

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

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

VITALITY

Orange, Lemon, Ginger, Red Apple, White Vinegar

RECOVERED

Orange, Red Apple, Lemon, Pear, Cucumber

POWERED *(Anti-oxidant boost)*

Kale, Broccoli, Spinach, Red Apple, Carrot

LEAN *(Our cancer-fighting green juice)*

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

VIVID

Beet, Grapefruit, Red Apple

BALM

Beet, Lemon, Red Apple, Balsamic Vinegar

FIERY

Parsley, Lime, Jalapeño, Pineapple, Cucumber

GIBE

Kale, Lemon, Celery, Green Apple, Cucumber

Smoothies

12 oz... \$4.75 20 oz... \$6.75
16 oz... \$5.75 24 oz... \$7.75

Base Options: House Made Oat Milk, Almond Milk, Coconut Milk, Coconut Water, Water

Extra Ingredients... \$.75/ea

SWOLL

Chocolate Whey Protein, Banana, Choice of Peanut (PB2) or Almond Butter, House Made Oat 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 (Spirulina and Matcha), House Made Oat Milk

MIGHTY

Kale, Apple, Pineapple, Mango, Coconut Water

BODYROK

Pineapple, Blue Spirulina, Banana, Coconut Water

GREEN

Spinach, Pineapple, Mango, Banana, Almond Milk

CUT

Oats, Vanilla Whey Protein, Pear, Cinnamon, House Made Oat Milk

CARROT CAKE

Juiced Carrot, Dates, Almond Butter, Cinnamon, Nutmeg, Almond Milk

PRICKLY

Jalapeño, Pear, Pineapple, Coconut 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 & Omega 3's

CACAO NIBS \$.75

Increase Focus & Help Diminish Appetite

SUPER GREENS \$.75

Spirulina and Matcha Powder

ALMOND BUTTER \$.75

Great Source of Protein

PB2 \$.75

Powdered Peanut Butter

Wellness Shots

WHEATGRASS SHOT \$3.50

Organic Wheatgrass

IMMUNITY SHOT \$3.50

Lemon, Orange, Ginger, Cayenne Pepper

TURMERIC SHOT \$3.50

Orange, Turmeric, Cayenne Pepper

PRE-WORKOUT SHOT \$3.50

Beet and Carrot

METABOLIZER SHOT \$3.50

Jalapeño, Lemon, Green Apple

 = A Well Pared Favorite

 = Vegan

 = Dairy-Free

 = Gluten-Free

Salads/Wraps

Make any of these a salad or a wrap, gluten-free quinoa wraps available upon request.

Without \$7.50 / With Chicken or Vegan Meatballs \$9.00

SPIRALED **VG** **DF** **GF**

Spiralized Beet, Carrot and Zucchini Salad with Black Beans, Sunflower Seeds & House Made Green Pea Hummus

GARNET

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

ROCKY **GF**

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

BIG SKY **GF**

Organic Arcadian Mix, Green Apple, Dried Cranberries, Blue Cheese, House Made Candied Walnuts & House Made Triple Berry Dressing

GALLATIN **GF**

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

ZHANG **VG** **DF** **GF**

Romaine Lettuce, Organic Arcadian Mix, Yellow Pepper, Cucumber, Pear, Red Onion, House Made Sriracha Cashews & House Made Sweet Ginger Vinaigrette

SPICY KALE

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

Wellness Bowls

Colorful, filling dishes composed of grains, veggies, protein and seeds served with a hearty dressing.

Without \$8.50 / With Chicken or Vegan Meatballs \$10.00

BULL **GF**

Quinoa, Romaine Lettuce, Roasted Cauliflower, Celery, Carrots, Blue Cheese, Sunflower Seeds & House Made Sriracha Cali Dressing

ORIENT **VG** **DF** **GF**

Quinoa, Spinach, Purple Cabbage, Mandarin Oranges, Cucumber, Carrots, Sesame Seeds & House Made Pitted Sriracha Dressing

ZEST **VG** **DF** **GF**

Quinoa, Organic Arcadian Mix, Roasted Corn, Red Pepper, Red Onion, Green Peas, Diced Jalapeño & House Made Chimichurri Dressing

AUSTRAL **GF**

Quinoa, Romaine Lettuce, Purple Cabbage, Roasted Corn, Black Beans, Red Pepper, House Made South West Dressing

Granola Bowls

Greek Yogurt, Nonfat Vanilla Yogurt, Cacao Blend (dairy-free) or Spirulina Blend (dairy-free)

P.B.&B. **GF**

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

BLU

Blue Spirulina Blend, Topped with House Made Original Granola, Kiwi, Shredded Coconut & Chia Seeds **12 oz \$6.75 / 16oz \$7.75**

PARADISE

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

NUTTY MONKEY

Nonfat Yogurt & PB2, Topped with House Made Coconut Granola, Banana & Cacao Nibs **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 Made Coconut Granola, Dried Dates & Dried Cranberries **12 oz \$6.75 / 16oz \$7.75**

Kids' Menu

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

APPLE NACHOS

Red and/or Green Apples Slices, your choice of Almond or Peanut Butter, Shredded Coconut & Dried Cranberries **12 oz \$4.00**

APPLE DUNKERS

Apple Slices and your choice of Almond or Peanut Butter **12 oz \$3.25**

YOGURT & GRANOLA

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

Menu To Go!

SNAP THIS CODE
WITH YOUR
SMARTPHONE
TO CAPTURE
OUR MENU >

