine Lettuce, Red Onion, Sliced Almonds, Shredded Parmesan Cheese, House Made Croutons & House Made Caesar Dressing

### MERRITT

Organic Spring Mix, Quinoa, Baked Pear, Shredded Beets, Goat Cheese & House Made Apple Cider Vinaigrette

## Warm Bowls

Colorful, Filling Dishes Composed of Grains, Veggies, Protein and Seeds Served with a Hearty Dressing

**Without Chicken \$8.50**

**With Chicken \$10.00**

**Extra Ingredients \$0.75/ea**

### BITE

Warm Quinoa, Arugula, Roasted Acorn Squash, Dried Cranberries & Almonds with House Made Beet Peanut Pesto

### HANGER

Warm Quinoa, Kale, Roasted Spaghetti Squash, Black Beans, Roasted Cauliflower & Shredded Beets with House Made Butternut Cream Dressing

### CREST

Warm Quinoa, Spinach, Red Peppers Roasted Acorn Squash, Black Beans, Shredded Carrots & Sunflower Seeds with House Made Ginger Aioli

### MANIC

Warm Quinoa, Arugula, Red Cabbage, Roasted Butternut Squash & Roasted Cauliflower with House Made Cranberry Mustard Dressing

## Kids' Menu

### APPLE DUNKERS

Apple Slices, Choice of Peanut Butter of Almond Butter  
**\$3.25**

### FRUIT CUP

Choice of any 3 fruits  
12 oz **\$3.25** / 16oz **\$4.25**

### YOGURT & GRANOLA

Vanilla Yogurt, Choice of Granola  
12 oz **\$3.50** / 16oz **\$4.50**

### PEANUT BUTTER & JELLY

Peanut Butter, Blueberry Compote, Whole Wheat Sunflower Bread  
\*Available with Almond Butter\*  
Half **\$3.50** / Whole **\$4.50**

### PEANUT BUTTER & BANANA

Peanut Butter, Banana Slices, Whole Wheat Sunflower Bread\*Available with Almond Butter\*  
Half **\$3.50** / Whole **\$4.50**

## Granola Bowls

### P.B.&B.

Nonfat Yogurt Topped with House Made Fruit Granola, PB2, Banana & Blueberry Compote  
12 oz **\$5.50** / 16oz **\$6.50**

### BLISSFUL

Acai Blend, Topped with House Made Original Granola, Almond Butter, Blueberry Compote & Cacao Nibs  
12 oz **\$6.75** / 16oz **\$7.75**

### NUTTY MONKEY

Nonfat Yogurt, Topped with House Made Coconut Granola, PB2, Banana & Cacao Nibs  
12 oz **\$5.50** / 16oz **\$6.50**

### PARADISE

Greek Yogurt, Topped With House Made Fruity Granola, Dried Dates & Dried Cranberries  
12 oz **\$5.50** / 16oz **\$6.50**

### APPLE COBBLER

Nonfat Yogurt, Topped with House Made Original Granola, Red Apple, Pure Maple Syrup & Cinnamon  
12 oz **\$5.50** / 16oz **\$6.50**

### CHOCADO

Cacao-Avocado Blend, Topped with House Coconut Granola, Dried Dates & Dried Cranberries  
12 oz **\$6.75** / 16oz **\$7.75**

### MASH

Greek Yogurt, Topped With House Made Original Granola, Cinnamon, Pear & Sweet Potato Mash.  
12 oz **\$6.75** / 16oz **\$7.75**

## Weekly Specials

House Made Soups and Other Specials

### HOUSE MADE SOUP

12 oz **\$4.50** / 16oz **\$6.00**

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