

BEVERAGES

KETO = K | PALEO = P | VEGAN = V

SMOOTHIES 16oz

- Chocolate Energy P. V. \$9.00
banana, almond butter, cacao, cinnamon, almond milk
Booster: *espresso* +\$1.50
- Berry Bliss P. V. \$9.00
blueberry, strawberry, banana, spinach, coconut milk
Booster: *greens powder* +\$1.50
- Glowing Detox P. V. \$9.00
blueberry, pineapple, spinach, lemon, coconut water
Booster: *aloe vera* +\$1.50
- Elderberry Glow P. V. \$10.50
raspberries, banana, apple, elderberry syrup, coconut water
- Vibrant Green P. V. \$9.00
spinach, cucumber, apple, pineapple, coconut water
- All Day Keto K. P. V. \$9.00
blueberry, avocado, spinach, almond butter, almond milk
Booster: *MCT* +\$1.50
- Go-Getter V. \$9.00
blueberry, banana, oats, almond butter, almond milk
Booster: *protein* +\$1.50
- Sunshine/Anti-Inflammatory P. V. \$9.00
pineapple, banana, spinach, turmeric, coconut milk
Booster: *omega-3* +\$1.50
- Chocolate Rose K. P. V. \$9.00
strawberry, raspberry, cocoa, monk fruit, almond milk
Booster: *hemp hearts* +\$2.00
- Strawberry Banana P. V. \$9.00
strawberry, banana, almond milk

*Ask about our seasonal smoothie!

PARFAITS

PREPARED FOODS

- Chocolate Chia Pudding K. P. V. \$5.75
- Protein Overnight Oats V. \$5.75

WAFFLES

- Blueberry Protein Waffles P. \$8.00
Enhancer: Maple Syrup +\$1.00
Almond Butter +\$1.00

FROZEN MEALS

- Paleo Shepherd's Pie P. \$16.50
grass fed beef, sweet potato, cauliflower, mushrooms, carrots, coconut cream, coconut oil, oregano, onion, garlic, parsley, basil, pink salt
- Keto Shepherd's Pie K. P. \$17.00
grass fed beef, cauliflower, mushrooms, green beans, coconut cream, coconut oil, oregano, onion, garlic, parsley, basil, pink salt
- Keto Beef Chili K. P. \$16.50
grass fed ground beef, onion, garlic, tomato, green and red peppers, mushrooms, chili powder, cumin, oregano, sea salt, black pepper
- Vegan Chili V. \$15.50
sweet potato, green and red peppers, cauliflower, pumpkin, tomato, lentils, vegetable broth coconut oil, pink salt, black and cayenne pepper, oregano, chili powder, paprika, cumin, garlic, cinnamon
- Carrot & Ginger Soup P. V. \$13.50
carrots, coconut milk, vegetable broth, onion, ginger, garlic, salt, pepper