

### 3801 Pacific Avenue Virginia Beach, VA (757) 417–7377

#### Smoothies

THE MOTHER EARTH mango, banana, spinach, sprulina, almond milk, agave \$8.95

TRAVELING YOGI banana, cacao, almond butter, cinnamon, almond milk, maple syrup \$8.95

THE HANGOVER pineapple, banana, mint, cold pressed ginger juice, almond milk \$8.95

THE GREEN CAT pineapple, mango, spinach, spirulina, coconut oil, coconut water \$10.95

SIPPIN' ON ZEN acai, strawberry, banana, almond butter, almond milk, agave \$8.95

BLUE MAJIK banana, vanilla protein, blue majik, almond milk \$9.50 FOUNTAIN OF YOUTH mango, pineapple, dragon fruit, banana, maca, agave, almond milk \$9.50

POST WORKOUT blueberry, banana, vanilla protein, peanut butter, almond milk, agave \$9.50

FACELIFT banana, coffee, coconut oil, vanilla protein \$7 THE GOLDEN BUDDHA mango, pineapple, banana, cold pressed ginger & carrot juice, coconut water \$11

FRENCH KISS cherry, strawberry, blueberry, raspberry, cranberry, almond butter, almond milk, agave \$10.95

#### $^{\$}1$ Smoothie Boosters-

- chia seeds
- flax seeds
- hemp protein
- chocolate protein
- vanilla protein
- almond butter
- peanut butter
- coconut oil
- ginger

- acai
- spinach
- avocado
- kale
- spirulina
- cacao
- (nib or powder)
- maca
- turmeric

#### -Kids Smoothies-

THE SHREDDER banana, strawberry, coconut water \$5

THE LITTLE HIPPIE banana, cacao, agave, almond milk \$5

THE GREEN KITTEN pineapple, banana, spinach, coconut water, agave \$5

### Bottled Juices

8oz and 16oz bottles can be found in our grab n' go section of the store

GINGERELLA pineapple, wheatgrass, ginger

UNBEETABLE beet, carrot, lime

LIQUID GOLD orange, carrot, turmeric

THE GYPSY lemon, alkaline water, ginger, maple syrup, himalayan salt

THE JUICE GURU celery, cucumber, kale, lemon, ginger

THE SPICY GYPSY lemon, alkaline water, ginger, cayenne, maple syrup, himalayan salt

THE HALF MOON cashew, dates, alkaline water, vanilla, himalayan salt, matcha

DARK SIDE OF THE MOON cashew, dates, alkaline water, cinnamon, cacao himalayan salt THE TREE HUGGER green apple, celery, cucumber, spinach, mint, parsley

MOON MYLK cashew, dates, alkaline water, cinnamon, vanilla, himalayan salt

STRAWBERRY MOON MYLK cashew, dates, alkaline water, cinnamon, vanilla, himalayan salt, strawberry, pitaya

# Made to Order Juices

10oz - \$6.99 16oz - \$9.99

JUST WATERMELON watermelon

KEEP'N IT GREEN cucumber, kale, celery, ginger, lemon

SUNSHINE IN A CUP carrot, pineapple,ginger

CITRUS FUSION pineapple, orange, lemon, cayenne

MIRACLE JUICE beets, garlic, ginger, apple, kale, lime CUSTOM
(PICK UP TO FIVE INGREDIENTS)
apple, beet, carrot,
celery, cucumber, garlic,
ginger, kale, lemon,
lime, orange, pineapple,
spinach, turmeric,
watermelon

# -Superfood Shots

1oz shots - \$2.99

UNEARTHED wheatgrass

SERENDIPITY lemon, ginger, cayenne

WARRIOR turmeric, lemon, black pepper

# PLANT-BASED | RAW | ORGANIC | GLUTEN-FREE

### Smoothie Bowls

**PITAYA** pitaya, banana, raw oat, banana, pineapple \$9.87

BLUE MAJIK banana, almond almond milk, vanilla milk, vanilla protein, protein, topped blue majik, topped maple syrup, with: dried coconut, with: dried coconut, almond milk, raw oat, cacao nib, blueberry, banana, freeze dried berry \$10.76

CHOCOLATE raw cacao, peanut butter, bananas, topped with: dried coconut, raw oat, cinnamon, banana, cacao nib \$9.87

ACAI acai, blueberries, banana, almond milk, agave, topped with: dried coconut, raw oat, strawberry, banana, cacao nib, freeze dried berry \$10.76

GREEN bananas, spinach, spruilina, almond milk, topped with: raw oat, chia seeds, banana, strawberry \$9.87

## )atmeals<sup>GF</sup>

COFFEE & CACAO hot coffee, cacao nib, shredded coconut, almond butter, maple syrup, cinnamon \$6.99

CHERRY & CHIA dried cherry, peanut butter, chia seed, maple syrup \$6.99

CINNAMON RAISIN raisin, almond butter, cinnamon, agave, banana \$6.99

**BLUEBERRY & FLAX** bananas, dried blueberry blend, flax seed, agave \$6.99

## Toasts®

STRAWBERRY CRISP almond butter, cacao nib, strawberriess, cinnamon, agave \$7.99 THE GREEN **GODDESS** avocado, housemade pesto, microgreens \$9.99

VEG'D OUT no chix salad, microgreens \$9.99

## Salads

NO CHIX SALAD carrot, green bell pepper, broccoli, onion, green apple, raisin, celery, chopped up and tossed in cashew and dill sauce and served over spinach \$11.99

SOUTHWEST SALAD romaine, black beans, corn, onion, carrot, green bell pepper, tomato, tossed housemade chipotle ranch dressing (cashew based) \$10.99

KALE PESTO SALAD kale, cucumber, quinoa, tomato, tossed in a housemade pesto dressing (cashew based) \$11.99

# Soups

8oz - \$3.99 12oz - \$5.99 3207 - \$12.99

SOUP OF THE DAY made from scratch daily by paige

PINTO BEAN & LENTIL CHILI topped with: housemade chipotle ranch dressing

# Desserts

VISIT OUR GRAB N' GO FOR SOME DELICIOUS, MADE FROM SCRATCH PARFAITS AND CAKES

## Beverages

HOT TEA 12oz - \$2.99 | 16oz - \$3.29

ICE TEA strawberry kiwi or bluberry hibiscus 16oz - \$2.99

COFFEE hot or iced 12oz - \$2.99 | 16oz - \$3.29

ESPRESSO long shot - \$2.99

AMERICANO 12oz - \$3.49 | 16oz - \$3.99

CAPPUCCINO 12oz - \$3.49 | 16oz - \$3.99

LATTE 12oz - \$3.49 | 16oz - \$3.99

add caramel, vanilla, or chocolate flavor \$.49





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