

Protein Smoothies

\$9.90 (12OZ) / \$12.90 (20OZ)

COCOA MATCHA

CHOCOLATE PROTEIN, BANANA, MATCHA POWDER, ALMOND MILK, SULTANAS

BERRIED ALIVE

VANILLA PROTEIN, STRAWBERRIES, BLUEBERRIES, COCONUT MILK, COCONUT WATER, SULTANAS

THE BUILDER

CHOICE OF CHOCOLATE/VANILLA PROTEIN, COCONUT MILK, COCONUT WATER, EGG WHITE, BANANA, SULTANAS

CHOCOLATE MOUTH PARTY

CHOCOLATE PROTEIN, AÇAÍ, ALMOND MILK, BANANA, PEANUT BUTTER, HIMALAYAN SEA SALT

KATY BERRY

CHOICE OF VANILLA/CHOCOLATE/COOKIES & CREAM PROTEIN, STRAWBERRIES, CASHEWS, COCONUT MILK, BANANA

THE INCREDIBLE HULK

VANILLA PROTEIN, BABY SPINACH, BANANA, ALMOND MILK

CINNAMON ROLL

CHOCOLATE PROTEIN, BANANA, ALMOND BUTTER, COCONUT WATER, SULTANAS, CINNAMON POWDER

ALMOND JOY

VANILLA PROTEIN, BANANA, COCONUT MILK, ALMOND MILK, SULTANAS, ALMOND BUTTER, HIMALAYAN SEA SALT

PITAYA PUNCH

MIXED FRUIT PROTEIN, COCONUT WATER, PITAYA, PINEAPPLE, LEMON



Keto Smoothies

\$10.90 (12OZ) / \$13.90 (20OZ)

SALTED CARAMEL ABS

COOKIES & CREAM PROTEIN, ALMOND MILK, ALMOND BUTTER, HIMALAYAN SEA SALT

KETOCCINO

VANILLA PROTEIN, ESPRESSO SHOT, AVOCADO, ALMOND MILK, COCONUT WATER, ALMOND BUTTER, HIMALAYAN SEA SALT

COOKIES & CREAM

COOKIES & CREAM PROTEIN, COCONUT MILK, ALMOND MILK, ALMOND BUTTER, WALNUTS, DARK CHOCOLATE

THE GREEN GLOW

MIXED FRUIT PROTEIN, COCO MILK, BABY SPINACH, MANGO, PINEAPPLE

Vegan Smoothies

\$9.90 (12OZ) / \$12.90 (20OZ)

POPEYE PUNCH

VEGAN VANILLA PROTEIN, BANANA, MANGO, BABY SPINACH, COCONUT WATER

LIQUID SUNSHINE

VEGAN VANILLA PROTEIN, MANGO, BANANA, COCONUT WATER

DRIVIN' ME NUTS

VEGAN VANILLA PROTEIN, BANANA, STRAWBERRIES, PEANUT BUTTER, COCONUT MILK, COCONUT WATER, SULTANAS

QUEEN GREEN

VEGAN VANILLA PROTEIN, BANANA, MATCHA POWDER, COCONUT MILK, COCONUT WATER, SULTANAS

CACAO WARRIOR

VEGAN VANILLA PROTEIN, BANANA, SULTANAS, CASHEWS, COCONUT WATER, DARK CHOCOLATE

THE AMAZONIAN

AÇAÍ, BANANA, STRAWBERRIES, COCONUT WATER

TROPICAL PARADISE

VEGAN MIXED FRUIT PROTEIN, COCONUT WATER, PINEAPPLE, MANGO

SMOOTHIE ADD-ONS

PROTEIN BOOST	\$2.50
FIBRE BOOST	\$2.50
COLLAGEN BOOST	\$2.50
PROBIOTIC BOOST	\$2.50

REAL FRUIT,
REAL GOOD

Signature Toasts

AVOCADO SMOKED SALMON TOAST SOURDOUGH TOAST WITH SPINACH, AVOCADO, SMOKED SALMON AND A DASH OF HIMALAYAN SEA SALT AND PEPPER	\$12.50
PEANUT BUTTER CINNAMON TOAST SOURDOUGH TOAST WITH PEANUT BUTTER, BANANA, CACAO NIBS AND A SPRINKLE OF CINNAMON POWDER	\$9.90
ALMOND BUTTER BLUEBERRY TOAST SOURDOUGH TOAST WITH ALMOND BUTTER, BLUEBERRIES, CHOPPED WALNUTS, CHIA SEEDS AND A LIGHT DRIZZLE OF HONEY	\$9.90
SMASHED AVOCADO EGG SRIRACHA TOAST SOURDOUGH TOAST WITH SMASHED AVOCADO, BOILED EGG, SRIRACHA SAUCE AND A DASH OF HIMALAYAN SEA SALT AND PEPPER	\$11.50
NUTELLA STRAWBERRY TOAST SOURDOUGH TOAST WITH NUTELLA, STRAWBERRY AND COCONUT SHAVINGS	\$9.90



Build-your-own Toasts

SOURDOUGH TOAST + 1 BASE + 1 FRUIT + 1 TOPPING
\$12.00

BASES

ALMOND BUTTER
PEANUT BUTTER
NUTELLA
SPINACH (+\$1)

FRUITS

BANANA SLICES
STRAWBERRY SLICES
BLUEBERRIES
AVOCADO (+\$2)

TOPPINGS

CHIA SEEDS
CHOCOLATE CHIPS
CACAO NIBS
GRANOLA
COCONUT SHAVINGS
HONEY
CASHEW NUTS
CHOPPED WALNUTS

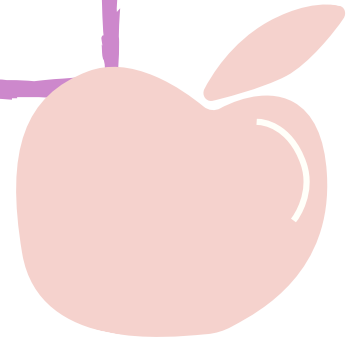
ADD-ONS

BOILED EGG (+\$3.50)
SMOKED SALMON (+\$4)

**REAL FRUIT,
REAL GOOD**

Overnight Oats

BLUEBERRY COCONUT OVERNIGHT OATS ROLLED OATS, ALMOND MILK, COCONUT MILK, HONEY, A DASH OF HIMALAYAN SEA SALT, TOPPED WITH GRANOLA AND FRESH BLUEBERRIES	\$7.90
PEANUT BUTTER BANANA OVERNIGHT OATS ROLLED OATS, ALMOND MILK, HONEY, BANANA PURÉE, PEANUT BUTTER, A DASH OF HIMALAYAN SEA SALT, TOPPED WITH GRANOLA AND FRESH BANANA	\$7.90
COCO-NUTS ABOUT MATCHA OVERNIGHT OATS ROLLED OATS, ALMOND MILK, COCONUT MILK, MATCHA POWDER, CHIA SEEDS. TOPPED WITH GRANOLA, COCONUT FLAKES AND FRESH STRAWBERRIES	\$7.90



Smoothie Bowls

ALL SMOOTHIE BOWLS ARE TOPPED WITH GRANOLA, BANANA, STRAWBERRIES, BLUEBERRIES, CHIA SEEDS, COCONUT FLAKES, CACAO NIBS AND ALMOND BUTTER

CHUNKY MONKEY BOWL BANANA, PEANUT BUTTER, CACAO NIBS, ALMOND MILK, VANILLA PROTEIN	\$12.90	PB&J BOWL BANANA, STRAWBERRIES, PEANUT BUTTER, COCONUT MILK, SULTANAS, VANILLA PROTEIN	\$12.90
PINA COLADA BOWL BANANA, PINEAPPLE, MANGO, COCONUT MILK, COCONUT FLAKES, HONEY	\$12.90	BERRY PITAYA BOWL PITAYA, STRAWBERRY, BANANA, COCONUT MILK, VANILLA PROTEIN	\$12.90
MANGO MADNESS BOWL MANGO, BANANA, COCONUT MILK	\$12.90		
SOUL AÇAÍ BOWL SPECIAL AÇAÍ BLEND	\$12.90		

Energy Coolers

OUR ENERGY COOLERS ARE SPECIALLY FORMULATED WITH A UNIQUE ENERGY BLEND THAT INCLUDES PANAX GINSENG, CAFFEINE, AND GUARANA EXTRACT. THE BEST PART IS, THESE PICK-ME-UPS ONLY CONTAIN 12-15 CALORIES EACH!

BERRY BLAST	\$6.90
STRAWBERRY LEMON-AID	\$6.90
FEELIN' GRAPE	\$6.90
SOUL SUNRISE	\$6.90
THE BASIC	\$5.90

Coffee & Tea

ESPRESSO	\$5.00	EARL GREY TEA	\$5
AMERICANO	\$5.50	ENGLISH BREAKFAST TEA	\$5
LATTE	\$6.00	CHAMOMILE TEA	\$5
CAPPUCCINO	\$6.00	PEPPERMINT TEA	\$5
MOCHA	\$7.00	JASMINE GREEN TEA	\$5
HOT CHOCOLATE	\$7.00	MATCHA LATTE	\$7
ALMOND MILK	+\$1.50		
SOY MILK	+\$1.50		
ICED	+\$1.00		

**REAL FRUIT,
REAL GOOD**