



OUR SIGNATURE BOWLS AND SMOOTHIES ARE MADE WITH THE PUREST INGREDIENTS AVAILABLE. NO FILLERS SUCH AS ICE, FROZEN YOGURT OR ARTIFICIAL PRESERVATIVES. GLUTEN-FREE AVAILABLE.

Island Bowl

BASE: Guava and Organic Acerola Blend **TOPPINGS:** Organic Granola, Banana, Coconut Shavings, Mulberries

Beach Bowl

BASE: Organic Coconut Blend **TOPPINGS:** Organic Granola, Strawberries, Pineapple, Cacao Nibs

Blue Bliss Bowl

BASE: Pineapple, Coconut, Mango and Blue Spirulina Blend **TOPPINGS:** Organic Granola, Banana, Blueberries, Coconut Shavings

Superfood Bowl

BASE: Organic Açai, Graviola*, Pitaya, Banana, Strawberries, Kale, VB Blend**, Almond Milk **TOPPINGS:** Organic Granola, Sliced Banana, Blueberries, Organic Goji Berries, Organic Cacao Nibs, Honey

Warrior Bowl®

BASE: Organic Açai, Banana, Blueberries, Raspberries, Organic Flax Seeds, Spinach, Multi-Vitamin Boost, VB Blend**, Almond Milk **TOPPINGS:** Organic Granola, Sliced Banana, Strawberries, Almonds, Organic Goji Berries, Honey

Nutty Bowl

BASE: Organic Açai, Banana, Strawberries, VB Blend**, Peanut Butter **TOPPINGS:** Organic Granola, Sliced Banana, Almonds, Honey

Vitality Bowl®

BASE: Organic Açai, Banana, Strawberries, VB Blend** **TOPPINGS:** Organic Granola, Sliced Banana, Strawberries, Organic Goji Berries, Honey

Tropical Bowl

BASE: Organic Açai, Banana, Mango, Pineapple, Organic Flax Seeds, Coconut Milk, Apple Juice **TOPPINGS:** Organic Granola, Sliced Banana, Strawberries, Coconut Shavings, Honey



GRAIN BOWLS

Green Glow Bowl

Super Greens, Chicken, Grains, Avocado, Cucumber, Radish, Pickled Red Onion, Lemon Tahini Vinaigrette, Green Goddess Dressing, Feta Cheese, Mint, Superseed Crunch

Power Pesto Chicken Bowl

Super Greens, Chicken, Grains, Grape Tomatoes, Cucumber, Pickled Red Onion, Basil Pesto, Lemon Tahini Vinaigrette, Feta Cheese, Sunflower Seeds

Chimichurri Steak and Roasted Potato Bowl

Super Greens, Grass-Fed Steak, Grains, Roasted Potato, Roasted Tomato, Radish, Chimichurri, Lemon Tahini Vinaigrette, Pepitas

Hummus & Veggies

Hummus with Carrots and Celery

Dragon Bowl

BASE: Pitaya, Banana, Pineapple, Raspberries, Immunity Boost, Coconut Milk, Mango Peach Juice **TOPPINGS:** Strawberries, Kiwi, Almonds, Organic Goji Berries, Bee Pollen, Honey

Green Bowl

BASE: Graviola*, Banana, Strawberries, Kale, Spinach, Dates, Organic Spirulina, Almond Milk **TOPPINGS:** Organic Granola, Sliced Banana, Kiwi, Organic Hemp Seeds, Honey

Dessert Bowl

BASE: Organic Açai, Banana, Strawberries, Coconut Milk, Chocolate **TOPPINGS:** Sliced Banana, Strawberries, Coconut Shavings, Chocolate Chips

Chia Meets Acai Bowl

BASE: Organic Acai, Strawberries, Banana, VB Blend** **TOPPINGS:** Housemade Chia Seed Pudding, Organic Granola, Bananas, Strawberries, Honey, Goji Berries

Chia Pudding

Chia Seeds, Almond Milk, Honey

Oatmeal

Hot Oatmeal with Honey and Choice of 2 Toppings



POWER UP YOUR BOWL OR SMOOTHIE

Almond Butter	Multi-Vitamin Boost	Organic Maca
Almonds	Organic Aronia	Organic Mangosteen
Bee Pollen	Organic Cacao Nibs	Organic Matcha
Chia Pudding	Organic Camu Camu	Organic Moringa
Coconut Shavings	Organic Chia Seeds	Organic Mulberries
Dates	Organic Flax Seeds	Organic Spirulina
Fruit	Organic Ginkgo	Organic Turmeric
Honey	Organic Goji Berries	Pea Protein
Immunity Boost	Organic Granola	Peanut Butter
Kale	Organic Guarana	Spinach
Mint	Organic Hemp Seeds	Whey Protein

SALADS

Supergreen Goddess Salad

Super Greens, Chicken, Egg, Avocado, Radish, Cucumber, Green Goddess Dressing, Feta Cheese, Mint, Superseed Crunch

Mighty Med Salad

Super Greens, Grass-Fed Steak, Egg, Grape Tomatoes, Cucumber, Pickled Red Onion, Lemon Tahini Vinaigrette, Feta Cheese, Mint, Superseed Crunch

PANINI

Power Panini

Chicken or Veggie (Veggie includes Avocado), Pesto, Dijon, Roasted Tomato, Super Greens, Mozzarella on Telera Roll (Sub Grass-Fed Steak - \$1)

Pina Colada

Organic Coconut Blend with Banana, Mango, Pineapple, Mango Peach Juice, Coconut Milk

Groovy Guava

Guava and Organic Acerola Blend with Banana, Strawberries, Mango Peach Juice

Purple Passion

Pineapple, Coconut, Mango and Blue Spirulina Blend with Banana, Pitaya, Apple Juice

Power Protein

Organic Açai, Banana, Strawberries, Kale, Whey Protein, Organic Spirulina, Organic Guarana, VB Blend**

Matcha Madness

Organic Açai, Banana, Kale, Dates, Almond Butter, Organic Matcha, Organic Hemp Seeds, Almond Milk

Açaí Elixir

Organic Açai, Banana, Strawberries, VB Blend**

Go Green

Graviola*, Banana, Spinach, Kale, Dates, Mint, Organic Spirulina, Almond Milk

The Temptation®

Organic Açai, Banana, Strawberries, Chocolate, Coconut Milk

Tropical Paradise

Organic Açai, Banana, Strawberries, Pineapple, Coconut Milk, Mango Peach Juice

The Dragon

Pitaya, Strawberries, Raspberries, Mango, Mango Peach Juice



WRAPS AND TOASTS

Vitality Wrap

Tomato Basil Tortilla, Hummus, Avocado, Super Greens, Grains, Roasted Potato, Radish, Pickled Red Onion, Lemon Tahini Vinaigrette, Garlic Aioli, Superseed Crunch

Chimichurri Steak Wrap

Tomato Basil Tortilla, Grass-Fed Steak, Super Greens, Grains, Roasted Tomato, Chimichurri, Garlic Aioli, Sunflower Seeds

Morning Glory

Tomato Basil Tortilla, Scrambled Eggs, Avocado, Super Greens, Roasted Potato, Pickled Red Onion, Feta Cheese, Basil Pesto, Superseed Crunch

Superseed Avocado Toast

Whole Grain Toast, Avocado, Grape Tomatoes, Feta Cheese, Superseed Crunch, Sea Salt

Wholesome Hummus Toast

Whole Grain Toast, Hummus, Cucumber, Lemon Tahini Vinaigrette, Feta Cheese, Pepitas

PB & Chia Jam Toast

Whole Grain Toast, Peanut Butter, Sliced Banana, Strawberry Jam, Chia Seeds, Organic Granola



The Invigorator

Orange, Kale, Carrot, Apple

The Rehydrator

Kale, Pineapple, Mint, Apple, Coconut Water

The Vitality

Carrot, Apple, Celery, Kale

Green Me Up

Kale, Celery, Apple, Cucumber, Organic Spirulina

Lemon Ginger Shot

Fresh Lemon, Raw Ginger, Dash of Cayenne



The Detoxifier

Ginger, Lemon, Cucumber, Coconut

The Rejuvenator

Carrot, Apple, Cucumber, Beet

The Intensifier

Ginger, Beet, Lemon, Celery, Apple

C Me Up

Orange, Kiwi, Carrot, Raw Ginger



WRAPS AND TOASTS KIDS MENU

Kids Bowl

BASE: Organic Açai, Banana, Strawberries, VB Blend** **TOPPINGS:** Organic Granola, Sliced Banana, Strawberries

Kids Sunation Smoothie

Organic Açai, Strawberries, Bananas, Apple Juice

Kids PB & J

Whole Grain Bread, Peanut Butter, Strawberry Jam

Grilled Cheese Sandwich

Mozzarella Cheese on Telera Roll

Side of Fruit

Banana, Strawberries, Kiwi

*Graviola is not recommended for pregnant women. **VB Blend: Our own superfood blend made from some of the world's leading superfoods including Organic Mangosteen, Organic Aronia Berry, Organic Camu Camu, Organic Moringa, Organic Açai, Blueberry, Pomegranate, Strawberry.

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request. 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. **Need it gluten-free? Just ask.**