

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

## Fresh Juices

12 oz... \$5.50    20 oz... \$7.50  
16 oz... \$6.50    24 oz... \$8.50

### 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

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

Kale, Broccoli, Spinach, Red Apple, Carrot

### RECOVERED

Orange, Red Apple, Lemon, Pear, Cucumber

### LEAN *(Our cancer-fighting green juice)*

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

### VIVID

Beet, Grapefruit, Red Apple

### GIBE

Kale, Lemon, Celery, Cucumber, Green Apple

### SAVORY

Sweet Potato, Turmeric, Orange, Red Apple

### VITALITY

Orange, Lemon, Ginger, Red Apple, White Vinegar

### GLOW

Golden Beet, Turmeric, Green Apple, Cucumber

## Smoothies

12 oz... \$5.00    20 oz... \$7.00  
16 oz... \$6.00    24 oz... \$8.00

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

### 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

### COMBER

Cranberries, Red Apple, Dates, Cinnamon, Coconut Water

### GREEN

Spinach, Pineapple, Mango, Banana, Almond Milk

### CUT

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

### SPUD

Sweet Potato, Dates, Green Apple, Banana

### KIN

Pure Pumpkin Puree, Vanilla Whey Protein, Almond Butter, Almond Milk

## Boosts

### PROTEIN POWDER

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

### CHIA SEEDS

Regulate Blood Sugar & Increase Energy

### FLAX SEEDS

Great Source of Fiber & Omega 3's

### GOJI BERRIES

Contain All Eight Essential Amino Acids

### CACAO NIBS

Increase Focus & Help Diminish Appetite

### SUPER GREENS

Spirulina and Matcha Powder

### HEMP HEARTS

Filled with Healthy Fats & Fatty Acids

## 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 \$8.50 / With Chicken or Vegan Meatballs \$10.00

## GARNET

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

## SUCUMB

Kale, Spiraled Golden Beets, Roasted Carrots, Goat Cheese, Sliced Almonds & House Made Coconut Turmeric Dressing

## ROCKY

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

## BAKED

Organic Arcadian Mix, Baked Pear, Dried Cranberries, Blue Cheese, Toasted Chili Pumpkin Seeds & House Made Cinnamon Vinaigrette

## GALLATIN

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

## CHUT

Organic Arcadian Mix, Romaine Lettuce, Purple Cabbage, Red Apple, Cucumber, House Made Candied Walnuts & House Made Cranberry Apple Chutney

## SPICY KALE

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

# Warm Grain 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

## TUMBLE

Black Forbidden Rice, Red Quinoa, Spiraled Golden Beets, Roasted Brussels Sprouts, Toasted Chili Pumpkin Seeds & House Made Maple Pumpkin Dressing

## OMEN

White Royal Quinoa, Red Quinoa, Roasted Carrots, Pickled Red Onion, Goat Cheese, Parsley & House Made Tomato Aioli Dressing

## RELISH

Black Forbidden Rice, White Royal Quinoa, Roasted Spaghetti Squash, Diced Tomato, Parmesan Cheese & House Made Garlic Creme Dressing

## BRUTE

White Royal Quinoa, Roasted Cauliflower, Roasted Brussels Sprouts, Pickled Red Onion, Blue Cheese, Chili Powder & House Made Golden Flax Dressing

# Granola Bowls

Base Options: Greek Yogurt, Nonfat Vanilla Yogurt or Acaí (ah-sigh-ee)

## P.B.&S.

Vanilla Yogurt & PB2, Topped with House Made Fruity Granola, Banana & Strawberry Compote **12oz \$5.95 / 16oz \$6.95**

## MASH

Greek Yogurt, Topped with House Made Original Granola, Sweet Potato Mash & Cinnamon **12oz \$5.95 / 16oz \$6.95**

## APPLE COBBLER

Vanilla Yogurt, Topped with House Made Original Granola, Red Apple, Maple Syrup & Cinnamon **12oz \$5.95 / 16oz \$6.95**

## NUTTY MONKEY

Vanilla Yogurt & PB2, Topped with House Made Coconut Granola, Banana & Cacao Nibs **12oz \$5.95 / 16oz \$6.95**

## TUNDRA

Acaí, Topped with House Made Original Granola, Coconut Flakes, Almond Butter & Goji Berries **12oz \$7.95 / 16oz \$8.95**

## VIDA

Acaí, Topped with House Made Original Granola, Dried Dates, Cacao Nibs, Peanut Butter & Chia Seeds **12oz \$7.95 / 16oz \$8.95**

## SAMBA

Acaí, Topped with House Made Original Granola, Green Apple, Banana, House Made Strawberry Compote & Hemp Hearts **12oz \$7.95 / 16oz \$8.95**

# Kids' Menu

## PEANUT BUTTER & JELLY

Peanut Butter, Strawberry Compote, Whole Wheat Sunflower Bread \*Available with Almond Butter\*

**Half \$3.50 / Whole \$5.00**

## PEANUT BUTTER & BANANA

Peanut Butter, Banana Slices, Whole Wheat Sunflower Bread \*Available with Almond Butter\*

**Half \$3.50 / Whole \$5.00**

## APPLE NACHOS

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

## APPLE DUNKERS

Red and/or Green Apple Slices & your choice of Almond or Peanut Butter **\$3.50**

## YOGURT & GRANOLA

Vanilla Yogurt & your choice of House Made Granola **\$3.50**

# House Made Soup

**12 oz... \$4.50**

**16 oz... \$6.00**

 = A Well Pared Favorite