

# SEASONAL BOWLS FROM \$7.95

we can make anything: whole 30, keto, AIP

WE TOSS SALADS. Just ask at REGISTER!



add a SCOOP OF KIMCHEE ON THE HOUSE!

OUR KITCHEN IS 75% ORGANIC!

## daily special \$9.5

always our best seller! always hearty! feel free to order online and pickup

### warm ginger peanut

362 calories

ginger peanut sauce + peanuts + coconut flakes + fresh local cilantro + jc veggie mix + spinach + kale

### warm savory curry

340 calories

sweet potato coconut curry with cauliflower + zucchini + fresh local cilantro + coconut flakes + mama lil pickled peppers + omega seeds + spinach + kale

### baji cali \$9

325 calories

fresh salsa + avocado lime aoli + chipotle black beans + avocado mash + pineapple + spinach + cherry tomatoes + cucumbers + local white cheddar + cilantro + mama lil pickled peppers + plantain crisps

### nantucket

290 calories

oregano citrus vini + jc pickled fennel + grapefruit + avocado mash + cali walnuts + local organic mint & parsley + shaved parmesan + arugula + jc veggie mix + cucumbers + cherry tomatoes **make it vegan-take off the parm**

### rainbow cobb \$9

395 calories

smokey vegan ranch + egg + turkey bacon + local white cheddar + basil + cherry tomatoes + cucumbers + house pickled veggies + avocado mash + scallions + raw pumpkin seeds + jc veggie mix + spinach + kale

### santorini caesar

285 calories

vegan caesar dressing + kale + jc veggie mix + shaved parmesan + beet chips + sunflower seeds + castelvetro olives + cucumbers + cherry tomatoes **make it vegan-take off the parm**

### thai basil zoodle

285 calories

tangy thai vini + local fresh basil & mint + mango + red bell peppers + almonds + cucumbers + scallions + zoodles + cucumbers + cherry tomatoes + jc veggie mix + spinach + kale

### spartan

265 calories

organic hummus vini with lemon & zaatar + cucumbers + cherry tomatoes + chickpeas + local fresh mint, basil & parsley + scallions + sunflower seeds + beet chips + jc veggie mix + spinach + kale

### capri caprese \$9

325 calories

maple balsamic vini + organic arugula + lots of local fresh basil + fresh mozzarella + cherry tomatoes + cali walnuts

## CUSTOMIZE YOUR BOWL

pick a base or bases

grains: organic brown rice or organic ancient grains  
greens: hand shredded kale + spinach, organic arugula, zoodles  
roasted veggie base: roasted organic sweet potato + cauliflower

add a protein

poached shredded hormone-free chicken breast +\$2.5 turkey bacon +\$2 egg +\$1.25

PLANT BASED OPTIONS - all organic + GF + vegan

local baked tofu +\$2.5 falafel +\$2.5 chickpeas +\$1.25 chipotle black beans +\$1.25

## OTHER FAVS

seasonal soup 4.95

soup bowl 7.5

a big bowl of homemade soup + rice + spinach

minnie bowl 6

16 oz portion controlled bowl, not tossed, protein included. (no sides, no substitutions)

cup of roasted veggies 4.95

PERFECT FOR THE NOT-TOO-HUNGRY!

## NEW! MEAL DEAL COMBOS

regular bowl + any small juice \$15  
protein extra

mini bowl + any \$7.75 smoothie \$12.50

## CYO BOWL FROM \$7.95

all bowls come with organic veggie mix

all OF OUR dressings ARE VEGAN, GLUTEN-FREE & MADE IN-HOUSE!

### 1. base

kale  
spinach  
organic arugula  
zoodles  
brown rice  
organic ancient grains  
organic roasted sweet potato + cauliflower

### 2. add-ons up to 3 each add-on over 3 +.5

castelvetro olives  
plantain crisps  
peanuts  
almonds  
walnuts  
shaved parmesan  
vegan cheezy sprinkle  
mama lil's pickled peppers  
local white cheddar

coconut flakes  
sunflower seeds  
jc pickled veggies  
jc pickled fennel  
tomatoes  
red bell pepper  
cucumbers  
kimchee

scallions  
omega seeds  
pumpkin seeds  
basil  
cilantro  
mint  
feta  
mozzarella

### 3. dressing

vegan caesar  
fresh salsa  
warm ginger peanut  
warm vegan curry  
oregano citrus vini  
tangy thai vini  
maple balsamic vini  
organic hummus vini  
smokey vegan ranch  
avocado lime aioli  
olive oil + fresh lemon  
bragg

### + protein

falafel +\$2.50 jc chicken +\$2.50 organic baked tofu +\$2.50 avocado mash +\$2  
turkey bacon +\$2 chipotle black beans +\$1.25 chickpeas +\$1.25 egg +\$1.25 nuts +\$1

## FRESH JUICE \$6.75+ (14oz) | \$7.75+ (20oz)

**green religion** 70 calories

lemon + ginger + kale + spinach + cucumber + celery  
*energizing, detoxifying, alkalizer*

**life cleanser** 172 calories

mint + lemon + ginger + spinach + kale + celery + apple  
*cleansing + cholesterol + weight + detox*

**basil lemonade** 205 calories

lemon, apple, basil, celery, cucumber  
*gut health, energy, promotes blood flow, anti inflammatory*

**refresher** 180 calories

pineapple + cucumber + lemon *hydrating, detox, tasty*

**skin beet beautiful** 260 calories

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

**total C** 360 calories

carrot, apple, lemon, red bell pepper *vitamin c, energizer*

**malibu sunset** 235 calories

blended strawberry + apple + lime + mint + coconut h20  
*vitamin c, thirst quenching*

**cold + flu** 240 calories

lemon + ginger + apple + pineapple + cayenne  
*immunity booster, energy*

## QUAD SHOTS 5 (4OZ)

**honeybee** turmeric + lemon + raw honey +  
ginger + pineapple

**golden hour** beet + lemon + ginger + b-12

**flu shot** 2x ginger + 2x lemon + cayenne

**AVC** apple cider vinegar + apple + lemon

**gut** celery juice

## SMOOTHIES \$7.95+ (20oz)

*blended with unsweetened almond milk.  
sub oat mylk on request.*

**NEW! sub CAULIFLOWER FOR banana +\$1**

**pb+j** 395 calories

strawberry + blueberry + banana + raw pb + almond mylk

**green monster** 372 calories

spinach + kale + mango + almonds + banana + almond mylk

**chocolate almond berry** 350 calories **\$9**

cacao + spinach + almond butter + frozen avocado + banana +  
strawberries + blueberries + almond mylk

**keto mint choco chip** 385 calories **\$10**

whey protein + fresh mint + cacao + cacao nibs + almond mylk +  
frozen cauliflower + mct oil + avocado + stevia + spinach

**cloud 9 fat burner** 290 calories

blueberry + kale + spinach + avocado + chia + coconut h20

**bahama mama** 308 calories

mango + blended pineapple + banana + coconut h20

**dreamcicle** 310 calories

carrot + pineapple + mango + coconut h20

**lowry's ironman** 432 calories

strawberry + blueberry + kale + chia + raw pb + banana +  
almond mylk **sub almond butter +2**

**fast abby** 305 calories

mango + banana + spinach + cucumber + apple + lime + coconut  
h20

**rose matcha** 295 calories

rose + mango + matcha + honey + coconut h20 + almonds + spinach

**adrenal love** 290 calories **\$9**

avocado + mango + spinach + kale + celery + cucumber +  
lemon + ginger

**coffee nutter** 382 calories

banana + raw peanut butter + coffee + raw organic cacao +  
honey + almond mylk

+ COCONUT OIL +.50  
EXTRA GREENS +.50  
WHEY/PEA/HEMP PROTEIN +1  
RAW PB +1  
AVOCADO +2  
ACAI/ALMOND BUTTER +2

## SMOOTHIE BOWLS \$10 MICRO | \$12 MACRO

**pb+j**

blueberries + strawberries + banana + raw pb + almond  
mylk topped w/ house granola + banana + raw pb + raw  
honey drizzle

**acai**

blueberries + strawberries + banana + mango + almond  
mylk topped w/ house granola + coconut flakes + bananas +  
berries + raw honey drizzle

**blue majic** \$11 MICRO | \$13 MACRO

mango + banana + kale + almonds + almond mylk + blue  
majic spirulina topped w/ house granola, banana, almond  
butter, raw honey drizzle

**maui wowi**

pineapple + mango + banana + coconut cream + lime  
topped w/ house granola + coconut flakes + banana +  
raw honey drizzle

+ Peanut butter +\$1  
+ almond butter +\$2

## CYO DRINK \$6.95+ (14oz) | \$7.95+ (20oz) choose a base + 3 add-ons

1. base	2. add-ons up to 3	+ extras
apple	spinach	ginger
carrot	kale	blueberry
celery	parsley	banana
cucumber	beet	apple
coconut h20	lemon	mango
oat mylk	lime	strawberry
almond mylk		carrot
		raw almonds
		raw pb +\$1
		almond butter +\$2
		avocado +\$2
		<i>each additional add-on over 3 +\$.50</i>
		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