

JUICE

O | V | GF

GREENS

SPECIAL GREEN \$12

apple, kale, collards, cabbage, cucumber, ginger, lemon, mint

STRONG GREEN \$12

kale, chard, collards, cabbage, celery, parsley, lemon, himalayan salt

COOLING HERB..... \$12

cucumber, celery, fennel, apple, parsley, mint

GREEN GRAPEFRUIT \$12.5

pineapple, grapefruit, fennel, kale, spirulina

JUST CELERY \$10

celery

ROOTS

ZINGER \$12

apple, ginger, lemon

SWEET CARROT..... \$12

carrot, apple, orange, lime

SPICY CARROT [SEASONAL] \$12.5

carrot, raw coconut meat, raw coconut water, cayenne

TURMERIC TONIC [SEASONAL]..... \$12.5

apple, grapefruit, red hawaiian turmeric, himalayan salt, black pepper

SWEET BEET \$12

beet, apple, ginger, lemon

STRONG BEET..... \$12

beet, celery, parsley, lime

SIMPLE

JUST APPLE \$11

JUST CARROT..... \$9.5

JUST ORANGE \$12

ELIXIRS

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REPLENISH & CHILL.....\$9.5

Blue Majik algae, *doTERRA* copaiba essential oil, lemon, ginger, himalayan salt, filtered h2o

PITAYA PROBIOTIC.....\$9

pitaya, *doTERRA* wild orange essential oil, live probiotics, lemon, maple, filtered h2o

CHARCOAL LEMONADE.....\$9

activated charcoal, maple, *doTERRA* grapefruit essential oil, lemon, cayenne, filtered h2o

SHOTS

4oz O | GF

V IMMUNITY.....\$7.5

ginger

V RESTORE\$7.5

red hawaiian turmeric, ginger, orange, black pepper

V RECHARGE.....\$6

E3LIVE, wheatgrass, orange

WELL BEING\$6

Blue Majik algae, lemon, cayenne, raw honey, *doTERRA* oregano essential oil, filtered h2o

BLENDS

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MAGIC MYLK..... \$13

raw almonds, raw cashews, dates, *Blue Majik* algae, vanilla bean, filtered h2o, himalayan salt, optional add *doTERRA* peppermint essential oil

VANILLA COCONUT SHAKE..... \$15

raw coconut meat, raw coconut water, vanilla bean

STRAWBERRY PITAYA MYLK [SEASONAL] \$12

raw almonds, raw cashews, strawberry, pitaya, dates, maple, filtered h2o, himalayan salt

ALMOND LATTE \$12

One Line Coffee cold brew, raw almonds, raw cashews, cinnamon, vanilla bean, dates, filtered h2o, himalayan salt (contains caffeine)

CLEANSE

THE FULL CLEANSE

CLEANSE NO. 1 \$73/DAY

2 **Special Green** (apple, kale, collards, cabbage, cucumber, ginger, lemon, mint)

1 **Sweet Carrot** (carrot, apple, orange, lime)

1 **Sweet Beet** (beet, apple, ginger, lemon)

1 **Cooling Herb** (celery, cucumber, fennel, apple, parsley, mint)

1 **Magic Milk** (raw almonds, raw coshes, *Blue Majik* algae, dates, vanilla bean, filtered h2o, himalayan salt)

CLEANSE NO. 2 \$73/DAY

2 **Strong Green** (kale, chard, collards, cabbage, celery, parsley, lemon, himalayan salt)

1 **Strong Carrot** (carrot, *E3LIVE*)

1 **Strong Beet** (beet, celery, parsley, lime)

1 **Cooling Herb** (celery, cucumber, fennel, apple, parsley, mint)

1 **Vanilla Coconut Shake** (raw coconut meat, raw coconut water, vanilla bean)

+Recommended to add 1 Immunity Shot per day

THE MINI CLEANSE

MINI CLEANSE NO. 1 \$36/DAY

1 **Special Green** (apple, kale, collards, cabbage, cucumber, ginger, lemon, mint)

1 **Sweet Carrot** (carrot, apple, orange, lime)

1 **Sweet Beet** (beet, apple, ginger, lemon)

MINI CLEANSE NO. 2 \$34/DAY

1 **Strong Green** (kale, chard, collards, cabbage, celery, parsley, lemon, himalayan salt)

1 **Strong Carrot** (carrot, *E3LIVE*)

1 **Strong Beet** (beet, celery, parsley, lime)

*Order 3 full day cleanses
or more and receive 10% off*

NOT VALID WITH MINI CLEANSE

BOWLS

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STEP 1 – choose your bowl

- SUPERBERRY** \$10
strawberries, blueberries, acai, banana, maca, peanut butter, housemade cashew mylk
- MANGO MATCHA** \$10
mango, banana, spinach, ceremonial grade Japanese matcha, housemade cashew mylk *contains caffeine*
- THE MAGIC** \$11
raw coconut meat, banana, *Blue Majik* algae, dates, housemade cashew mylk
- PEPPERMINT CHIP** \$11
raw coconut meat, banana, spirulina, cacao nibs, *doTERRA* peppermint essential oil, maple syrup, housemade cashew mylk
- BUCKEYE** \$10
banana, peanut butter, cacao, sacha inchi protein, himalayan salt, housemade cashew mylk
- BITTY BERRY BOWL [KIDS]** \$5.5
strawberries, blueberries, banana, housemade cashew mylk

STEP 2 – customize your base

BOWL & SMOOTHIE ADD-INS

- cayenne, *doTERRA* essential oils \$.25 ea.
- cacao, flaxseed, steel cut oats \$.50 ea.
- spinach, ceremonial grade matcha, *Blue Majik* algae, live probiotics, hemp protein, sacha inchi protein, acai, spirulina, maca, peanut butter, ashwagandha, lion's mane, reishi \$1 ea.
- cold pressed ginger, wheatgrass powder \$1.75 ea.
- E3LIVE+BrainON* \$2 ea.
- cold pressed red hawaiian turmeric \$2.5 ea.

STEP 3 – choose your toppings

BOWL TOPPINGS

- sliced banana, shaved coconut, hemp hearts, cacao nibs, chia seeds, bee pollen \$.50 ea.
- Pistacia Vera* muesli, housemade strawberry chia jam, housemade goji seed mix, peanut butter, raw honey \$1 ea.

SMOOTHIES

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- TROPIC GREEN** \$11
mango, spinach, pineapple, cold pressed orange juice, wheatgrass, spirulina
- MUSCLE MAGIC** \$11
banana, raw coconut meat, sacha inchi protein, *Blue Majik* algae, steel cut oats, maca, maple syrup, housemade cashew mylk
- SWIRLED PB & J** \$11
raw coconut meat, banana, housemade cashew mylk, maple syrup, peanut butter, hemp hearts, dates, himalayan salt, swirled with housemade strawberry chia jam
- MIGHTY BEET** \$10.5
cold pressed beet, cherries, strawberries, pomegranate, blueberries, cold pressed ginger, cold pressed lemon, chia seeds
- CACAO CRAVE** \$10.5
banana, cacao powder, cacao nibs, peanut butter, hemp protein, cinnamon, maple syrup, steel cut oats, housemade cashew mylk
- CLEAN GREEN** \$10.5
kale, spinach, parsley, cucumber, chard, collards, cabbage, celery, lemon, ginger, himalayan salt, spirulina, live probiotics
- COCONUT COFFEE** \$11
coconut meat, banana, coconut water, *One Line Coffee* cold brew, sacha inchi protein, coconut sugar, cardamom, maple syrup (*contains caffeine*)
- BITTY BERRY SMOOTHIE [KIDS]** \$5.75
strawberries, blueberries, banana, and cold pressed apple juice

OATMEAL

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add your choice of toppings!

- STRAWBERRY CHIA** \$4.75
Gluten free oats, cashew mylk, strawberry chia jam, coconut sugar, pinch of salt
- WILD ORANGE & CINNAMON** \$4.75
Gluten free oats, cashew mylk, *doTerra* wild orange oil, cinnamon, coconut sugar, pinch of salt
- ALMOND BUTTER & CACAO** \$4.75
Gluten free oats, almond butter, cacao, cashew mylk, coconut sugar, pinch of salt

ADAPTOGEN LATTES

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can be served hot or iced | add coffee to any latte for \$1 for a nut free latte, sub tocos rice creamer for cashew mylk

- MATCHA HEMP LATTE** \$6.5
ceremonial grade Japanese matcha, hemp hearts, spirulina, raw honey, cinnamon, housemade cashew mylk (*contains caffeine*)
- V **VANILLA MUSHROOM COFFEE** \$7.5
reishi, lion's mane, vanilla bean, coffee, coconut sugar, housemade cashew mylk (*contains caffeine*)
- V **GOLDEN LION LATTE** \$6.5
turmeric, ginger, lion's mane, cinnamon, coconut sugar, black pepper, housemade cashew mylk
- V **REISHI HOT CHOCOLATE** \$6.5
reishi, raw cacao, cinnamon, cayenne, coconut sugar, himalayan salt, housemade cashew mylk
- V **BLUE PEPPERMINT LATTE** \$7
Blue Majik algae, ashwagandha, coconut sugar, *doTERRA* peppermint essential oil, housemade cashew mylk

BEVERAGES

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- RISHI HOT TEAS [ASSORTED]** 12oz \$3
- BOXED WATER** \$2
- ONE LINE COLD BREW** 16oz \$6

PROTEIN BITES

Check out our **SEASONAL SPECIALS MENU** for our rotating selection of Protein Bites.

Ask about our seasonal specials!