

Açaí Bowls® (Please ask for gluten free)

Our bowls and smoothies contain NO ice, NO frozen yogurt, NO added sugar, NO artificial preservatives, NO trans fats, or any other fillers. Most of our ingredients are organic, depending on the season and availability, and everything is made fresh to order. *Catering requires 20 or more items.*

Small-14oz container | Medium-20oz container | Large-28oz container | Tray-Serves 8-10 people

Vitality Bowl®

Base Blend Organic Açaí, VB Blend, Bananas, Strawberries, Flax Seed

Toppings Organic Granola, Bananas, Strawberries, Goji Berries, Honey

Tropical Bowl™

Base Blend Organic Açaí, Coconut Milk, Apple Juice, Bananas, Mango, Pineapple, Flax Seed

Toppings Organic Granola, Bananas, Strawberries, Coconut Shavings, Honey

Graviola Bowl™

Base Blend Graviola*, Coconut Water, Mango Juice, Pineapple, Bananas, Strawberries, Kale

Toppings Organic Granola, Bananas, Mulberries, Chia Seeds, Honey

Acerola Bowl™

Base Blend Acerola, VB Blend, Coconut Milk, Bananas, Mango, Spinach

Toppings Organic Granola, Bananas, Blueberries, Coconut Shavings, Honey

Warrior Bowl™

Base Blend Organic Açaí, VB Blend, Almond Milk, Bananas, Blueberries, Raspberries, Flax Seed, Broccoli, Multi-Vitamin Boost

Toppings Organic Granola, Bananas, Strawberries, Almonds, Goji Berries, Honey

Dragon Bowl™

Base Blend Pitaya, Mango Juice, Coconut Milk, Bananas, Pineapple, Raspberries, Immunity Boost

Toppings Strawberries, Kiwi, Almonds, Goji Berries, Bee Pollen, Honey

Detox Bowl™

Base Blend Organic Açaí, Almond Milk, Flax Seed, Kale, Spirulina, Bananas, Strawberries

Toppings Bananas, Blueberries, Almonds, Goji Berries, Honey

Energy Bowl™

Base Blend Organic Açaí, VB Blend, Almond Milk, Guarana, Bananas, Strawberries, Flax Seed

Toppings Organic Granola, Bananas, Strawberries, Goji Berries, Bee Pollen, Honey

Green Bowl™

Base Blend Graviola*, Almond Milk, Dates, Spirulina, Spinach, Kale, Strawberries, Bananas

Toppings Organic Granola, Bananas, Kiwi, Hemp Seeds, Honey

Nutty Bowl™

Base Blend Organic Açaí, Almond Milk, Apple Juice, Peanut Butter, Bananas, Strawberries, Flax Seed

Toppings Organic Granola, Bananas, Almonds, Honey

VB Blend: Our own superfood blend consisting of some of the world's leading superfoods:

Mangosteen, Aronia Berry, Camu Camu, Moringa, Açaí, Blueberry, Pomegranate



Smoothies

Açaí Elixir™

Organic Açaí, VB Blend, Nonfat Milk, Bananas, Strawberries

The Hulk™

Organic Açaí, Guarana, Almond Milk, Spirulina, Kale, Broccoli, Whey Protein, Strawberries, Bananas

Sunsation™

Organic Açaí, Lemonade, Raspberries, Strawberries, Bananas

The Dragon™

Pitaya, Guava Juice, Strawberries, Mango, Raspberries

Tropical Paradise™

Organic Açaí, Guarana, VB Blend, Almond Milk, Strawberries, Bananas, Spinach, Pineapple

The Powernator™

Organic Açaí, Guarana, VB Blend, Almond Milk, Strawberries, Bananas, Spinach, Pineapple

The King™

Organic Açaí, VB Blend, Nonfat Milk, Blueberries, Raspberries, Bananas, Chia Seeds

The Temptation™

Organic Açaí, Nonfat Milk, Guittard Dark Chocolate, Raw Cacao, Strawberries, Bananas

Acerola Smoothie™

Acerola, Guava Juice, Bananas, Mango, Spinach

Graviola Smoothie™

Graviola*, Mango Juice, Coconut Water, Bananas, Pineapple, Kale

**Graviola is not recommended for pregnant women.*



Panini *(Whole Wheat, White, Gluten-Free)*

Hungry? Nothing complements a Vitality Bowl or smoothie like a house-made panini. Turkey and sirloin are hormone-free and all natural with no additives, preservatives or nitrates. Sirloin is grass-fed. **Tray-serves 8 - 10 people Mix and Match**

Roasted Turkey

Natural Turkey, Mozzarella Cheese, Spinach, Sun Dried Tomatoes, Dijon, Pesto

The Sirloin

Natural Seasoned Seared Sirloin, Mozzarella Cheese, Spinach, Dijon

Salami

Salami, Mozzarella Cheese, Spinach, Sun Dried Tomatoes, Dijon, Pesto

Veggie

Mozzarella Cheese, Spinach, Sun Dried Tomatoes, Dijon, Pesto

Salads & Soups *Tray-serves 8-10 people*

Soup Du Jour **cup 4.99 | bowl 6.99**

House Soup - Varies Weekly

Spinach Salad **8.99 T 72.99**

Spinach, Goat Cheese, Quinoa, Strawberries, Almonds, House-Made Balsamic Vinaigrette

Kale Salad **8.99 T 72.99**

Kale, Cucumbers, Goat Cheese, Quinoa, Celery, House-Made Dijon Vinaigrette

***Add . . . Roasted Turkey Breast \$3 T 20.00**

. . . Seasoned Seared Sirloin \$4 T 24.00

Turkey and sirloin are hormone-free and all natural with no additives, preservatives or nitrates. Sirloin is grass-fed.

Please ask for gluten-free. While we take great care in providing a safe kitchen for allergies and food sensitivities, our products may contain milk, soy, tree nuts, peanuts and wheat.



Add Natural Protein!



Fresh Juice Bar

Raw juices made fresh to order.

Green Me Up

Kale, Celery, Apple, Cucumber, Spirulina

C Me Up

Orange, Kiwi, Carrot, Raw Ginger

The Invigorator

Orange, Kale, Carrot, Apple

The Rehydrator

Kale, Pineapple, Mint, Apple, Coconut Water

The Vitality

Carrot, Apple, Celery, Kale

The Detoxifier

Lemon, Raw Ginger, Cucumber, Coconut Water

The Rejuvenator

Carrot, Apple, Cucumber, Beet

The Intensifier

Apple, Beet, Celery, Raw Ginger, Lemon

Kids Menu

Kids Bowl

Base Blend: Organic Açai, Apple Juice, Bananas, Strawberries

Toppings: Organic Granola, Bananas, Strawberries

Kids Sunsatation Smoothie

Lemonade, Açai, Strawberries, Bananas (ask to add spinach)

Grilled Cheese Sandwich

Mozzarella Cheese on White or Whole Wheat (gluten free available upon request)

Side of Fruit

Carrot Orange Juice 14oz

Nonfat Milk or Lemonade

• 24 Hour Notice Required for All Orders •

• Delivery and Pick-up Available •