

# SEASONAL BOWLS 7.50+ | TOSSED SALAD +.45

WE can make anything  
WHOLE 30 OR KETO. Just ask!

<b>warm daily special 9</b>	always our best seller! feel free to order online and pickup
<b>seasonal special</b>	changes monthly, always using fresh, seasonal ingredients. check the chalkboard or website. requests welcome!
<b>warm ginger peanut</b> GF VG V DF SF 362 calories	ginger peanut sauce + peanuts + coconut flakes + sprouts + cilantro + spinach + marinated kale + seasonal shredded veggies <i>make it a Phad Thai Zoodle salad with our lighter summery Peanut Vini</i>
<b>solar sunshine</b> GF VG V DF SF 357 calories	pineapple vini + mint + avocado mash + hazelnuts + strawberries + watermelon radish + pickled onions + arugula + spinach + marinated kale + tomatoes + cucumbers + seasonal shredded veggies
<b>probiotic buddah</b> GF VG DF SF 420 calories	orange maple tahini + sweet potato + chickpeas + pickled veggies + egg + beets + edamame + pumpkin seeds + sesame seeds + power greens + marinated kale + tomatoes + cucumbers + seasonal shredded veggies
<b>santorini caesar</b> GF VG SF 285 calories	herb caesar + pickled red onions + kalamata olives + sunflower seeds + hummus + parmesan + marinated kale + tomatoes + cucumbers + seasonal shredded veggies <i>GOES GREAT WITH OUR NEW FALAFEL!</i>
<b>baja cali</b> GF VG SF 325 calories	avocado lime cumin creme + valentines salsa + cilantro + chipotle black beans + plantains + avocado mash + local cheddar + jalapeño + pickled onion + spinach + tomatoes + cucumbers + seasonal shredded veggies
<b>pink mojito</b> GF VG V DF SF 262 calories	strawberry jalapeño mint lime + coconut flakes + avocado mash + mint + almonds + power greens + watermelon radish + marinated kale + spinach + arugula + tomatoes + cucumber + seasonal shredded veggies
<b>bahn mi</b> GF VG V DF SF 261 calories	harissa bahn mi + jalapeño + pickled veggies + watermelon radish + coconut flakes + mint + cilantro + sunflower seeds + marinated kale + spinach + tomatoes + cucumber + seasonal shredded veggies
<b>warm savory curry</b> GF VG V DF SF 340 calories	sweet potato + zucchini + cauliflower + squash + pumpkin + marinated kale + spinach + coconut flakes + local pickled peppers + cashews + rotating savory coconut curry

**pick a base:** brown rice / turmeric ancient grains / spinach / roasted sweet potato mix / zoodles / marinated kale / arugula / power greens  
**add a protein:** chipotle black beans (+1) / garbanzo beans (+1) / egg (+1) / avocado (+2) / jc chicken (+2.50) / organic tofu (+2.50) / falafel (+2.50) GF/V

## OTHER FAVS

soup of the day 4.50

soup bowl 7

a big bowl of homemade soup + rice + spinach

minnie bowl 6

16 oz portion controlled bowl, not tossed, protein included. all contents of the minnie bowl must fit in the 16oz minnie bowl (no sides, no substitutions)

PERFECT FOR THE  
not-too-hungry!

## BUILD YOUR OWN 7.50+

### 1 base

kale  
spinach  
arugula  
zoodles  
brown rice  
sweet potato mix  
power greens  
ancient grains

\*all bowls come with seasonal shredded veggies

### 2 add-ons up to 3

mint  
basil  
salsa  
olives  
cilantro  
plantains  
jalapeño  
hummus  
almonds  
cashews  
parmesan

strawberries  
local cheddar  
pumpkin seeds  
coconut flakes  
sunflower seeds  
pickled veggies  
sweet potato mix  
pickled peppers

each additional over 3 (+.50)

### 3 dressing

herb caesar  
pineapple vini  
harissa bahn mi  
warm savory curry  
warm ginger peanut  
orange maple tahini  
pure coconut aminos  
olive oil + fresh lemon  
avocado lime cumin creme  
strawberry jalapeño mint lime

all of our dressings are house-made, gluten-free, and vegan!

### + protein

falafel (+2.50) GF/V  
jc chicken (+2.50)  
organic tofu (+2.50)  
avocado (+2)  
chipotle black beans (+1)  
garbanzo beans (+1)  
egg (+1)



GF gluten-free VG vegetarian V vegan DF dairy-free SF soy-free

## REMEDY JUICE 6.50 (14oz) / 7.50 (20oz)

**green religion** 70 calories  
spinach + kale + cucumber + celery + lemon + ginger  
*energizing, detoxifying, alkalizer*

**life cleanser** 172 calories  
spinach + kale + mint + celery + lemon + ginger + apple + cucumber  
*cleansing, cholesterol, weight, detox*

**cold + flu buster** 240 calories  
apple + pineapple + lemon + ginger + cayenne  
*immunity booster, energy*

**skin beet beautiful** 260 calories  
spinach + kale + cucumber + celery + apple + lemon + ginger + beet + carrot  
*skin purification, liver cleanser, energy*

**gogo energy** 250 calories  
beet + ginger + carrot + orange  
*energizer, brain activation, hormone balancer*

**spicy immunity** 200 calories  
spinach + kale + celery + cucumber + lime + pineapple + jalapeño  
*metabolizer, inflammation, digestion, alkalizer*

**vc kick** 360 calories  
kiwi + carrot + apple + orange  
*vitamin c, energizer*

**digestive** 360 calories  
celery + beet + lemon + apple + collagen + apple cider vini + cinnamon  
*probiotic, gut healing, metabolism*

## WELLNESS SHOTS 5 (4oz)

**flu shot**  
ginger + lemon + cayenne

**endurance shot**  
beet + lemon + ginger

**avc**  
apple + lemon + apple cider vini  
*miracle worker for balancing ph of your body. high in acetic which contributes to healthy fat loss, lowers cholesterol, detoxifying and great to rid candida which can cause fatigue and sugar cravings.*

**gut shot**  
pineapple + ginger + lemon + l.glutamine  
*pineapple contains bromelain which helps with digestion. ginger increases saliva ridding ndigestion. l.glutamine helps to repair any holes in the intestinal lining.*

## BLENDED NUTRITION 7.50 (20oz)

**green monster** 372 calories  
mango + banana + spinach + kale + raw almonds + unsweetened almond mylk

**cloud 9 fat burner** 290 calories  
coconut water + blueberry + kale + avocado + chia

**adrenal love** 290 calories 9  
avocado + mango + kale + spinach + celery + cucumber + lemon + ginger

**fast abby** 305 calories  
lime + avocado + apple + spinach + mango + banana + coconut water

**lowry's ironman** 432 calories  
raw pb + banana + chia + blueberry + strawberry + kale + unsweetened almond mylk  
*sub almond butter (-2)*

**matcha green tea** 325 calories  
matcha + spinach + honey + mango + coconut water + cashews

**bahama mama** 308 calories  
pineapple + banana + mango + orange + coconut water

**coffee nutter** 382 calories  
raw pb + coffee + cacao nibs + honey + banana

**pb+j** 395 calories 6.75  
raw pb + strawberries + blueberries + banana + unsweetened almond mylk  
*sub almond butter (-2)*

## SMOOTHIE BOWLS 10

*add a dollop of:  
Peanut butter (-1)  
almond butter (-2)*

**acai**  
blueberry + strawberry + banana + mango + raw acai + unsweetened almond mylk  
topped w/ house granola + bananas + berries + cacao nibs + coconut + honey

**blue majic**  
blueberry + mango + blue majic spirulina + banana + unsweetened almond mylk  
topped w/ house granola + berries + banana + coconut flakes + honey

**pb+j**  
raw pb + blueberry + strawberry + banana + unsweetened almond mylk  
topped w/ house granola + bananas + raw pb

## CREATE YOUR OWN DRINK

6.50+ (14oz) / 7.50+ (20oz)

choose a base + 3 add-ons  
smoothies 20oz only

### 1 base

apple  
carrot  
orange  
cucumber  
coconut water  
coconut mylk  
unsweetened  
almond mylk

### 2 add-ons up to 3

spinach  
kale  
parsley  
beet  
lemon  
lime  
ginger  
kiwi  
orange  
mango  
strawberry  
blueberry  
banana  
apple  
carrot  
cucumber  
celery  
raw cashews  
raw almonds  
raw pb (+1)  
avocado (+2)  
almond butter (+2)  
each additional  
over 3 (+.50)

### + extras

maca (+.50)  
chia (+.50)  
cacao (+.50)  
coffee (+.50)  
turmeric (+.50)  
spirulina (+.50)  
raw honey (+.50)  
flax seeds (+.50)  
collagen (+.50)  
charcoal (+.50)  
l.glutamine (+.50)  
ashwagandha (+.50)  
coconut oil (+.50)  
whey protein (+1)  
pea protein (+1)  
hemp protein (+1)  
matcha (+1)  
avocado (+2)  
mct oil (+2)  
almond butter (+2)