

## Signature Superfood Shakes

### Wolverine

Banana, raw almond butter, Medjool dates, maca, bee pollen, raw cacao nibs, raw coconut butter, royal jelly, almond milk 10.95

### Athlete (a.k.a "The James Ashton")

Banana, blueberry, grass-fed whey protein, glutamine, flax oil, hemp milk 10.95

### Green Man

Strawberry, banana, kale, green superfoods blend, apple juice 8.95

### Mystic

Banana, Medjool dates, cinnamon, spirulina, maca, raw cacao nibs, chia seeds, raw sprouted brown rice protein, raw cashew butter, Young Thai Coconut water 11.95

### Mint Chocolate Chip

Banana, raw plant protein, raw almond butter, Himalayan sea salt, raw cacao nibs, fresh mint, raw rescue honey, chlorophyll, hemp milk 12.95

### Fountain of Youth

Strawberry, banana, açai, goji berries, resveratrol, raw coconut butter, apple juice 9.95

### Matcha Goddess

Ceremonial grade matcha green tea, Young Thai Coconut meat, grass-fed whey protein, raw cashew butter, Medjool dates, Himalayan sea salt, hemp milk 12.95

### Black Gold (chocolate or vanilla)

Cold drip coffee, banana, raw plant protein, raw almond butter, hemp milk 9.95

### Alchemist

Kale, cucumber, spinach, mint, fennel, mango, ginger, lemon, whole leaf aloe vera 9.95

### Blue Majik

Young Thai Coconut meat, Medjool date, Himalayan sea salt, Blue Majik (e3 Live), lotus pollen, grass-fed whey protein isolate, collagen, hemp milk, pineapple juice 16.95

### Million Dollar Smoothie

Banana, raw cashew butter, raw sprouted brown rice protein, raw cacao nibs, maca, goat colostrum, flax oil, mineral blend, Himalayan sea salt, chia seeds, raw rescue honey, hemp milk 15.95

### Billion Dollar Meal

Young Thai Coconut meat, spinach, raw cashew butter, goat colostrum, chlorophyll, whole leaf aloe vera, buffered vitamin C crystals, collagen, green superfoods blend, silica, grass-fed whey protein isolate, Brain-On (e3 Live), MCT oil, mushroom blend (chaga, reishi, cordyceps, shiitake, maitake, turkey tail, agaricus, meshima, tremella and lion's mane), tocos (rice bran solubles), hemp milk 28

## Custom Smoothies

7.95

### 1. Fruit (Up to 3):

Strawberry, blueberry, banana, raspberry, mango, Young Thai Coconut meat ( add \$2 )

### 2. Juice/Milk (Choose Any):

Apple juice, pineapple juice, almond milk, hemp milk, Young Thai Coconut water

Add Açai 2- Add Dragon Fruit 2-

## Protein Shakes

8.95

### Vanilla

Banana, raw plant protein, raw vanilla bean, almond milk

### Chocolate

Banana, raw chocolate plant protein, raw cacao, hemp milk

### Strawberry

Banana, strawberry, raw plant protein, hemp milk

### Peanut Butter / Chocolate

Banana, peanut butter, raw chocolate plant protein, raw cacao, almond milk

## Add-Ons

### Proteins:

Grass-Fed Whey Isolate 3-  
Grass-Fed Whey 2-  
Raw Plant Blend 2-  
Sprouted Brown Rice 2-

### Nut Butters:

Raw Almond Butter 1-  
Raw Cashew Butter 1-  
Raw Coconut Butter 1-  
Peanut Butter 1-

### Supplements:

Blue Majik (e3 Live) 3-  
Ceremonial Grade Matcha 2-  
Collagen 2-  
Green Superfoods Blend 2-  
MCT Oil 2-  
Mushroom Blend 2-  
Resveratrol 2-  
Silica 2-  
Bee Pollen 1-  
Chia Seeds 1-  
Chlorophyll 1-

Flax Oil 1-  
Goji Berries 1-  
Lotus Pollen 1-  
Maca 1-  
Raw Cacao Nibs 1-  
Raw Cacao Powder 1-  
Raw Rescue Honey 1-  
Royal Jelly 1-  
Tocos (Rice Bran Solubles) 1-  
Spirulina 1-  
Vitamin C Crystals 1-

ALL INGREDIENTS ARE ORGANICALLY GROWN OR WILD-CRAFTED

## Bowls

### Brazilian Bowl

Blended açai, banana, strawberry, blueberry, apple juice and almond milk topped with granola, banana, strawberry, hemp seeds and coconut shreds 10.95

### Hawaiian Bowl

Açai sorbet topped with granola, banana, strawberry, hemp seeds and coconut shreds 10.95

### Bliss Bowl

Blended açai, blueberry, banana, raw cashew butter and hemp milk topped with raw superfood trail mix (goji berries, macadamia nuts, white mulberries, Himalayan raisins, pistachios, and cacao nibs), banana, raw almond butter, raw rescue honey, and coconut shreds 14.95

### Dragon Bowl

Blended dragon fruit, raspberry, mango and hemp milk topped with granola, strawberry, blueberry, hemp seeds and coconut shreds 10.95

### Goldie Bowl

Hot oatmeal mixed with coconut butter, chia seeds and maple syrup and topped with banana, blueberry and strawberry 8.95

### Samurai Bowl

Blended açai, strawberry, banana, raw cacao, raw chocolate plant protein and hemp milk topped with granola, young Thai coconut meat, banana, raw cashew butter, goji berries, bee pollen and raw rescue honey 16.95

### Billion Dollar Bowl

Blended açai, blueberry, strawberry, raw chocolate plant protein, tocos (rice bran solubles), collagen, goat colostrum, raw almond butter, MCT oil, glutamine, silica, hemp milk, topped with granola, strawberry, blueberry, raw cashew butter, goji berries, cacao nibs, lotus pollen, Himalayan sea salt, coconut shreds and raw rescue honey 35

## Additional Toppings

Raw Almond Butter 2-	Young Thai Coconut Meat 2-	Blueberry 1-	Goji Berries 1-
Raw Cashew Butter 2-	Banana 1-	Cacao Nibs 1-	Raw Rescue Honey 1-
Peanut Butter 2-	Bee Pollen 1-	Chia Seeds 1-	Strawberry 1-

## Fresh Juice 12oz / 20oz

### Green

Spinach, celery, kale, cucumber 6.95/8.95

### Fast Eddy

Apple, lemon, ginger, cayenne 6.95/8.95

### Veggie

Carrot, beet, spinach, celery, cucumber, kale 6.95/8.95

### Malibu Sunrise

Orange, strawberry, carrot 6.95/8.95

### The Happy

Cucumber, celery, spinach, fennel, mint, apple, lemon 7.95/9.95

### Make Your Own 6.95/8.95

#### 1. Base (Choose Any):

Cucumber, celery, carrot, apple, orange

#### 2. Add Ons (Up to 3):

Kale, spinach, beet, mint, fennel

<b>Add:</b> Strawberry 3-	Ginger 1-
Turmeric 2-	Lemon 1-

## Coffee / Tea

**Hot Drip Coffee** 3.95

**Rocket Fuel** Small (12oz) 3.45 Large (20oz) 4.95  
Cold drip iced coffee brewed w/ alkaline water for 12 hours

### Cold Buster

Hot echinacea tea, ginger, raw rescue honey, cayenne, lemon 4.95

### Turmeric Tea

Turmeric, ginger, lemon, raw rescue honey, black pepper, hot alkaline water 6.95

**Laird Latte** \*Substitute almond butter to make it vegan

Hot drip coffee, grass-fed butter, Laird's non-dairy superfood creamer, raw rescue honey 5.95

### Matcha Latte

Ceremonial grade matcha green tea, coconut cream, raw rescue honey, and oat milk 6.95

### Golden Latte

Turmeric chai elixir, coconut cream, oat milk 6.95

### Immordl Draft Coffee

Cold brewed nitro coffee, coconut milk, maca, coconut oil, rhodiola, guarana, coconut nectar, and ground chia seeds 6.95

## Bone Broth

### Bone Broth

Handcrafted in small batches from organic grass-fed beef

Plain 8.95

Khalil Style 9.95

Ginger, lemon, black pepper, Himalayan sea salt and cayenne

## Shots 1oz/2oz

### Wellness Plus

Ginger, lemon, oregano, garlic, cayenne, apple cider vinegar 3.95 / 6.95

Wheatgrass 2.95 / 5.95 *available at select locations*

Ginger 1.95 / 3.95

Turmeric w/ black pepper 3.95 / 6.95

Brain On (e3 Live) 3.95 / 6.95