

energize

homemade energy bars

apricot energy bar

coconut, walnuts, honey

pumpkin granola bar

pumpkin seed, chia seed, raisins

honey almond bar

dates, almonds, figs, apricot, honey

recovery

avocado bruschetta

multi grain toast, mashed avocado, tomato, chive, grated eggs

turkey wrap

whole wheat wrap, spinach, tomato, cinnamon sweet potato spread

banana bagel

cinnamon raisin bagel, peanut butter, apple, banana, mixed berries, orchids

balance

**build your own:
greek yogurt**

honey, chia seed, pineapple, mixed berries, flax seed

fresh fruit plate (gluten free)

sliced melons, pineapple, berries, mint

cereals

all bran

all bran, shredded wheat, oat bran flakes, corn flakes

organic granola

sun dried pears, apricots, low fat yogurt, low fat milk

hot apple cider oatmeal

oatmeal, apple cider, apples, cinnamon, nutmeg

acai bowl

build your own acai bowl

acai, greek yogurt, coconut, cocoa, banana, mango, granola, flax seeds, chia seeds, almonds, mixed berries

homemade muffins

gluten free muffins

zucchini muffin

banana nut muffin

fresh pressed juice **\$5.00**

roots

beet, strawberry, carrot, apple

purple rain

mixed berries, pear, apple, acai

orange

orange, carrot, ginger

piña kale

pineapple, spinach, cucumber, ginger

juice to order

choose from the chefs seasonal selections

smoothie **\$6.00**

refuel

peanut butter, banana, cocoa, almond milk, flax seed

antioxidant

blueberry, blackberry, strawberry, coconut milk, ginger, oats

serenity

peach, pear, cilantro, ginger, low fat milk, avocado

detox

spinach, orange juice, mango, mint, parsley



PURPLE RAIN:
PACKED FULL OF
ANTIOXIDANTS,
AMINO ACIDS &
VITAMIN C