

## Smoothies

8 oz Kid Cups | \$4.25

### Berry Acai • \$8.50

Acai, blueberries, banana, almond milk

### Blue Magic • \$8.50

Banana, mango, spirulina, unsweetened coconut milk

### Pinkalicious • \$7.50

Pitaya, banana, mango, coconut milk

### Kalelicious • \$7.50

Kale, banana, blueberries, pineapple, coconut water, almond butter

### Mystical Mango • \$8.50

Orange juice, avocado, mango, cardamom, coconut water

### The Sky • \$7.50

Kale, banana, almond milk, sunflower butter

### Banana Mocha Smoothie • \$8.50

Crave Roxanne Blend coffee, coconut milk, banana, ½ scoop protein (chocolate or vanilla)

### Chocolate Meal Replacement • \$8.50

Banana, cocoa powder, dates, chia seeds, almond butter

### Greens Meal Replacement • \$8.50

Choose greens, liquid base, 2 fruits, 2 natural protein boosters

### PB&J Meal Replacement • \$9.50

Acai, banana, blueberries, peanut butter, apple juice, vanilla protein

### BYO Fruit Smoothie • \$8.50

Choose 2 fruits + 1 liquid base

## Bubble Tea

Add juice poppers for \$1.50

### Mango Green Tea • \$5.00

Green tea, mango nectar, agave

### Coconut Matcha Latte • \$5.00

Unsweetened coconut milk, matcha, agave

### Taro • \$5.00

Creamy taro blended with ice

## Smoothie Bowls

Comes with water cup

Additional toppings \$1 each

Ask about our ½ size bowl

### Acai Bowl • \$12.50

**Base:** acai, bananas, blueberries, unsweetened apple juice

**Toppings:** local granola, almond butter, strawberries, blueberries

### Mermaid Bowl • \$12.50

**Base:** mango, banana, unsweetened coconut milk, spirulina

**Toppings:** local granola, nutella, bananas, chocolate chips

### Pitaya Bowl • \$11.50

**Base:** pink dragon fruit, mango, banana, unsweetened coconut milk

**Toppings:** local granola, blueberries, almond slivers, local honey

### Tropical Bowl • \$11.50

**Base:** pineapple, mango, banana, unsweetened coconut milk

**Toppings:** local granola, pineapple, kiwi, coconut flakes

### Greens Bowl • \$11.50

**Base:** pineapple, mango, banana, super greens, unsweetened coconut milk

**Toppings:** local granola, strawberries, blueberries, local honey

### Elvis Bowl • \$11.50

**Base:** banana, peanut butter, unsweetened almond milk

**Toppings:** local granola, banana, chocolate chips, local honey

### Barbie Bowl • \$11.50

**Base:** strawberry, banana, pineapple, unsweetened coconut milk

**Toppings:** local granola, nutella, strawberry, coconut flakes

### Pina Colada Bowl • \$12.50

**Base:** pineapple, banana, vanilla protein, unsweetened coconut milk

**Toppings:** local granola, pineapple, coconut flakes, local honey

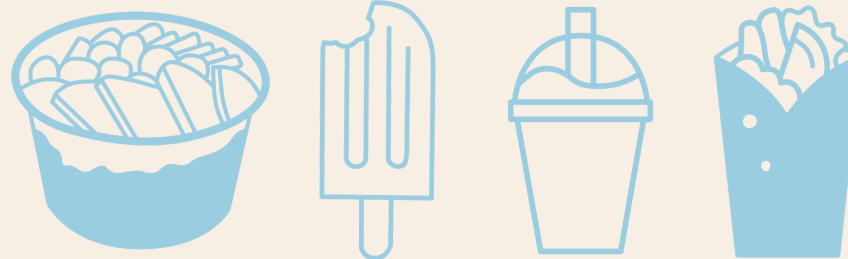
### BYO Smoothie Bowl • \$12.50

Choose 1 base + 4 toppings

**Toppings:** strawberries, bananas, blueberries, blackberries, pineapple, raspberries, kiwi, local granola, almond butter, peanut butter, nutella, local honey, coconut, chia seeds, bee pollen, walnuts, almond slivers, chocolate chips, cacao nibs



2990 B McCullough Blvd  
Belden MS



## Juices

\*Requires 24 hour notice

### Heartbeat\* • \$7.50

Beets, green apple, pear, lemon, ginger

### Calm • \$7.50

Homemade almond milk

### Revive • \$7.50

Pineapple, lime, cucumber

### Apple Carrot with a Twist • \$7.50

Green apple, carrot, lemon, ginger

### Supergreens • \$7.50

Raspberries, kale, spinach, celery, parsley, green apple, pear, lime

### Turmeric Dream • \$7.50

Apples, pear, celery, lemon, turmeric, pepper

### Spicy Lemonade • \$7.50

Lemon, water, agave, ginger, cayenne pepper

### 1 Day Cleanse\* • \$40.00

2 Super greens, 2 Heartbeats, 1 Revive, 1 Calm

### 3 Day Cleanse\* • \$120.00

6 Super greens, 6 Heartbeats, 3 Revive, 3 Calm

### Immunity Shot • \$3.50

Lemon, ginger, cayenne, honey  
4oz

### Energy & Inflammation Shot • \$3.50

Lemon, ginger, turmeric, pepper  
4oz

## Toasts

Comes with 2 slices and water cup

Additional toppings \$1 each

### Caprese • \$8.50

Avocado spread, mozzarella, tomato, basil, Italian seasoning, balsamic vinegar

### Everything but Bagel • \$8.50

Avocado spread, boiled egg, everything but bagel seasoning

### Fruit & Avocado • \$8.50

Avocado spread, strawberry, feta cheese, almond slivers, local honey, chili flake

### Southwest • \$8.50

Avocado spread, southwest salsa, siracha drizzle

### Chunky Monkey • \$8.50

Almond butter, banana, mini chocolate chips, local honey

### Mediterranean • \$8.50

Hummus, diced cucumber, tomato, sea salt, pepper

### Nutella Lover • \$8.50

Nutella, strawberry, local honey

### BYO Toast • \$8.50

Choose 1 spread, 2 toppings, & 1 drizzle

**Spreads:** avocado, almond butter, peanut butter, sun-butter, nutella, hummus, cream cheese

**Toppings:** sliced avocado, sliced boiled egg, everything but bagel seasoning, chili flake, sea salt, bacon, local granola, walnuts, almond slivers, coconut flakes, mini chocolate chips, cacao nibs, bee pollen, feta cheese, basil, tomato, cucumber, fruit

**Drizzles:** local honey, almond butter, siracha, balsamic vinegar, olive oil

## Wraps

Comes with chips and water cup

Wraps & Breads: spinach wrap, sourdough bread, or wheat bread

### Turkey Club • \$10.50

Honey turkey, cheese, lettuce, tomato, bacon, mayo

### Southwest Turkey • \$10.50

Honey turkey, cheese, avocado, southwest salsa, spicy ranch

### Hummus • \$10.50

Hummus, tomato, cucumber, carrot, avocado

## Salads

Comes with crackers and water cup

Add turkey \$2

### House Salad • \$9.25

Lettuce, cheese, tomato, bacon, egg, cucumber, croutons, house ranch

### Southwest Salad • \$9.25

Lettuce, cheese, avocado, southwest salsa, tortilla strips, avocado ranch

### Berry & Mixed Greens Salad • \$9.25

Mixed greens, strawberries, blueberries, feta cheese, granola, walnuts, house vinaigrette

## Pick Two Combos

Comes with water cup

### Select Any Two • \$11.50

½ smoothie bowl

½ wrap

½ salad

1 piece toast

## Grab And Go Add-Ons

### Energy Bites • \$4.00

### Matcha Bites • \$4.00

### Hummus w/ Veggies • \$5.00

### Mixed Fruit • \$5.00

### Popsy Popsicle • \$3.00

### Poppi Soda • \$2.75

### Chips • \$1.50

### Cup of Water • \$1.00

### Bottled Water • \$1.00