

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