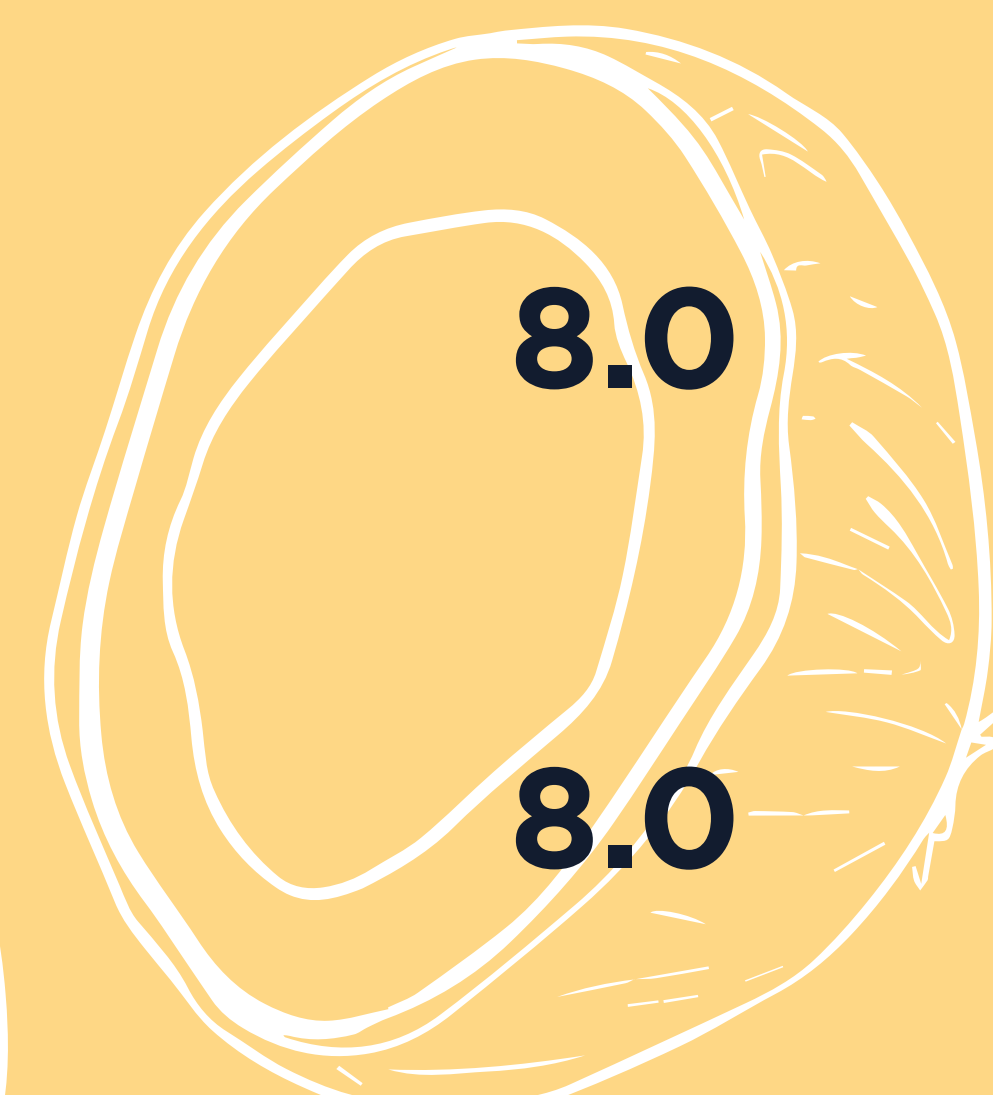
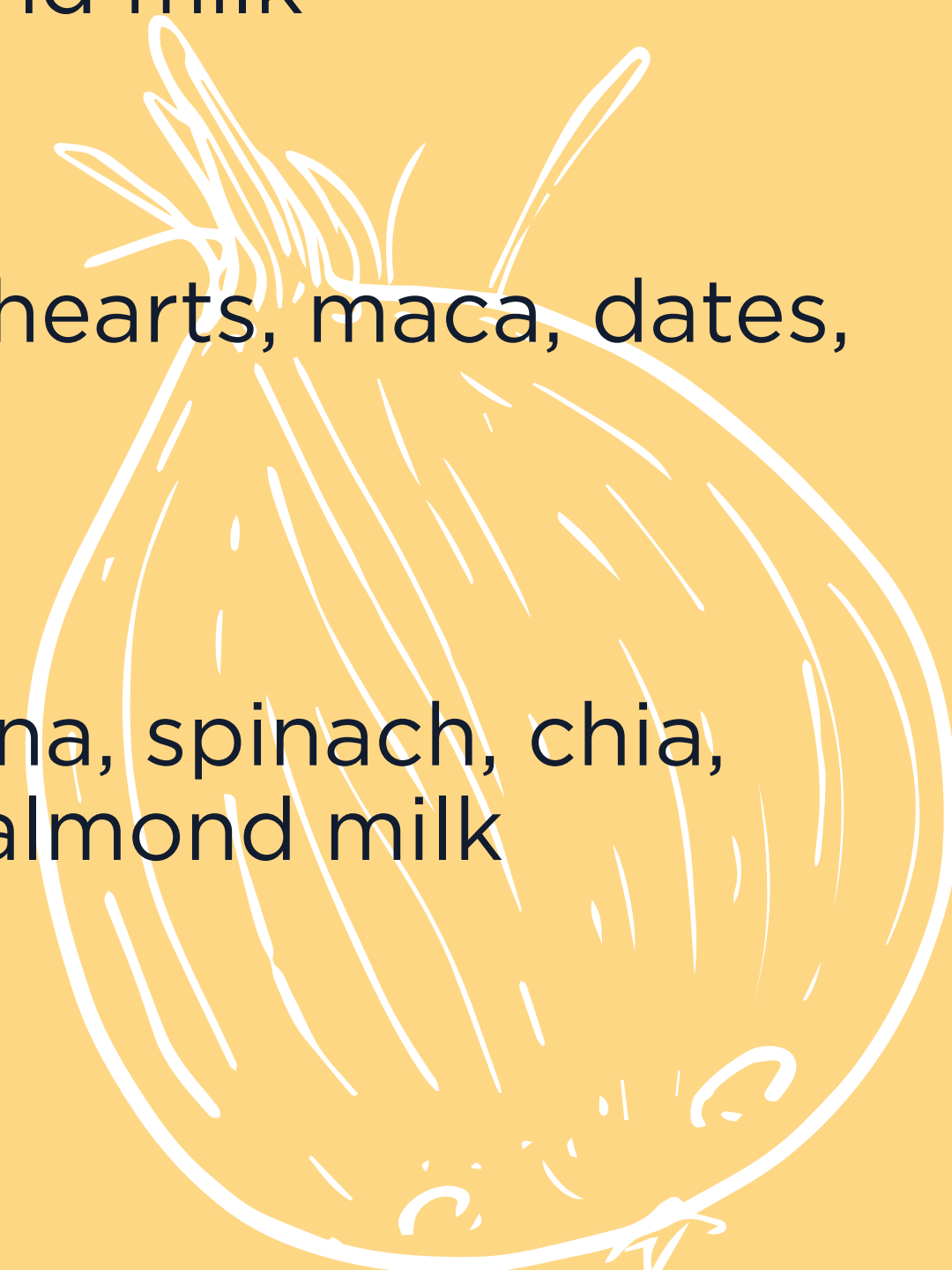




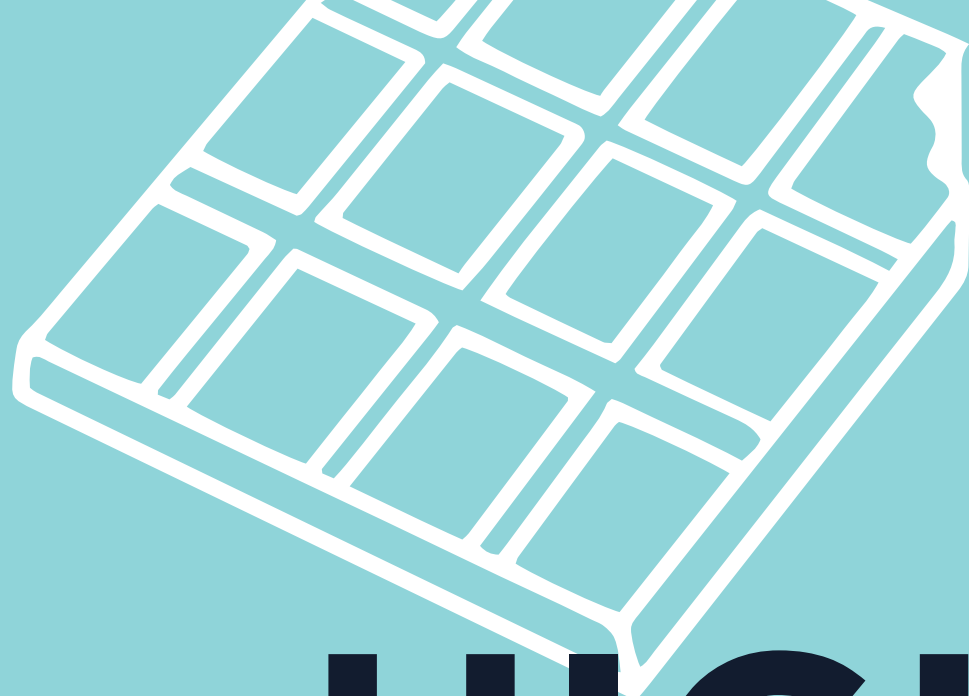
WHOLEFOOD SMOOTHIES

- 1 HEALTH NUT** **7.5**
 Pistachios, almonds, walnuts, coconut flakes, banana, dates, almond milk
- 2 PURPLE PRIDE** **8.0**
 Vanilla protein, cashews, strawberries, banana, spirulina, almond milk
- 3 RISE AND SHINE** **8.0**
 Vanilla protein, oats, cinnamon, nutmeg, almond butter, apple, almond milk
- 4 KALE ENERGY** **8.0**
 Vanilla protein, kale, hemp hearts, maca, dates, banana, almond milk
- 5 BLACK MAMBA** **8.0**
 Vanilla protein, dates, banana, spinach, chia, cacao, activated charcoal, almond milk



POWER-UP YOUR SMOOTHIE

Organic Maca 0.75	Organic Spirulina 0.50
Organic Chia 0.75	Organic Cacao Powder . . . 0.50
Organic Flax Seed 0.50	Organic Chlorella 0.50



HIGH PROTEIN SMOOTHIES

- 6 CHOCOLATE LOVERS 7.0**
 Chocolate protein, cacao, banana, almond milk
- 7 CHOCOLOCO 7.5**
 Chocolate protein, cacao, dates, peanut butter, banana, almond milk
- 8 DATENUT 7.5**
 Chocolate protein, hemp hearts, dates, banana, almond milk
- 9 HAZEL BOMB 8.0**
 Chocolate protein, hazelnuts, cacao, coconut manna, Himalayan salt, almond milk
- 10 LOVE 8.0**
 Chocolate protein, cacao, coconut oil, beets, dates, strawberries, almond milk
- 11 AVOKETO 8.0**
 Vanilla whey protein, avocado, spinach, coconut, cashews, strawberries, almond milk



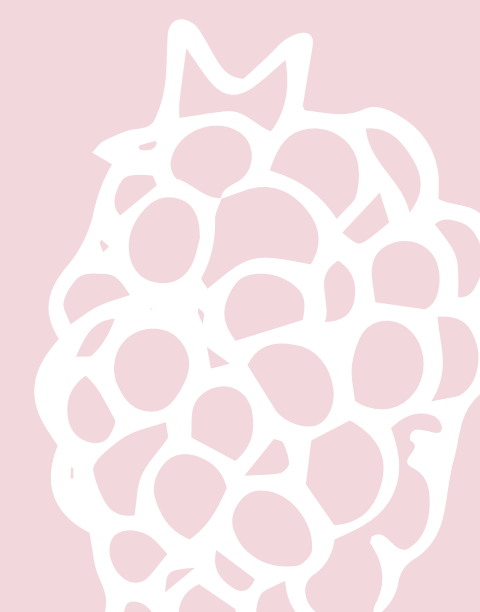
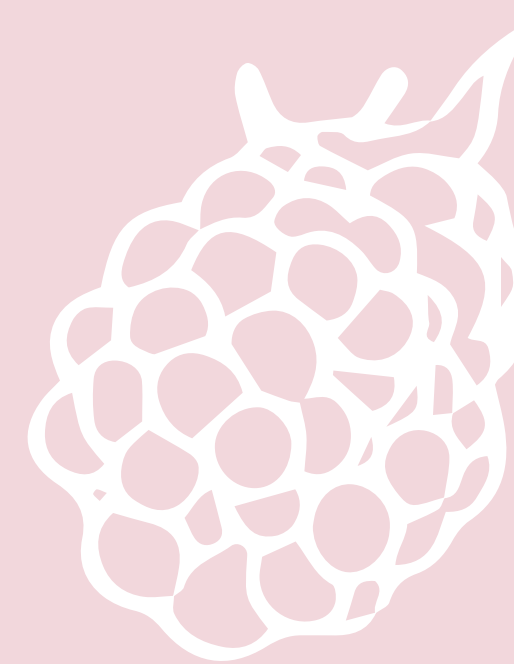
POWER-UP YOUR SMOOTHIE

Organic Pumpkin Protein 1	Organic Raw Protein 2
Organic Rice Protein 1.25	Organic Raw All-in-one 2
Organic Hemp Protein 1.25	Vega One 2

FRUITY SMOOTHIES



- 12** **TROPIKALE** **8.5**
 Kale, spinach, pineapple, orange, coconut, mango, almond milk
- 13** **BERRY DEADLY** **8.5**
 Blueberries, blackberries, raspberries, strawberries, kale, banana, maple water
- 14** **BLUE CRUSH** **8.5**
 Banana, pineapple, mango, dates, vanilla protein, blue spirulina, almond milk
- 15** **MATCHA GREEN** **8.5**
 Matcha, spinach, cashews, banana, dates, almond milk
- 16** **THE KID** **7.5**
 Mango, strawberries, banana, almond milk



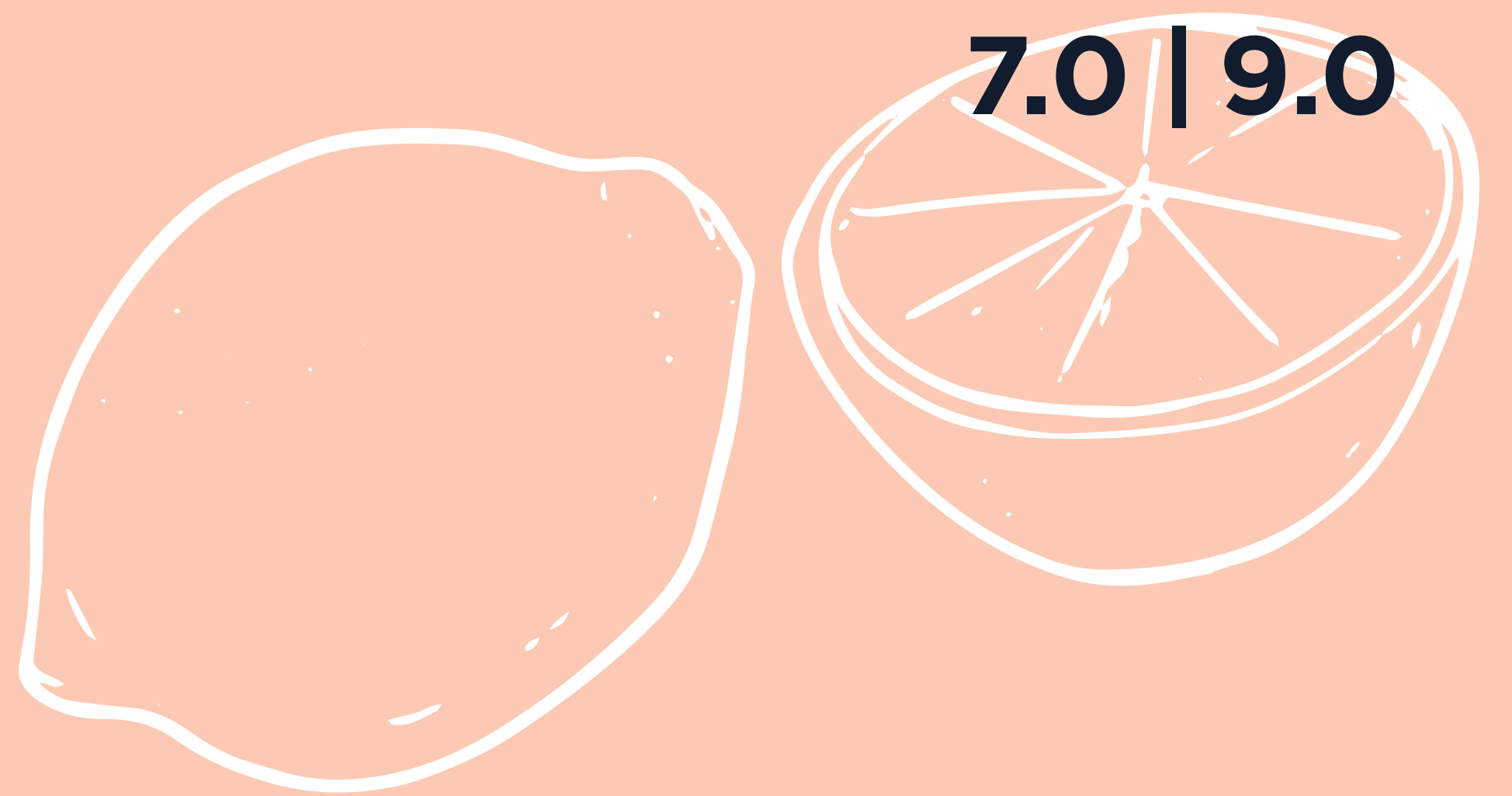
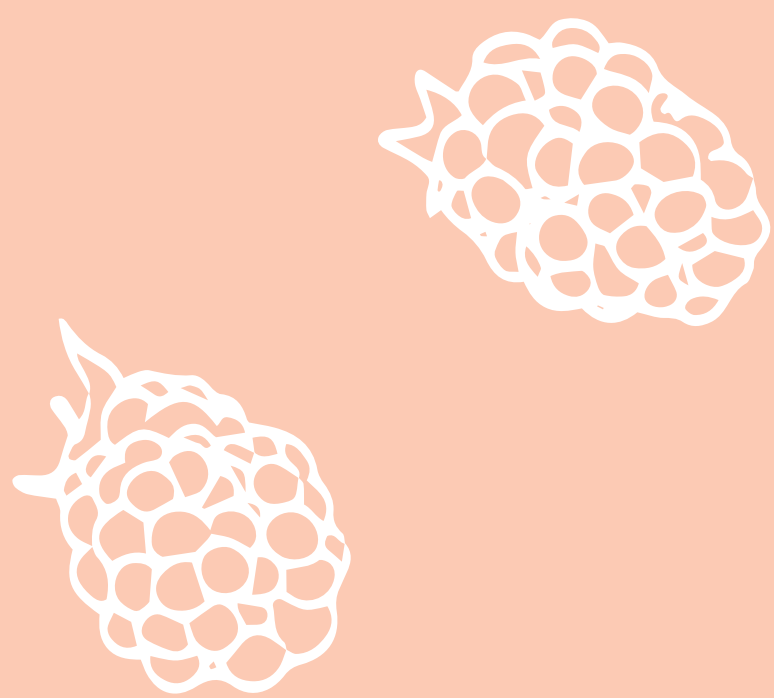
POWER-UP YOUR SMOOTHIE

Vega Sport Protein	2	Fruits & Vegetables	0.75
Iron Vegan	2	Hemp Hearts	0.75
Iron Vegan Athlete's Blend . . .	2	Glutamine	0.50

FRESH PRESSED JUICES



- 17 THE CLEANSE** **7.5 | 9.5**
 Kale, spinach, apple, celery, cucumber, lemon, ginger
- 18 KICKSTARTER** **7.5 | 9.0**
 Apple, pineapple, carrot, orange, ginger, lemon
- 19 WEEKEND WARRIOR** **7.5 | 9.0**
 Apple, beet, kale, celery, lemon, ginger
- 20 DETOX** **7.5 | 8.5**
 Apple, cucumber, pineapple, lemon, spirulina
- 21 BEET IT UP** **7.0 | 9.0**
 Apple, beet, carrot, ginger



POWER UP YOUR JUICE

Creatine	0.50	Almond Butter	0.75
Bee Pollen	0.50	Peanut Butter	0.75
BCAA	1	Collagen	1.25

MODERN BOWLS



1

ACAI BOWL

11.5

Acai powder, mixed berries, banana, topped with peanut or almond butter, sliced almonds, toasted coconuts, raw cashews, granola and fresh seasonal fruits, maple water with a granola base.

2

CHOCOLATE UNICORN

12.5

Chocolate protein, raw cacao, almond or peanut butter, topped with sliced almonds, toasted coconuts, raw cashews, granola, cacao nibs & fresh seasonal fruits, almond milk with a granola base.

3

SUNSHINE BOWL

12.0

Banana, mango, pineapple and maple water topped with toasted coconut flakes, cashews, white coconut, banana slices and a scoop of peanut butter with a granola base.

4

BLUEBIRD BOWL

12.5

Banana, pineapple, mango, hemp hearts, dates, blue spirulina, almond milk, topped with shredded coconut, coconut flakes, cashews, banana, chia seeds with a granola base.



POWER UP YOUR **MODERN** BOWL WITH ANY ADDON FROM OUR DRINKS' MENUS



TEA & COFFEE

12oz | 16oz

ESPRESSO		 2.35
TEA	2.0	
AMERICANO	3.0	 3.5
LATTE	3.5	 4.0
CAPPUCCINO		 3.75
MOCHA	4.0	 4.75
MATCHA LATTE	4.0	 4.75
CHAI TEA LATTE	4.0	 4.75
DIRTY CHAI TEA LATTE	5.0	 5.75
BUTTERED COFFEE	4.5	 5.5
2 x espresso, St. Francis organic coconut oil & butter ghee		
BUTTERED LATTE	5.0	 6.0
2 x espresso, organic milk, St. Francis organic coconut oil & butter ghee		
THE JUELZ	7.0	
Progressive pasture raised collagen, raw cacao, coconut manna, St. Francis organic coconut oil & butter ghee, organic milk		
MATCHA VANILLA KETO	7.0	
Matcha powder, St. Francis organic coconut oil & butter ghee, vanilla stevia drops, coconut milk		



AVAILABLE WITH ALMOND, OAT AND COCONUT MILK



CAFFEINE FREE

12oz | 16oz

TURMERIC LATTE

IMMUNITY, INFLAMMATION AID

Turmeric, cinnamon, ginger, cardamom, black pepper, chili pepper, date syrup, coconut oil

4.75 | 5.0

MACACHINO HOT CHOCOLATE/LATTE

ADAPTOGENIC, STAMINA AND ENERGY AID

Maca cocoa, date syrup

4.75 | 5.0

CHAGACHINO HOT CHOCOLATE/LATTE

ADAPTOGENIC, IMMUNITY AND INFLAMMATION AID

Chaga, cocoa, date syrup

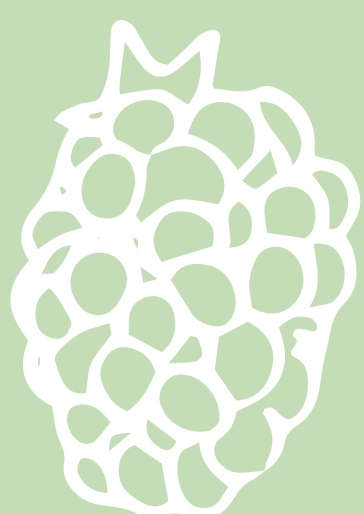
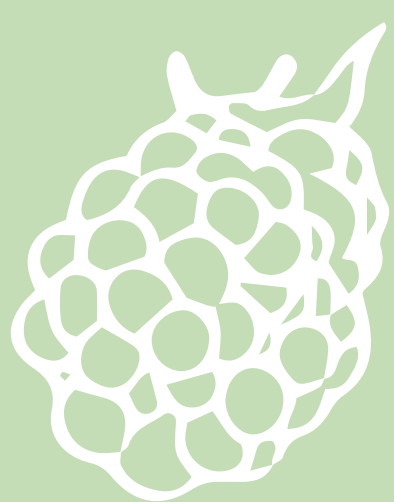
4.75 | 5.0

LAVENDER LATTE

CALMING, SOOTHING

Lavender, date syrup

4.75 | 5.0



AVAILABLE WITH ALMOND, OAT AND COCONUT MILK