

# Poké Bowls

\*Vegan Option Available

**Cali Style Poké** Carrots, Cucumber, Avocado, Seaweed Salad, Crab, Corn, Purple Cabbage, Cilantro, Green Onion

**Hawaiian Style Poké** Jicama, Avocado, Pineapple, Carrots, Cucumber, Edamame, Crab, Cilantro, Green Onion

**Choose your Base:** • White Rice • Quinoa • Cucumber Noodles

**Choose Your Protein:** • Salmon • Tuna (Raw, Seared, Fully Cooked) • Shrimp salad • Chicken

**Choose your Dressing:** • Spicy Mayo • Chipotle Style • Cilantro Sauce

**\$13.99**

Add a Crab Ball or Spicy Crab Ball ...\$1.10

Add Jalapeño... \$0.20



*Hawaiian Style Poké bowl*

# Healthy Eats



**EggMamas Sandwich**  
(Cal. 500) **\$6.80**

Artisan Bun, Cage Free Eggs, Uncured and Nitrate Free Turkey Bacon, Swiss Cheese and Spicy Mayo



**NEW**

**SweetMamas Sandwich**  
(Cal. 500) **\$8.50**

Buttery croissant, Cage Free Eggs, Uncured and Nitrate Free Turkey Bacon, Sharp Cheddar Cheese, Pickled Jalapenos, Apricot Jam.



**Wonder Waffle \$6.90**  
(Protein +\$1.50 and

**Chocolate Chip +\$1.00 option)**  
Gluten Free, made with Oats and Flax, Topped with Fruit and maple syrup



**Reverse Toast \$6.00**  
(Sandwich +\$1)

Sprouted Bread with Almond or Peanut Butter, Topped with Bananas and Strawberries, Coconut Flakes and Chia Seed



**Smash Toast \$6.00**  
(Sandwich +\$1)

Sprouted Bread with Hummus, Avocado, Tomato, Feta, Mixed Salad and Pesto  
**Add an egg \$1.00**



**Chicken Chipotle Wrap (Cal.460) \$7.15**

Low-carb Tortilla with Grilled Chicken Breast, Onions and Peppers, with Our Signature Chipotle Ranch Dressing



**Veggie Burger**  
(Cal. 440) **\$7.20**

Artisan Bun, Veggie Patty, Mixed Greens, Tomatoes and your choice of Mayo or Spicy Mayo



**Turkey Ciabatta**  
(Cal. 460) **\$6.15**

Ciabatta Bread, Turkey Breast, Mixed Greens & Tomatoes. Spicy mayo, or Pesto (add \$0.25).



**Chicken Caprese Ciabatta**  
(Cal. 550) **\$7.20**

Soft Ciabatta bread, Roasted Chicken, Fresh Mozzarella Cheese, Tomato and Balsamic Glaze. Spicy mayo or Pesto (+\$0.25).



**Healthy Sides \$1.99**

**Air fried Sweet Potato Fries or Apple slices**



**Nuggets 5ct \$6.50 / 8ct \$8.45**  
Plant based nuggets with option of apple slices or sweet potatoes fries.

# Soup and Salads



**Tex Mex Salad**  
(Cal. 570) **\$7.99**

Chicken Breast, Corn, Tomatoes, Cilantro, Black Beans, Topped with Hummus and Chipotle Dressing



**Strawberry Pecan Salad**  
(Cal. 310) **\$7.99**

Mix Salad, Chicken Breast, Red Onion, Feta, Strawberries and Pecans



**Quinoa Bowl**  
(Cal. 210) **\$6.75**

Mix Salad with Quinoa, Sweet Potato, Veggies, Kimchi, Hummus and Cherry Tomatoes

**Turmeric & Veggie Soup (Cal. 150/200) \$4.50 16oz \$5.50**

A Hearty Helping of Fresh Veggies Blended with Turmeric 12oz.



**Caldo Tlalpeño (Cal. 175/210) \$6.50**  
(Chicken! +\$2.00)

Veggie broth, chickpeas, carrots and zucchini. Topped with avocado & Panela cheese.

# Crafted Smoothies



**ADD SUPPLEMENTS**

- Glow Lavender** Blueberries • Banana • Dates • Lavender • Honey • Almond Milk (Cal.320/450) \$5.60 16oz. \$6.90 24oz
- Green SPI** Mango • Banana • Spinach • Flax Seed • Cinnamon • Coconut • Honey • Almond Milk (Cal. 320/520)
- Bowser** Banana • Strawberry • Honey • Almond Milk • Cinnamon • Cacao nibs (Cal 290/400)
- Cacao Delight** Banana • PB • Cacao • Oatmeal • Honey • Almond Milk • Cinnamon • Coconut • Cacao Nibs (Cal 500/680)
- Green Tea Matcha** Banana • Matcha • Almonds • Cinnamon • Spinach • Honey • Almond Milk (Cal 260/380)
- PB & Jelly** Strawberries • Banana • Peanut Butter • Cinnamon • Honey • Almond Milk • Cacao nibs (Cal 460/690)



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- Mango** Mango • Lime • Coconut Water • Honey • Tajin (Cal.220/360) \$6.15 16oz. \$7.65 24oz
  - Detox** Spinach • Mango • Apple • Cucumber • Ginger • Coconut water • Honey • Chia (Cal 240/280)
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- Puro Protein** Bananas • Almond Butter • Dates • Whey Protein • Cinnamon • Almond Milk • Granola (Cal 470/570)
  - Strawberry Cloud** Strawberries • Dates • Almond Milk • Oats • Cacao • Coconut • Honey (Cal 470/570) \$7.40 16oz. \$8.90 24oz

\*For display purposes only. Ingredients shown are blended in the smoothie, not served as pictured.

## Smoothie Bowls

**Acai Bowl / Pitaya Bowl** (Cal 660-780)

Topped with Bananas, Strawberries and Blueberries, Homemade Granola, Coconut Flakes, Chia Seeds and Raw Honey **\$7.35**

**Overnight Oats** (Cal 180/210)

Topped With Banana and Strawberries, Almonds and Raw Honey **\$5.10**



## Refreshers

**\$4.30 16oz. \$5.35 24oz**

**Strawberry Lemonade**

**Sugar-Free Strawberry Lemonade**

**Strawberry Rose Lemonade**

## Cold Pressed Craft Juices

**\$5.50**

- G1 Clean Green** Spinach, Parsley, Kale, Cucumber, Celery, Lime & Ginger (Cal.80)
- G2 Green Revive** Cucumber, Celery, Spinach, Apple, Spirulina, Lime & Ginger (Cal.110)
- G4 Tummy Tonic** Kale, Pineapple, Basil, Celery, Cucumber & Lime (Cal.140)
- G6 Green Balance** Green Apple, Parsley, Spinach, Lime & Ginger (Cal.25)
- Puro Celery** Cold Pressed Celery Juice (Cal.70)
- R1 C-Boost** Blend Beet, Carrot, Pineapple, Apple & Ginger (Cal. 270)
- R2 Vitality Blend** Carrot & Apple (Cal. 240)
- R4 Citrus Charge** Orange, Carrot & Turmeric (Cal. 190)
- Minty Grapefruit** Grapefruit & Mint
- Kombucha** Seasonal flavors vary



**CLEANSING KIT**



6 Juices and 1 Ginger shot

**\$ 36**

- B1 Charcoal Cleanse** Activated Charcoal, Lime, Basil, Ginger, Stevia, Salt, Water (Cal.10)
- ALN About last night** Watermelon, Lime, Mint, Activated Charcoal & Coconut Water (Cal. 25)
- Rocket Energy** Activated Charcoal, Lime, Basil, Ginger, Stevia, Salt, Water (Cal.10)

## Cold Pressed Shot Bar

**\$3.45**

- Ginger & Pineapple** Energy, Endurance & Fat Burner (Cal. 70)
- Flu Shot** Immunity / Lime, Ginger, Garlic, Turmeric, & Purified Water (Cal 35)

## Barista Drinks

All lattes with **soy milk**. Other options available **oat , coconut , and almond milk**.

**Latte** Vanilla, French Vanilla, Lavender, Rose, Pumpkin, Caramel. Sugar free options available

**Salted Caramel Latte** \$5.00 12oz. \$5.55 16oz \$6.60 24oz

**Healing Pumpkin Chai Latte** Chai tea, pumpkin puree, vitamin boost

**Rise & Shine** A golden milk plus espresso shot

**Oatmilk honey latte** Oat milk, honey and espresso

**Mocha** Espresso, dark chocolate, milk

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**Green Tea Matcha** (Matcha, cinnamon, honey) \$4.75 12oz. \$5.30 16oz \$5.85 24oz

**Bulletproof** (Americano with grass fed butter, coconut oil)

**Golden Milk** (Turmeric, ginger, cinnamon, honey)

**Wellness tea** (Ginger, cinnamon stick, lime, raw honey)

**Hot Cocoa**

**Americano** (Espresso shot and water)

**Infused teas** (Passion Fruit, Chamomile, Lavender, Golden Tea, Yerba Matte)



**ADD SUPPLEMENTS TO ANY OF YOUR DRINKS**

**Energy Boost** ⚡ **Hydration Boost** ⚡ **Antioxidant Blend** ⚡ **Collagen**

Please be advised that our products may contain allergens, including but not limited to soy, nuts, wheat, fruits, grains, and fish, as we utilize shared equipment for storage, preparation, and serving. We recommend that you consume our products at your own discretion.

# Brunch

Everyday  
from 8am-2pm

Omelet



780 calories

**Cage free** eggs mixed with **fresh** peppers, spinach and panela cheese, topped with red salsa, served with a side of **arugula** salad and a side of **Olive oil** fried beans. **\$ 10**

The Fit Omelet



650 calories

**Eggwhites** with deli sliced turkey, feta cheese, grilled peppers, sautéed onions in **Olive oil**, with tomato and spinach. Served with a side of roasted rosemary potatoes and salsa. **\$12**

Chilaquiles



620 calories

Tortilla chips topped with our red or green salsa with sunny side or scrambled egg topped with **panela** cheese, sour cream, red onion, radish and cilantro. Served with **Olive oil** fried beans **\$9.50**

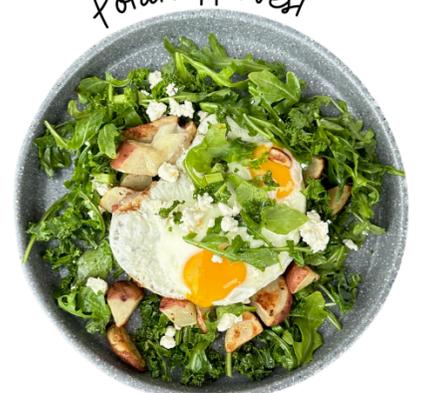
Salmon Toast



450 calories

**Organic Sprouted** bread, whipped cream cheese, avocado, **wild caught** smoked salmon, red onion, capers and dill. **\$ 12.50**

Potato Harvest



620 calories

Rosemary potatoes topped with **uncured** turkey bacon, Monterey Jack shredded cheese, two sunny side eggs or scramble (your choice) finished with **kale and arugula** salad and feta cheese. **\$12**

10 Grain Pancakes



650 calories

Stack of three 10 grain pancakes with whip cream topped with fresh berries. Served with **Maple syrup**. **\$ 8.50**

Make them **blueberry** pancakes! **\$ 9.50**

French Toast



Deliciously dipped Texas toast topped with strawberries, blueberries and powdered sugar. Served with **maple syrup**. Upgrade to Creme Brûlée (\$1.50) **\$8.00**

610 calories

2-2-2



Two **10 grain** pancakes, 2 eggs (your choice), 2 pieces **uncured** turkey bacon or **all natural** turkey breast **\$9.50**

750 calories