

A vertical collage of four smoothie recipes. From top to bottom: 1. Green smoothie with ingredients like green apple, spinach, and kiwi. 2. Orange smoothie with ingredients like orange, banana, and carrot. 3. Red smoothie with ingredients like pomegranate seeds and beet. 4. Purple smoothie with ingredients like purple grape and beet.

2% milk or water

\$1 each

Oat Milk | Almond Milk | Coconut Water | Orange Juice

**Choose one fruit or one vegetable*

Banana

Banana

Strawberry

Blueberry

Extra \$2.50

Spinach (2oz)

Spinach (2oz)

Celery (2oz)

Avocado (1/2) \$5

Extra \$2.50

Honey \$1

Honey \$1

Peanut Butter \$1

Protein Powder **\$2.50**

Ceremonial Matcha \$2 | Post Work Out | Recovery

Acai Berry	\$12.50
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Blueberries, raspberries, banana, hemp seeds, acai, sprouted protein.

Calories 360 | Protein 19g

Benefits: Antioxidants, Immunity, Heart Health

\$12.50

Banana, almond butter, cacao, hemp seeds, maca, sprouted protein.

Calories 400 | Protein 20g

Benefits: Energy, Mood, Hormone Balancing

The Remedy	\$12.50
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Pineapple, banana, spinach, ginger, cayenne, coconut, dandelion root, spirulina, vitamin B-12, sprouted protein & turmeric

Calories 320 | Protein 18g

Benefits: Immunity · Recovery · Mental Energy

\$12.50

Banana, organic spinach, almond butter,
turmeric, sprouted protein, magnesium booster.

Calories 390 | Protein 21g

Benefits: Energy, Recovery

\$12.50

Avocado, cucumber, spinach & kale, lemon, cayenne, sprouted protein, turmeric, ginger, dandelion root, chlorophyll & spirulina

Calories 260 | Protein 17g

Benefits: Anti-Inflammatory · Immunity · Weight-Loss Support