

Signature Smoothies

REGULAR 20 OZ \$5.95



Berry Good

Strawberry, Pineapple, Banana, Wild Blueberry, Lemon Zest, Orange Juice, Chia Seed, Flax Seed, Coconut Water

Paradise Smoothie

Mango, Pineapple, Cashew Coconut, Coconut Manna, Chia Seed, Flax Seed, Orange Juice, Almond Milk

Nourish

Pineapple, Banana, Spinach Kale, Chard, Dates, Almond Butter, Maca Root, Chia Seed, Flax Seed, Coconut Water

Champion

Peanut Butter, Banana, Cacao, Flax Seed, Chia Seed, Vanilla, Honey, Almond Milk, Coconut Water

Strawberry Sunrise

Strawberry, Banana, Orange Juice, Flax Seed, Coconut Water

Simply Sweet

Banana, Pineapple, Chia Seed, Almond Butter, Coconut Water

Bliss Smoothies

REGULAR 20 OZ \$3.50
SMALL 9 OZ \$2.50



Orange Bliss

Orange Juice, Banana, Coconut Water, Ice

Pineapple Bliss

Pineapple, Orange Juice, Coconut Water, Ice



WHAT NUTRITION DOES YOUR BODY NEED TODAY?

Smoothie add-ins



Seeds \$0.50/EA

Chia
Flax
Hemp Hearts
Pumpkin

Energy \$0.50/EA

Indian Ginseng
Maca Root Powder
Power Greens (Spinach, Kale, Chard)
Vitamin C Boost
Wheat Grass Powder

Other \$0.50/EA

Amino Acids
Probiotics
Coconut
Honey
Oatmeal

Protein \$0.75/EA

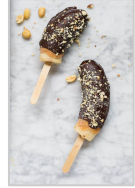
Almonds
Almond Butter
Cashews
Greek Yogurt
Walnuts
Pecans

Frozen Banana

Chunky Monkey

\$1.75 Frozen Banana Dipped in Chocolate

\$2.25 Frozen Banana Dipped in Peanut Butter and Chocolate



Sprinkles:

\$0.50 chopped almonds
\$0.25 coconut flakes
\$0.25 hemp seeds

Seasonal Smoothie

REGULAR 20 OZ \$6.50

Snack Packs

\$5.50 MIX AND MATCH - PICK 4 ITEMS BELOW

Veggies

Stuffed Mini Peppers

Stuffed with Cream Cheese, Pecans, Sharp Cheddar Cheese, Jalapeño

Celery with Peanut Butter/Honey

Carrots with Homemade Ranch

Stuffed Green Olives

Stuffed with Jalapeño & Garlic



Cheese

Babybel White Cheddar Cheese

Tillamook Mild Cheddar Cheese



Energy Bites

Love Yourself Bites

Oats, Peanut Butter, Homemade Chocolate Chunks, Honey, Flax Seed, Coconut Flakes, Honey, Vanilla

Brain Boosting Bites

Cacao Powder, Dates, Walnuts, Almond Butter, Hemp Seeds, Coconut Oil, Salt

Lemon Bites

Cashews, Almonds, Dates, Coconut, Coconut Oil, Lemon Essential Oil

PB & Chocolate Keto Fat Bomb

Cream Cheese, Peanut Butter, Chocolate Shell

Nuts

Pistachios

Mixed Nuts

Almonds, Cashews, Pistachios, Pecans, Peanut Oil