

SMOOTHIE BOOSTER BENEFITS

Superfoods

Acai: dark purple berry Native to Brazil, full of antioxidants, healthy omegas, protein, fiber, packed with essential vital nutrients

Cacao: unsweetened raw coco, high in antioxidants, magnesium, fiber, supports healthy cholesterol and mental focus, helps stimulate “feel good” hormones

Chia Seeds: tiny black seeds once used in the American Southwest by the Aztecs and Mayans for endurance and energy, provide antioxidants, omega 3's, protein, minerals, fiber

Flax Seeds: high in omega 3's, fiber, reduce inflammation, protect against heart disease, and help lower blood pressure

Goji Berries: anti-inflammatory superfruit used in traditional Chinese medicine, promotes heart health, immune support, healthy vision, high in antioxidants

Hemp Seeds: healthy source of vegetarian protein, high in essential fats, fiber, minerals, promotes healthy cholesterol

Maca Root: Peruvian adaptogen herb known to have a positive effect on hormones, provides adrenal and endocrine support, increased energy, balance and vitality

Matcha Green Tea: a long standing tradition of Japanese culture, highest quality powdered green tea available, 130 times more antioxidants than regular green tea, includes the powerful EGCG, boosts metabolism and burns calories, detoxifies, calms and relaxes the body, rich in fiber, chlorophyll, vitamins and minerals, enhances mood and aids in concentration, helps prevent disease, and helps lower cholesterol and blood sugar

Superfood Boosters • \$1.00

acai, cacao, chia seeds, flax seeds, goji berries, hemp seeds, maca root, matcha green tea

Supplement Boosters

Plant protein, Whey protein **\$1.50**
Creatine, Glutamine **\$.50**

SUPPLEMENTS

Plant Protein: nature's complete plant protein, allergen free, supports muscle growth, recovery and repair

Whey Protein: milk based complete protein, fast absorbing, supports lean muscle growth and repair

Creatine: used to help improve exercise performance and strength, increase muscle mass and enhance recovery

Glutamine: natural occurring amino acid used to help minimize the breakdown of muscle tissue after intense exercise



**The benefits listed above are for informational purposes only. It is by no means intended to diagnose, prescribe or treat. Please discuss with your physician before consuming if you have any health concerns.*

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We also carry a variety of healthy grab and go items.

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SMOOTHIES

Fitlicious

High in protein with no added sugar

16 oz. \$7.50

Lean N Green: nutritious blend of kale, spinach, pineapple, mango, banana, coconut water, vanilla whey protein

Acai Athlete: simple energetic blend of acai, chia seeds, blueberries, banana, coconut water, vanilla whey protein

Clean and Fit Banana Split: delightful blend of banana, cherries, walnuts, chocolate whey protein, unsweetened coconut milk

Berry Fit: blueberries, blackberries, raspberries, strawberries, vanilla protein, unsweetened almond milk

Nulicious

Nutritious classic smoothies

16 oz. \$6.50

Zumba: refreshing blend of pineapple, strawberries, banana, orange juice

Chocolate Nutty Buddy: classic blend of peanut butter, banana, chocolate almond milk

Tabata: colorful blend of mixed berries, banana, apple juice

Morning Express: espresso, dates, almond butter, banana, vanilla almond milk

Freelicious

Gluten free and dairy free

16 oz. \$7.50

Caramel Cashew Bliss: decadent blend of dates, cashews, banana, chia seeds, hemp seeds, unsweetened coconut milk

Sweet Lotus: soothing blend of spinach, mango, banana, hemp seeds, vanilla almond milk

Ginger Kale: kale, ginger, pineapple, banana, fresh mint, lime, coconut water

Beetastik: beet, strawberries, pineapple, mango, orange juice

FRESH JUICES

16 oz. \$7.00

Morning Energizer: pineapple, orange, grapefruit, lemon, ginger

Green Zinger: kale, spinach, cucumber, apple, lemon, ginger

Red Warrior: beets, apple, carrot, pear

CarrotLicious: carrot, pineapple, apple, ginger

JK-Mojito: spinach, apple, lime, fresh mint, ginger

Wheatgrass: nature's perfect multivitamin containing over 70 vitamins and minerals, amino acids, antioxidants, and protein.

1 oz. \$2.50 • 2 oz. \$4.25

BREAKFAST BOWLS

Enjoy these nutritious bowls anytime, they're great for lunch and snack too!

Acai Bowl

Granola
Blueberries
Peanut butter

Coconut or Cacao nibs

Additional toppings

Almond Butter*

With 2 toppings \$8.00

Banana

Strawberries

Honey

add \$1.00

each \$0.75

\$1.25

*Almond Butter excluded as a free topping

Oatmeal Bowl \$3.75

sweetened with your choice of honey, brown sugar or stevia

Add-Ons

Bananas, blueberries, or strawberries \$0.75

Peanut butter \$0.75

Almond butter \$1.25

Walnuts, coconut, flax seeds, chia seeds, cacao nibs \$1.00

WELLNESS BAR

E1: pineapple, matcha green tea, ginger, B12 Energy, immunity, antioxidants, vitamins \$3.00

E2: ginger, lemon green apple, cayenne Antioxidants, anti-inflammatory, metabolism, detox, weightloss \$2.75

W1: wheatgrass, ginger, pineapple (vitamins, minerals, cleanse, detox) \$3.75

W2: beet, lime, ginger Athletic performance and stamina, cardiovascular health, detox, cleanse \$2.75

W3: ginko biloba, blueberries, lemon, ginger Mood, memory, energy, focus \$4.25

W4: lemon, ginger, garlic, honey, cayenne Immunity- nature's flu shot \$2.50

HEALTHY SNACKS

Peanut Butter Flax Balls \$2.50

Date Balls \$3.00

SALADS AND WRAPS

Choose either as a salad or on a low carb flatbread wrap

Harvest Chicken: chicken salad, mixed greens, sliced granny smith apple, cranberries, walnuts \$8.50

Turkey Avocado: hand sliced turkey, mixed greens, chopped romaine, fresh avocado, black bean salsa, with our homemade creamy lime cilantro dressing \$8.75

Call and ask for Special Salad/Wrap

Please be advised that food prepared here may contain or be handled near ingredients containing dairy, eggs, wheat, peanuts, tree nuts, and soy.