

## energize

### homemade energy bars

#### apricot energy bar

coconut, walnuts, honey

#### pumpkin granola bar

pumpkin seed, chia seed, raisins

#### honey almond bar

dates, almonds, figs, apricot, honey

## recovery

### avocado bruschetta

multi grain toast, mashed avocado, tomato, chive, grated eggs

### turkey wrap

whole wheat wrap, kale, tomato, cinnamon sweet potato spread

### banana bagel

whole wheat bagel, peanut butter, apple, banana, blueberries, orchids

## fresh pressed juice \$5.00

### roots

beet, strawberry, carrot, apple

### purple rain

blackberry, blueberry, pear, apple, acai

### orange

orange, carrot, ginger

### piña kale

pineapple, kale, cucumber, ginger

### juice to order

choose from the chefs seasonal selections

### Turmeric Detox

Lemons, Limes, Ginger, Turmeric, Golden Beet, Apple

### Green Detox

Green Apple, Cucumber, Grape Fruit, Celery, Kale, Lime, Ginger

## smoothie \$6.00

### refuel

peanut butter, banana, cocoa, almond milk, flax seed

### antioxidant

blueberry, blackberry, strawberry, coconut milk, ginger, oats

### serenity

peach, pear, cilantro, ginger, nonfat milk, avocado

### detox

kale, orange juice, mango, mint, parsley

## cereals

### all bran

all bran, shredded wheat, oat bran flakes, corn flakes

### organic granola

sun dried pears, apricots, low fat yogurt, low fat milk, skim milk buttermilk, soy milk

### hot apple cider oatmeal

oatmeal, apple cider, apples, cinnamon, nutmeg

## balance

### build your own: greek yogurt

blueberry, honey, chia seed, pineapple, strawberries, flax seed

### fresh fruit plate (gluten free)

sliced melons, pineapple, berries, mint

## muffins

### gluten free muffins

#### zucchini muffin

#### banana nut muffin

