



pressed juicery™

GREENS

\$7

GREENS

CELERY, CUCUMBER, KALE, LEMON, PARSLEY,
ROMAINE, SPINACH

SWEET GREENS

APPLE, CELERY, CUCUMBER, KALE, LEMON, PARSLEY,
ROMAINE, SPINACH

SWEET GREENS WITH GINGER

APPLE, CELERY, CUCUMBER, GINGER, KALE, LEMON,
PARSLEY, ROMAINE, SPINACH

SIGNATURE BLENDS

\$7

VANILLA ALMOND

ALMONDS, DATES, VANILLA BEAN, SEA SALT

VANILLA COFFEE

ALMONDS, DATES, KONA COFFEE, VANILLA BEAN

CLASSICS

\$7

ORANGE TURMERIC

COCONUT WATER

ROOTS

\$7

SPICY ROOTS

APPLE, BEET, GINGER, LEMON

ROOTS

BEET, CARROT, CUCUMBER, KALE, LEMON, ORANGE,
PARSLEY, ROMAINE, SPINACH

SWEET ROOTS

APPLE, CARROT, GINGER, KALE, LEMON, PARSLEY,
ROMAINE SPINACH

CITRUS / FRUIT

\$7

REFRESHING CITRUS

ALOE VERA, COCONUT WATER, CUCUMBER, LEMON,
PINEAPPLE

SWEET CITRUS

APPLE, LEMON, MINT, PINEAPPLE

APPLE LEMON GINGER CAYENNE

ORANGE, TURMERIC, APPLE, LEMON

REFRESHERS

\$7

CHARCOAL LEMONADE

ACTIVATED CHARCOAL, HONEY, LAVENDER, LEMON

POWERED BY
MenuClub®.com

BOWLS

HONEY & ALMOND GRANOLA INCLUDED
LOCAL GLUTEN-FREE GRANOLA \$1 EXTRA

SIGNATURES \$9.5

BOWL 1

BASE - ACAI, ALMOND MILK, BANANA, STRAWBERRY
FRUIT - STRAWBERRY, BLUEBERRY, BANANA
SEEDS - CHIA, COCONUT FLAKES

BOWL 2

BASE - ACAI, ALMOND MILK, BLUEBERRY, STRAWBERRY
FRUIT - BLACKBERRY, BLUEBERRY, RASPBERRY
SEEDS - PEPITA, BEE POLLEN

BOWL 3

BASE - PITAYA, COCONUT MILK, STRAWBERRY, BANANA
FRUIT - BANANA, PINEAPPLE, STRAWBERRY
SEEDS - HEMP, CACAO

BOWL 4

BASE - PINEAPPLE, COCONUT MILK, BANANA, SPINACH
FRUIT - BANANA, BLUEBERRY, KIWI
SEEDS - PEPITA, HEMP

SPECIALTIES \$10.5

BOWL 5

BASE - ALMOND MILK, BANANA, CACAO POWDER
FRUIT - BANANA
SEEDS - ALMONDS, CACAO

BOWL 6

BASE - ALMOND MILK, PITAYA, BANANA, BLUEBERRY,
PEANUT BUTTER
FRUIT - RASPBERRY, BLACKBERRY, STRAWBERRY
SEEDS - CACAO, COCONUT

BOWL 7

BASE - COCONUT WATER, BANANA, PINEAPPLE, PITAYA
FRUIT - PINEAPPLE, MANGO, KIWI
SEEDS - BEE POLLEN, GOJI BERRIES

BOWL 8

BASE - ALMOND BUTTER, ALMOND MILK, BANANA,
MACA, SPINACH
FRUIT - BANANA, RASPBERRY
SEEDS - ALMONDS, CACAO

SMOOTHIES

100% FRUITS & VEGGIES - NO FILLERS OR ICE

SIGNATURES \$6.5

SMOOTHIE 1

BASE - COCONUT WATER, BLUEBERRY, MANGO
FRUIT - BLUEBERRY, STRAWBERRY
SEEDS - FLAX, CACAO

SMOOTHIE 2

BASE - ORANGE JUICE, MANGO, BANANA
FRUIT - STRAWBERRY, PINEAPPLE
SEEDS - CHIA, COCONUT

SMOOTHIE 3

BASE - ORANGE JUICE, BANANA, STRAWBERRY, PITAYA
FRUIT - BLUEBERRY, PINEAPPLE
SEEDS - HEMP, BEE POLLEN

SMOOTHIE 4

BASE - ALMOND MILK, MATCHA, SPINACH
FRUIT - BANANA
SEEDS - AGAVE, COCONUT

SPECIALTIES \$7.5

SMOOTHIE 5

BASE - ALMOND MILK, CACAO POWDER
FRUIT - AVOCADO, BANANA
SEEDS - AGAVE

SMOOTHIE 6

BASE - COCONUT WATER, GINGER
FRUIT - MANGO, PINEAPPLE
SEEDS - BEE POLLEN, FLAX

SMOOTHIE 7

BASE - COCONUT WATER, PINEAPPLE, BANANA, PITAYA
FRUIT - PINEAPPLE, STRAWBERRY
SEEDS - FLAX SEEDS, COCONUT

SMOOTHIE 8

BASE - ALMOND BUTTER, ALMOND MILK, MACA, SPINACH
FRUIT - BANANA
SEEDS - CACAO, HEMP

TOAST

LOCAL GLUTEN-FREE BREAD \$1 EXTRA

SIGNATURES \$6.5

TOAST 1

BASE - NINE GRAIN BREAD, NUTELLA
FRUIT - BLUEBERRY, STRAWBERRY
TOPPINGS - CHIA, COCONUT, HONEY

TOAST 2

BASE - NINE GRAIN BREAD, PEANUT BUTTER
FRUIT - BANANA, RASPBERRY
TOPPINGS - CACAO, HEMP, HONEY

TOAST 3

BASE - PRAIRIE BREAD, AVOCADO
TOPPINGS - PEPITA, SUNFLOWER SEEDS,
HIMALAYAN PINK SALT

TOAST 4

BASE - PRAIRIE BREAD, AVOCADO
TOPPINGS - MICRO ARUGULA, WATERMELON RADISH

SPECIALTIES \$8.5

TOAST 5

BASE - PRAIRIE BREAD, AVOCADO
TOPPINGS - CUCUMBER, PINK SALT & PEPPER, SPROUTS

TOAST 6

BASE - GARDEN HERB, ADD AVOCADO \$1.25
TOPPINGS - BALSAMIC GLAZE, BURRATA CHEESE,
HEIRLOOM TOMATOES, MICRO ARUGULA, PINK SALT

TOAST 7

BASE - PRAIRIE BREAD, BLUEBERRY CHIA SPREAD,
TOPPINGS - BURRATA CHEESE, HONEY, MICRO
ARUGULA, ROASTED PEPITA

TOAST 8

BASE - GARDEN HERB, AVOCADO CILANTRO HUMMUS
TOPPINGS - BLACK PEPPER, CUCUMBERS, HEIRLOOM
TOMATOES, SPROUTS

CHIA PUDDING

SIGNATURES \$7.5

CHIA PUDDING 1

BASE - CHIA, ALMOND MILK, AGAVE,
ALMOND GRANOLA
FRUIT - BANANA, RASPBERRY
SEEDS - CACAO, FLAX

CHIA PUDDING 2

BASE - CHIA, ALMOND MILK, AGAVE,
ALMOND GRANOLA
FRUIT - BLUEBERRY, KIWI
SEEDS - BEE POLLEN, HEMP

ADDITIVES

- AVAILABLE FOR BOWLS & SMOOTHIES -

REGULAR \$1.5

AVOCADO
HEMP PROTEIN
PEA PROTEIN
SOY PROTEIN

FRESH GINGER
FRESH KALE
FRESH SPINACH
WHEY PROTEIN

PREMIUM \$2.5

ACTIVATED CHARCOAL
BLUE MAJIK (SPIRULINA)
COLLAGEN PEPTIDES
MATCHA
PEANUT BUTTER

ALMOND BUTTER
CACAO POWDER
MACA
NUTELLA
TURMERIC