

Natural Smoothies

All our smoothies and bowls are made with fresh and natural fruits, fresh vegetables we do not use syrups or any artificial flavors.

★ HOUSE RECOMENDATION

Fruit Smoothies		16 Oz	20 Oz
★ PARADISE	Mango, Banana, Pineapple & Orange	6.95	7.95
★ LEGENDARY	Strawberry, Banana	6.5	7.5
SWEETBERRIES	Blueberries, Strawberry, Banana	6.5	7.5
REFRESH	Pineapple, Mango & strawberry	6.5	7.5
★ DRAGON JUICE	Dragon Fruit, Strawberry, Pineapple, Raw Honey & Almond Milk	6.95	7.95
PASSION MANGO	Passion Fruit & Mango	6.5	7.5
PINEMANGO	Pineapple, Mango	6.5	7.5
RECHARGE	Pineapple, Orange & Papaya	6.95	7.95
CARIBBEAN	Mango, Banana, Papaya	6.5	7.5
★ LEMONADE	Fresh Squeezed Lemonade. Add mint +\$0.5	5.99	6.99



Green Smoothies		16 Oz	20 Oz
★ ENERGY	Spinach, Pineapple, Banana, & Beets	6.95	7.95
VITAPLUS	Kale, Celery, Banana, Pineapple & Chia Seeds	6.95	7.95
TROPIGREEN	Banana, Pineapple, Mango, Spinach & Avocado	6.95	7.95
★ GREEN FIT	Pineapple, Lemon, Cucumber, Mint & Chia Seeds	6.95	7.95

Super food Smoothies		16 Oz	20 Oz
★ POWER GREEN	Kale, Spinach, Spirulina, Ginger, Orange, Raw Honey & Banana	7.5	8.5
FOREVER YOUNG	Collagen, Dragon Fruit, Orange, Strawberry, Pineapple Topped with Cacao Nibs	7.5	8.5
★ ACAI LIFE	Organic Acai, Strawberry, Blueberries, Banana.	7.5	8.5
LATIN TASTE	Passion Fruit, Banana, Mango, Almond Milk, Raw Honey	7.5	8.5
★ RECOVER	Almond Milk, Strawberry, Banana, Whey Protein, topped with Cacao Nibs	7.5	8.5
★ MATCHA POWER	Kale, Spinach, Vegan Protein, Pineapple, Matcha tea, Hemp Seeds, Chia Seeds.	7.95	8.95
CACAO LOVER	Organic Cacao Powder, Banana, Almond Milk, Peanut Butter, Vainilla Protein.	7.5	8.5
WELLNESS	Pineapple, Kale, Spinach Ginger, Cucumber, Cayenne Pepper, Lime, Hemp Seeds, Chia seeds	7.5	8.5



• Create your Own Smoothie, Boosters:

+ 2\$ Whey Protein, Vegan Protein, Collagen, Spirulina,

Fruit Bowls

ACAI TROPICAL 	11.50
Blend Organic Acai, strawberry, blueberries. Topped with granola, Banana, Mango, Blueberries, Strawberries, Coconut, Seeds & Raw honey	
ACAI GREEN 	12.99
Blend Organic Acai, strawberry, blueberries, Kale & spirulina. Topped with granola, Banana, Mango, Blueberries, Strawberries, Coconut, Seeds & Raw honey	
DRAGON FRUIT (PITAYA)	11.50
Blend Dragon Fruit and Banana, Topped with Mango, strawberry, Coconut, Banana, Granola & Seeds	
PASSION BOWL	10.99
Blend Passion Fruit, Mango, Banana, Raw Honey Topped with Granola, Strawberry, Banana, Coconut, Mango, Cacao Nibs & Seeds	
COLOMBIAN BOWL	10.5
Mango, Banana, Strawberry, Blueberries, Mozzarella Cheese, Condensed Milk & Ice Cream	
MANGO BICHE	7.0
Mango Strips, choose between, Salt, Lime, Chili Pepper, Black Pepper, Vinegar, Condensed Milk,	
ADD ONS	
Organic Granola GF	1
Drizzle Almond Butter	2
Peanut Butter	1
Cacao Nibs	1

Meals

SUMMER SALMON	15.50
Lemon Marinated Grilled Salmon, Organic Quinoa with Brown rice, Organic Arugula, Mango, Avocado, Zucchini, and Carrots.	
GRILLED CHICKEN	11.99
Grilled chicken, Organic Quinoa with Brown rice, Organic Spinach, Mango, Avocado, Zucchini and Carrots.	
TUNA SALAD	11.99
Tuna salad (tomato, red onion, olive oil mayonnaise), Organic Quinoa with Brown rice, Organic Spinach, Mango, Avocado, Zucchini and	
LENTIL BOWL ADASHAH	11.99
Oven Roasted Adashah (lentil based protein), Organic Quinoa with Brown rice, Organic Arugula, Mango, Avocado, Zucchini and Carrots.	

Substitute the Brown Rice With Quinoa for Mixed
Greens + \$1

Wellness Shots

Ginger Shot 2oz	3.99
Flu Shot (Ginger, lime & Cayenne) 2oz	3.99




Raw Fish



May contain Soy

Toast, Bagels & Waffles

AVOCADO TOAST / BAGEL	9.5
Toasted Sourdough Multigrain Bread, Mashed Avocado, Crumbled Feta Cheese, Grape Tomato & microgreens	
Add two Pasture raised boiled eggs + 2	
AVOCADO SALMON TOAST / BAGEL 	11.99
Toasted Sourdough Multigrain Bread Smoked Salmon, Bread, Mashed Avocado, Crumbled Feta Cheese, Grape Tomato & microgreens	
SPRING BAGEL	9.99
Artisanal toasted bagel, Pasture Raised boiled eggs, Mozzarella, Mashed Avocado, Arugula & tomato.	
FRUITY ALMOND BUTTER TOAST	9.5
Toasted Sourdough Multigrain Bread, Almond Butter, Strawberries, Banana	
OATMEAL WAFFLES	9.5
Oatmeal waffles topped with Strawberries, Banana, Blueberries, Chia Seeds, Almond Butter Drizzle & Sugar Free Syrup	
ADD ONS	
Spirulina	1
Whey or Vegan Protein	2

Pita Sandwich

TURKEY	10.99
Pita Bread, Spinach, Turkey, Tomato, Avocado, Low Fat Cheese, Dressing & Chips	
CHICKEN OR TUNA	11.99
Pita Bread, Spinach, your favorite protein, Tomato, Avocado, Low Fat Cheese, Dressing & Your Favorite Protein	
OVEN ROASTED SALMON	13.99
Pita Bread, Marinated Lemon Salmon, Organic Arugula, Tomato, Avocado, Low Fat Cheese, Dressing.	

Salads

KALE CESAR SALAD	9.50
Organic Chopped Kale, Whole Wheat Croutons, Parmesan Cheese & our Delicious Cesar Dressing	
PARADISE SALAD	9.50
Mixed Greens, Avocado, Cherry tomatoes, Carrots, Cucumber, Pickled Cabbage, Sunflower Seeds & Mango	

PICK YOUR PROTEIN	
Marinated lemon Salmon	6.5
Grilled Chicken	3.99
Smoked Salmon	3.99
Tuna Salad	3.99
Adashah (Lentil Based Protein)	3.99
Two Pasture Raised Eggs	2.5