



Juices

Small: 7.00 Medium: 8.00 Large: 9.00

Vert Casa

Kale, Apple, Cucumber, Mint

Oh Green

Pear, Spinach, Cucumber, Avocado

Restart It

Pineapple, Cucumber, Kale,
Mint, Ginger

Vita me Bae

Orange, Carrot, Apple, Lemon

Hangover

Apple, Cucumber, Kale,
Ginger, Celery

Booster

Cucumber, Carrot, Apple, Spinach,
Beet, Lemon, Ginger

ABC

Apple, Beet, Carrot

The Pinkalot

Dragon Fruit, Orange, Lemon, Lime

Hey Aloha

Pineapple, Carrot, Ginger, Lemon

Orange you Better

Orange, Lemon, Ginger,
Turmeric, Honey

Shots

Boom

Lemon, Ginger, Garlic, Cayenne Pepper **S: 2.00 D: 3.50**

Beet-Street

Lemon, Ginger, Beets **S: 1.50 D 3.00**

Terminator

Lemon, Ginger, Turmeric, Black Pepper **S: 2.00 D: 3.50**

Ginger

Lemon, Ginger **S: 1.00 D: 2.00**

Wheat Grass

S: 2.50 D: 5.00

Specialty Juices

See Ya 11.00

Apple, Lemon, Sea Moss,
Orange Ginger





Smoothies

Small: 7.25 Medium: 8.25 Large: 9.25

Cai Burst

Strawberries, Banana, Apple juice, Açai

Pb Power Up

Peanut Butter, Banana, Honey, Coconut Milk

Green Goodness

Banana, Almond Milk, Kale, Bee Pollen, Pineapple

Guava Ladda

Banana, Strawberry, Mango, Guava Nectar, Honey

Emerald Bliss

Banana, Mango, Spinach

Strawberry Daiquiri

Strawberry, Lime, Sparkling Water

Strawberry Banana

Banana, Strawberry, Greek Yogurt, Almond Milk, Agave

Too Coolie

Banana, Pineapple, Mango

Pina Colada

Banana, Pineapple, Coconut, Honey, Coconut Milk

Protein Shakes

Small: 8.75 medium 9.75 Large 10.75

Creamy Cashew

Raw Protein, Banana, Cashew Milk, Avacado

Peanut Butter & Jay

Peanut Butter, Whey Protein, Banana, Strawberry, Agave, Almond Milk

Energizer

Peanut Butter, Chocolate Whey Protein, Banana, Coconut Milk

Orange you Strong

orange Juice, Pineapple, Whey Protein

Specialty Smoothies

Fruit Tour 11.00

Banana, Strawberry, Agave, Almond Milk, Coconut, Pineapple, Coconut Milk, Honey, Mango, Spinach, Mango Juice

The P.I.T. 11.00

Banana, Strawberry, Peanut Butter, Greek Yogurt, Granola, Agave

Peach purple 11.00

Banana, Blueberries, Almond Milk, Strawberry, Mango, Peach

Chick-O-Stick 11.00

Coconut, Pineapple, Banana, Honey, Peanut Butter, Coconut Milk, Raw Vegan Protein, Coconut Flakes

Kookies & Kream 11.00

Oreo, Banana, Almond Milk, Chocolate Raw Protein





Açai Bowls

We Power

Açai, Whey Protein, Granola, Banana, Peanut Butter

Paradise

Açai, Granola, Honey, Banana, Pineapple, Coconut Flakes

Nutella

Açai, Granola, Nutella, Coconut Flakes, Strawberry, Banana

Tanoshii

Açai, Granola, Honey, Strawberry, Banana Blueberries

Caramel Apple Açai Bowl

Açai, with Caramel, Granola, Almonds, and Green Apple
\$12.98

Coconut Bowls

South Beach

Coconut Blend, Banana, Honey Granola

Coco Crazee

Coconut Blend, Honey, Granola, Mango, Pineapple, Coconut Flakes

Cotella

Coconut Blend, Banana, Nutella, Strawberry, Banana, Coconut Flakes, Granola

Bowls

Açai: 12.00 Coconut: 10.00 Oatmeal: 6.00

Oatmeal Bowls

Oat & Go

Oatmeal, Banana, Strawberry, Nutella, Coconut Flakes

Morning Bliss

Oatmeal, Almond, Blueberry, Strawberry

Og

Oatmeal, Brown Sugar, Maple

Protein Bowls

Jerk Chick'n 12.75

Brown Rice, Jerk Chicken, Romaine Lettuce, Cucumbers, Tomatoes

BBQ Chick'n 12.75

Brown Rice, BBQ Chicken, Romaine Lettuce, Cucumber, Tomatoes

Shrimp 13.75

Brown Rice, Shrimp with jerk or barbecue Sauce, Romaine Lettuce, Cucumbers, Tomatoes





Food Menu



Sandwiches

Mango Jerk Chick'n Wrap

Plant based Chicken, Sliced Mango, Tomato, Vegan Mayo, on Whole Wheat Wrap

12.00

Avocado Toastado

Avocado, Olive Oil, Crushed Red Pepper, Whole Grain Oat Toast

7.99

Chop Cheese

Whole Wheat or Brioche Bun, Vegan Mayo, Ketchup, Tomato, Lettuce, Vegan Meat, Vegan Cheese

10.00

Breakfast Sandwich

Vegan spicy sausage Vegan Egg, Vegan Cheese, Cinnamon Toast

6.50

Phillie Cheese Steak

Hero Bread, Vegan Meat, Vegan Cheese, Peppers, Onions, Vegan Mayo, House Sauce

10.99

Egg & Cheese

Brioche Bun, Vegan Egg, Vegan Cheese

4.75

Veggie Delight

Lettuce, Spinach, Tomato, Onion, Cucumber, Sprouts, Avocado, Cheese, Vegan Mayo, Whole Grain Wheat Wrap

8.49

*Choose Your Own Dressing

French, Ranch, Cesar, Balsamic.

Patties

Salmon

5.50

Callaloo

4.00

Vegan Fish

4.50

Pumpkin

4.00

Vegan Beef

4.50

Coco bread

1.25

Salads

Kale Cranberry 9.89

Kale, Dried Cranberries, Chopped Walnuts, Feta Cheese, Balsamic Dressing

Fresh Garden 8.99

Mixed Greens, Cherry, Tomatoes, Olives, Red Onions, Cucumber, Croutons, Choice Dressing

Shrimp Caesar 13.00

Romaine Lettuce, Parmesan Cheese, Croutons, Caesar Dressing, Shrimp

Chicken Ceaser 11.00

Romaine Lettuce, Parmesan Cheese, Croutons, Caesar Dressing, Jerk Chicken

Vegan Chick'n 3.00

-BBQ

-Jerk

-Seasoned