



Awaken
your Best Self...

Superfood Smoothies

SM \$160 LG \$190

Wake Up

Espresso, Cacao, Maca, Almond Milk, Bee Pollen

Tropical Energizer

Orange, Pineapple, Ginger, Coconut Water, Bee Pollen, Maca

Apres Workout

Banana, Vanilla, Almond Milk, Protein, Almond Butter, Chia Seeds, Chaga, Maca

Forever Young

Strawberry, Blueberry, Cherry, Banana, Oat Milk, Moringa, Acerola Berry

Pina Kale-Ada

Kale, Pineapple, Banana, Lime, Coconut Water, Spirulina

Forever Skinny

Spinach, Strawberry, Avocado, Lemon, Apple, Moringa, Chia Seeds, Amla

Immunity Boost

Mango, Pineapple, Orange, Coconut Water, Honey, Tumeric, Amla, Goji Berry, Camu

Create your own Superfood Smoothie

Base: OJ, Coconut Water, Almond, Oat, or Soy Milk

+ 3 fruits/veggies + 2 superfoods

Superfood Juices

SM \$160 LG \$190

Refreshing Detox

Apple, Celery, Kale, Ginger, Lemon, Chlorella

Intense Defense

Orange, Lime, Mint, Grapefruit, Acerola Berry

Turmeric Tonic

Carrot, Pineapple, Ginger, Apple, Turmeric, Black Pepper

Kids Favorites

SM \$ 160

Surf's Up

Banana, Blueberry, Coconut Milk, Chia Seeds

Pink Dolphin

Banana, Strawberry, Fresh Oat, Vanilla

Einsteins Frozen Chocolate Milk

Banana, Cacao, Almond Butter, Oat Milk, Lions Mane

Cold Pressed Juices

250

All Shades of Green

Mint, Cilantro, Kale, Spinach, Cilantro, Arugula, Parsley, Cucumber, Brussel Sprouts, Asparagus, Celery, Chlorophyll, Nopal, Lime, Wheatgrass, Matcha, Spirulina, Green Tomatoes, Ginger, Avocado

All Shades of Red

Beet, Red Cabbage, Carrots, Red Bell Pepper, Strawberry, Raspberries, Dragonfruit, Apple, Watermelon , Pomegranate, Cranberries, Cherries

Celery Juice

Celery

Chocolate Protein Shake

Cacao, Mint, Avocado, Coconut water, Goji Berries, Hemp Seeds, Dates, Orgain Chocolate Protein Powder

Clear Skin

Orange, Carrots, Turmeric, Strawberry, Cantaloupe, Aloe Vera

Green Detox

Kale, Celery, Cucumber, Apple, Ginger, Lemon , Cilantro, Coconut water, Chlorella

Red Detox

Bananas, Blueberries, Cilantro, Spirulina, Chlorella, Orange, Beet

High Cholesterol Killer

Avocado, almonds, Walnuts, Dates, Almond Milk, Chlorella

Hydrate and Heal

Watermelon, Cantaloupe, Honeydew, Coconut Water

Liver Rescue

Cilantro, Spinach, Kale, Cucumber, Lemon, Apples, Chlorella

Natural Viagra

Chocolate, Maca, Walnuts, Almond Milk, Banana

Pure Love Healthy Heart

Blueberries, Strawberries, Blackberries, Acerola Berries, Astragalus, Coconut Water

Skin Glow

Blueberry, Maca, Acai, Strawberry, Moringa, Coconut Water

Sweet Shades of green

Apples, Mint leaves, Brussel Sprouts, Asparagus, Celery, Cilantro, Parsley, Kale, Spinach, Arugula, Pear, Kiwi, Cucumber, Chlorophyll, Nopales, Lime, Wheatgrass, Matcha, Spirulina, Avocado.

Vanilla Protein Shake

Banana, Almonds, Cantaloupe, Almond Milk, Orgain Vanilla Protein Powder, Camu

Vitamin C

Camu, Pineapple, Orange, Lemon, Strawberry

Weight Loss

Celery, Lemon, Kale, Ginger, Mint , Amla

Chill (Goodbye Stress)

Spinach, Blueberries, Banana, Mint, Coconut Milk, Ashwagandha

Infused Waters

250

Toxin and Virus Detox Water

Activated charcoal, lemon, Celtic Sea Salt, Distilled water

Chlorophyll Water - Internal Deodorant

Mint Chlorophyll, Distilled water

Detox Water

lemon, Cayenne Pepper, Maple Syrup, Distilled water

Rain Forest Artesian Water 250 ml. 90

Rain Forest Artesian Water 500 ml 130

Shots

80

Detox: Lemon, Turmeric, Ginger, Cayenne Pepper, Cinnamon

Immunity: Turmeric, Orange, Cayenne Pepper, Salt, Lemon

Digestion: Ginger, Cilantro, Lemon

Antibiotic: Oregano, Lemon, Garlic, Ginger

Fresh Squeezed Orange Juice

OMG Frozen Yogurt

\$ 160

Our house-made Vanilla Probiotic Yogurt Blend
with Choice of 2 Toppings

Acai Bowls

\$ 220

OMG Bowl

Acai, Apple, Acerola Berry

Toppings: Housemade Granola, Strawberry, Banana, Blueberry, Honey, Chia Seeds

Protein Bowl

Acai, Banana, Protein, Acerola, Almond Milk, Cacao, Almond Butter

Toppings: Banana, Strawberry Hemp, Housemade Granola

The Perfect Match Bowl

Acai & Vanilla Probiotic Yogurt blend

Toppings: Raspberries, Blueberries, Coconut Flakes

Toasts

\$ 220

Immunity

Almond Superfood Spread

Topped with: Blueberries, Raspberries, Hemp Seeds

Cacao Perform

Hazelnut/Almond Superfood Spread

Topped with: Strawberry, Banana, Chia Seeds

Chill

Almond/Cashew Superfood Spread

Topped with: Sliced Apple, Cinnamon

Energy

Almond/Coconut Superfood Spread

Topped with: Banana, Coconut Flakes, Bee Pollen

AVO 2 ways:

Farmers: Avocado, Sliced Radishes, Goat Cheese, Local Honey

Pesto: Pesto Spread, Avocado, Pumpkin Seeds

Oatmeal Bowls 7:00- 11:00am

\$ 180

Protein Energy Bowl

Oatmeal, Protein, Almond/Coconut Superfood Spread, Granola, Banana, Honey, Bee Pollen

Cacao Perform Bowl

Oatmeal, Hazelnut/Almond Superfood Spread, Cacao, Granola, Strawberry, Honey, Hemp Seeds

Immunity Bowl

Oatmeal, Almond Superfood Spread, Granola, Apple Slices, Cinnamon, Honey

Quinoa Bowls

\$ 180

Mediterranean Bowl

Quinoa, Organic Seasoning

Topped with Carrot, Bell Pepper, Tomato, Spinach, Cilantro, Olives

Pesto Bowl

Quinoa, Pesto

Topped with Carrot, Bell Pepper, Tomato, Spinach, Cilantro, Avocado

Signature Sips

(we use carefully selected clean, healthy, high altitude coffee beans)

Espresso	\$70
Cafe Latte	\$100
Cappuccino	\$100
Immunity Latte	\$130
Perform Cacao Latte	\$130
Matcha Latte	\$130
Chai Latte	\$130



Milks: Oat, Coconut, Almond, Soy

Chia Puddings

160

Anti- aging - Chia Seeds, Agave, Vanilla, Astragalus powder, Oat Milk

Energy - Chia Seeds, Agave, Vanilla, Amla powder, Oat Milk

Immunity - Chia Seeds, Agave, Vanilla, oat milk, Elderberry, Acerola Berry, Pomegranate Powder

3 Day Superfood Cleanses

1,000

daily

Immunity Boosting Cleanse

Immunoproteins are created in the Liver, they bind to harmful bacteria, viruses and substances and inactivate them. A clean, healthy liver is necessary for this process. Our immunity cleanse was designed to clean the liver while fueling your body immune system boosting nutrients such as Vitamin C, B6, E, Zinc, Selenium and Iron.

Detox Water

Liver Rescue

Immunity Shot

Immunity Boost

Chill out

Supplements: Immunity Chia Pudding/Immunity Superfood Bar

260

OMG Glow Cleanse (Beautifying, Age Delay)

Designed to help eliminate chemicals and waste harmful to your skin. Fuel your body with collagen producing and skin perfecting superfoods. Detoxify your liver while fueling your body with skin perfecting nutrients such as Vitamin C, D, E, K, Zinc and Copper.

Detox Water

Liver Rescue

Detox Shot

Vitamin C

Chill out

Supplements: Age Delay Chia Pudding/Age Delay Superfood Bar 260

Detox Cleanse

Our Detox Cleanse is based on Anthony Williams Cleanse to Heal. Restore health and heal a vast range of illnesses.

Detox Water

Celery Juice

Red Detox

Celery Juice

Chill out

Supplements: Energy Chia Pudding/Detox Superfood Bar 260

OMG Weight Loss Cleanse

Designed for Lasting Results. Our OMG Weight Loss Cleanse promotes detoxification, eliminates toxins and waste while fueling your body with metabolism boosting superfoods.

Detox Water

Weight Loss

Digestion Shot

All Shades of Green

Chill out

Supplements: Energy Chia Pudding/ Detox Superfood Bar 260

Superfood Bar

100

Chocolate Focus Bar

Oats, Resveratrol, Maca, Lions Mane, Cacao, Almond Butter, Chia Seeds, Shredded Coconut, Vanilla, Honey, Brown Rice Syrup, Cinnamon, Hemp Seeds, Celtic Salt, Flaxseeds, Rice Crisp Cereal, Sunflower Seeds, Dark Chocolate Chips.

Age Delay Bar

Oats, Chaga, Moringa, Reishi, Amla, Beet Powder, Goji Berry, Acai, Almond Butter, Ashwaghandha, Chia Seeds, Shredded Coconut, Vanilla, Honey, Brown Rice Syrup, Cinnamon, Hemp Seeds, Celtic Salt, Flaxseeds, Rice Crips Cereal, Sunflower Seeds.

Immunity Superfood Bar

GF rolled Oats, Brown Rice Crisp Cereal, Hemp Seeds, Pumpkin Seeds, Shredded Unsweetened Coconut, Sesame Seeds, Chia Seeds, Cinnamon, Celtic Sea Salt, Brown Rice Syrup, Local Honey, Almond Butter, Vanilla Extract, Bee Pollen, Maca Powder, Turmeric, Pepper, Elderberry, Ginger

Superfood Nut Butters

480

Immunity Almond Butter

Almonds, Turmeric, Cinnamon, Ginger, Elderberry, Black Pepper, Monk Fruit.

Perform Chocolate Spread

Hazelnut, Almonds, Cacao Powder, Lion's Mane, Vanilla, Monk Fruit, Agave Syrup

Pep in your step

Almonds, Coconut Powder, Bee Pollen, Maca, Chia, Monk Fruit

Unwind Cashew Butter

Cashews, Almonds, Chia, Ashwagandha, Honey

Local Organic Honey

100 ml 140 180 ml 220

Potent Propolis Spray

580