

SPECIALTY SIPS

TURMERIC LATTE ALMOND MILK, COCONUT OIL, TURMERIC, HONEY, CINNAMON, BLACK PEPPER OIL *Caffeine Free*
9

BLUE CASHEW LATTE CASHEW MILK, BLUE MAJIK, COCONUT OIL, LUCUMA, MACA, MESQUITE, MAPLE, CINNAMON *Caffeine Free*
10

ADAPTOGEN HOT CHOCOLATE CACAO, LION'S MANE, LUCUMA, MACA, MESQUITE, PEA PROTEIN, CINNAMON *Caffeine Free*
12

MATCHA BRAIN FUEL CASHEW MILK, MATCHA, XCT OIL, LION'S MANE, LUCUMA, MACA, DATES, ROSEMARY OIL
12

MIND OPENER DRIP, GRASS-FED BUTTER, XCT OIL, CINNAMON
8.5

SPICY COCONUT MIND OPENER COFFEE, COCONUT MILK, COCONUT OIL, XCT OIL, COCONUT NECTAR, CAYENNE PEPPER
9

LONGEVITY BREW DRIP, BONE BROTH, COLOSTRUM, COLLAGEN, CACAO, GLYCINE, LIONS MANE, MAPLE
19.5

ADD ONS

ALTERNATIVE MILK
HOUSE ALMOND, COCONUT, OR OAT **1**

HOUSE FLAVORS
VANILLA MOCHA, LAVENDER **1**

IMMUNITY SHROOMS
LIONS MANE, CHAGA, RISHI FOCUS AND IMMUNITY **3**

COLOSTRUM
GUT HEALTH, ANTI AGING, ENDURANCE **5.5**

EQUIP CARAMEL PROTEN
20 GRAMS BEEF ISOLATE PROTEIN **5.5**

ANCIENT NUTRITION CHOCOLATE COLLAGEN
20 GRAMS BEEF ISOLATE PROTEIN **5.5**

NUZEST PEA PROTEIN
10 GRAMS PROTEIN **2.5**

COLLAGEN
GUT AND JOINT HEALTH 18 GRAMS PROTEIN **2.5**

MCT OIL
ENERGY AND METABOLISM **2.5**

EGG SHELL POWDER
CALCIUM, MINERAL, AND BONE DENSITY **1**

GLYCINE
JOINT HEALTH, DETOX, METABOLISM, AND DIGESTION **2**

VITALITY BLEND
MACA, LUCUMA, MESQUITE ENERGY AND LIBIDO **2**

SMOOTHIES

BANANZA COCONUT MILK, BANANA, ALMOND BUTTER, DATES, MACA, CHIA SEEDS, SEA SALT
13

CACAO ALMOND BUTTERCUP ALMOND MILK, ALMOND BUTTER, RAW CACAO, DATES, STEVIA, SEA SALT
13

SUPER POWER KALE, CUCUMBER, CELERY, AVOCADO, PARSLEY VERDE, CAYENNE, LEMON, LIME
13

BERRY POWERFUL COCONUT H2O, PROTEIN, CHLORELLA, BANANA, BLUEBERRY, HEMP
14

MIGHTY MINT COCONUT MILK, BANANA, DATE, PROTEIN, MESQUITE, MACA, LUCUMA, CHLORELLA, PEPPERMINT OIL, SEA SALT, CACAO NIBS
14

MAGIC RECOVERY COCONUT MILK, BLUE MAJIK, BANANA, COLLAGEN, DATES, HEMP SEEDS, MACA
14

KETO SMOOTHIE COCONUT MILK, COLLAGEN, PEA PROTEIN, AVOCADO, ALMOND BUTTER, MONKFRUIT, LION'S MANE, CINNAMON
15.5

VITALITY SMOOTHIE COCONUT MILK, BLUEBERRY, RAW LIVER, COLLAGEN, HONEY, CINNAMON
14

DETOX SMOOTHIE
BLUEBERRY, ORANGE, CELERY, CUCUMBER, CHORELLA, CILANTRO, AVOCADO, CHIA, PLANT PROTEIN
15

KETO DOUBLE CHOCOLATE SEA SALT ALMOND MILK, EQUIP GRASS FED BEEF PROTEIN, CACAO, AVOCADO, LMNT CHOCOLATE SEA SALT
15 add colostrum **5.5**

JUICES / ELIXIRS

ORANGE FRESH SQUEEZED
6 | 11

GLOW ORANGE, CARROT, APPLE, GINGER
13.5

BEETING CARROT, BEET, KALE, GINGER, CUCUMBER, LEMON, TURMERIC
14

GREEN PARTY KALE, PARSLEY, CUCUMBER, CELERY, GINGER, GREEN APPLE, LEMON
13

GRASSHOPPER KALE, CUCUMBER, CELERY, PARSLEY, LIME
13

HERBALIST CILANTRO, BASIL, CELERY, APPLE, CUCUMBER, GINGER
14

TURMERIC TONIC TURMERIC, LEMON, GINGER, APPLE CIDER VINEGAR, CAYENNE, CINNAMON, STEVIA
11 | 70

SMOOTHIE BOWLS

GREEN CAULIFLOWER, BANANA, SPINACH, PEA PROTEIN, DATES, AVOCADO, COCONUT MILK, CHLORELLA, GF GRANOLA, HEMP SEED
18

PURPLE PURPLE POTATO, CAULIFLOWER, PEA PROTEIN, BLUEBERRIES, COCONUT H2O, MACA, LUCUMA, GF GRANOLA
18

PEPPERMINT CACAO COCONUT MILK, CAULIFLOWER, PURPLE POTATO, PEA PROTEIN, CACAO, CINNAMON, MESQUITE, MACA, LUCUMA, PEPPERMINT OIL, BLACK TAHINI CRUMBLE
18

INTENTIONALLY
CREATED
FOOD & DRINKS

TO FUEL
YOUR SOUL

AND NOURISH
YOUR BODY