WELL-LEMONADE
CARROT, ORANGE, LEMON, GINGER
5
MAROON MONSOON
BEET, CARROT, APPLE, LEMON, CELERY
5
GREEN LIFE
KALE, SPINACH, CELERY, APPLE, LEMON
5
• TURN ANY JUICE INTO A PROTEIN SMOOTHIE!
ADD ORGANIC BANANA AND VANILLA PROTEIN •
7

PROTEIN SMOOTHIES
15G OF VANTILLA Whey PROTEIN IN EVERY CUP FOR AN
ANYTIME MINI MEAL. THIS IS WHERE YOU’LL FIND OUR
MOST UNIQUE CREATIONS! *VEGAN PROTEIN AVAILABLE*
6.25/20OZ

KICKSTART
espresso shot, organic oats, NF vanilla yogurt, PB, dark
choco chips, banana. LF milk

LIFTED
organic: seasonal berries, NF vanilla yogurt, banana, LF
milk

COCOMANGO
organic: coconut, mango, pineapple, banana, LF milk

VANILLADATE
organic: dates, NF vanilla yogurt, banana, LF milk

SMOOTHIES
OUR MORE TRADITIONAL SMOOTHIES IN DELICIOUS
VARIETIES!! #YUM 4.75/5.25/5.75

BANANABERRY
organic: banana, strawberry, NF vanilla yogurt, LF milk

ISLANDBERRY
organic: pineapple, strawberry, banana, NF vanilla yogurt,
LF milk

AZ SUNRISE
organic: fresh OJ, strawberry, banana, NF vanilla yogurt,
LF milk

ACAI
organic: acai, blueberries, raspberries, banana, LF milk

SANDWICHES *AFTER 10AM* ADD AVOCADO/Egg SLICES .85
TURKEYWICH
smoked turkey, greens, tomato jam, red onion,
tarragon aioli. On 9-grain 6.25

CHICKENWICH
smoked chicken, greens, tomato slices, red onion,
garlic mayo, grated parmesan. On 9-grain 6.25

VEGGIEWICH
cucumber, tomato, greens, red onion, avocado,
vegan pesto spread, feta. On 9-grain 5.50

PB SANDY
PB, raspberry jam, sliced bananas. On toasted
cinnamon-raisin bagel #awesome 5

SALADS *AFTER 10AM* ADD TURKEY/CHICKEN $1 ADD AVOCADO/Egg .85
CHICKEN CHOP
romaine, smoked chicken, egg, grape tomato, feta,
creamy cilantro avocado dressing 6

FARM TO FORK
romaine, dates, golden raisins, julienned carrots,
edamame, cranberries, feta, refreshing greek yogurt
dressing 6

MARINATED KALE
kale, grape tomato, thinly sliced apple, sunflower
seeds, almond slices, grated parmesan 6

MISO SALAD
cucumber cubes, grape tomatoes, herbs, julienned
carrots, sesame seeds, miso dressing 5

COFFEE/ESPRESSO/TEA
WE PROUDLY BREW LOCAL ROASTER, LOLA COFFEE. TO
ACCOMMODATE OUR OWN FRESHLY MADE FLAVORINGS,
WE OFFER A MORE Refined ESPRESSO MENU AS WE DO
NOT USE SYRUPS.’ 12|16|20OZ

DRIP COFFEE
2 | 2.75 | 3.25

LATTE
3.25 | 3.75 | 4.25

AMERICANO
2.50 | 3

TOOTY COLD BREW
3/16oz

HOT/ICED TEAS [VARIED]
3/16oz

FLAVORS: CHECK IN WITH US :) add .50

OPEN: 7AM - LATE (M-F) 12PM - 7PM (SAT & SUN)

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*PLEASE LET US KNOW IF YOU HAVE SPECIAL DIETARY
REQUIREMENTS*