



# ALL NATURAL SUPERFOOD SMOOTHIES

16 oz. | 9.50

## perfect date shake

all natural almond butter, dates, banana, hemp protein and almond milk

## green power shake

fresh kale, spinach, dates, avocado, hemp protein and almond milk

## coconut acai

acai berries, strawberries, banana, shredded coconut, almond milk

## berries and banana smoothie

blueberries, strawberries, banana and fresh squeezed orange juice

## bc smoothie

strawberries, banana, vanilla whey protein and fresh squeezed orange juice

## dragon fruit mango smoothie

dragon fruit, mango, banana and fresh squeezed orange juice

## pb&b

organic peanut butter, banana, chocolate whey protein and almond milk

## almond butter cup

all natural almond butter, chocolate whey protein, banana and almond milk

## low carb protein shake | 9.95

strawberries, blueberries, vanilla whey protein and coconut water

# FRESH “RAW” JUICES

## greens plus 16 oz | 11.95

fresh kale, spinach, celery, green apple and lemon

## immunity 16 oz | 11.95

fresh turmeric, ginger, green apple, carrots and lemon

## super detox 16 oz | 11.95

beet, ginger, carrot, green apple, lemon, chia seeds and cayenne pepper

## wellness shot 3 oz | 4.95

ginger, lemon, orange, oregano oil, cayenne

## orange juice | 8.00

# FRESH BEVERAGES

16 oz.

## lemonade | 4.50

mint and cane sugar

## refreshing green

## lemonade | 5.95

spinach and kale

## ginger root lemonade | 5.95

ginger root

## beet lemonade | 5.95

beetroot

## black iced tea | 4.50

# ORGANIC ARTISAN COFFEES AND TEAS

## La Colombe Coffee

## espresso | 3.75

## cappuccino/cafe latte | 6.25

## americano | 4.50

## La Colombe cold brew | 5.95

## La Colombe Artisan Tea | 4.50

BLACK: breakfast blend

HERBAL: peppermint cardamon, chamomile citrus

GREEN: jasmine