

3801 Pacific Avenue Virginia Beach, VA (757) 417–7377

-Smoothies 160z

THE MOTHER EARTH mango, banana, spinach, spirulina, almond milk, agave \$10.99

TRAVELING YOGI banana, cacao, almond butter, cinnamon, almond milk, maple syrup \$10.99 (+ coffee \$0)

BLUE MAJIK banana, vanilla protein, blue majik, almond milk \$10.99 THE GREEN CAT pineapple, mango, spinach, spirulina, coconut oil, coconut water \$10.99

SIPPIN' ON ZEN acai, strawberry, banana, almond butter, almond milk, agave \$10.99

FACELIFT banana, coffee, coconut oil, vanilla protein \$10.99 FOUNTAIN OF YOUTH mango, pineapple, dragon fruit, banana, maca, agave, almond milk \$10.99

POST WORKOUT blueberry, banana, vanilla protein, peanut butter, almond milk, agave \$10.99

CUSTOM banana based \$11.99 non-banana based \$14.99 + avocado \$1.99 THE GOLDEN BUDDHA mango, pineapple, banana, cold pressed ginger & carrot juice, coconut water \$10.99

FRENCH KISS strawberry, blueberry, almond butter, almond milk, agave \$10.99

Kids Smoothies 80z

THE SHREDDER banana, strawberry, coconut water \$5.99

THE LITTLE HIPPIE banana, cacao, agave, almond milk \$5.99

THE GREEN KITTEN pineapple, banana, spinach, coconut water, agave \$5.99

\$1 Smoothie Boosters-

- chia seeds
- flax seeds
- hemp protein
- chocolate protein
- vanilla protein
- almond butter
- peanut butter
- coconut oil
- ginger

- acai
- spinach
- avocado (+ \$1.99)
- kale
- spirulina
- cacao (nib or powder)
- maca
- turmeric

Bottled Juices

80z & 160z Bottles can be found in our grab n' go section of the store

UNBEETABLE beet, carrot, lime \$6.99/12.99

LIQUID GOLD orange, carrot, turmeric \$6.99/12.99

THE TREE HUGGER apple, celery, cucumber, spinach, mint, parsley \$6.99/12.99

PINK PITAYA LEMONADE lemon, alkaline water, dragon fruit, agave -/\$6.99

BLUE LAVENDER LIMEADE lime, alkaline water, blue majik, lavender -/\$6.99 THE JUICE GURU celery, cucumber, kale, lemon, ginger \$6.99/12.99

GINGERELLA pineapple, wheatgrass, ginger \$6.99/12.99

THE GYPSY lemon, alkaline water, ginger, maple syrup, himalayan salt \$3.99/6.99

THE SPICY GYPSY lemon, alkaline water, ginger, cayenne, maple syrup, himalayan salt \$3,99/6.99

MOON MYLK cashew, dates, alkaline water, cinnamon,vanilla, himalayan salt \$6.99/12.99

DARK SIDE OF THE MOON cashew, dates, alkaline water, cinnamon, cacao himalayan salt \$6.99/12.99

STRAWBERRY MOON MYLK cashew, dates, alkaline water, cinnamon, vanilla, himalayan salt, strawberry, pitaya \$6,99/12,99

-Made to Order Juices

10oz - \$7.99 16oz - \$10.99

JUST WATERMELON *seasonal*

JUST CELERY

CITRUS FUSION pineapple, lemon, orange, cayenne

MIRACLE JUICE beets, garlic, ginger, apple, kale, lime KEEP'N IT GREEN cucumber, kale, celery, ginger, lemon

SUNSHINE IN A CUP carrot, pineapple, ginger

CUSTOM
(PICK UP TO FIVE
INGREDIENTS)
apple, beet, carrot,
celery, cucumber, garlic,
ginger, kale, lemon,
lime, orange, pineapple,
spinach, turmeric,
watermelon *seasonal*

-Immunity Shots

1oz shots - \$3.49

UNEARTHED wheatgrass

GINGERSNAP ginger, raw apple cider vinegar, cinnamon SERENDIPITY lemon, ginger, cayenne

WARRIOR turmeric, lemon, black pepper

PLANT-BASED | RAW | ORGANIC | GLUTEN-FREE

Smoothie Bowls

PITAYA pitaya, banana, almond milk, vanilla protein, topped with: dried coconut, raw oat, banana, pineapple \$12.99

BLUE MAJIK banana, almond milk, vanilla protein, blue majik, topped with: blueberry, banana, granola blend \$12.99

ACAI acai, blueberry, banana, almond milk, agave, topped with: strawberry, banana, granola blend \$12.99

GREEN banana, spinach, spirulina, almond milk, topped with: strawberry, banana, granola blend

CHOCOLATE raw cacao, peanut butter, banana, maple syrup, almond milk, topped with: dried coconut, raw oat, cinnamon, banana, cacao nib \$12.99

atmeals

COFFEE & CACAO hot coffee, cacao nib, shredded coconut, almond butter, maple syrup, cinnamon \$7.99

CHERRY & CHIA dried cherry, peanut butter, chia seed, maple syrup \$7.99

CINNAMON RAISIN raisin, almond butter, cinnamon, agave, banana \$7.99

BLUEBERRY & FLAX banana, dried blueberry blend, flax seed, agave \$7.99

-Toasts[©]

THE GREEN GODDESS STRAWBERRY CRISP avocado, housemade cashew pesto, microgreens \$12.99

strawberry, almond butter, cacao nib, cinnamon, agave \$8.99

Salads-

SOUTHWEST SALAD romaine, black beans, corn, onion, carrot, green bell pepper, tomato, chipotle cashew ranch dressing \$12.99

KALE PESTO SALAD kale, cucumber, quinoa, tomato, pesto cashew dressing \$12.99

Soups

807 - \$4.9912oz - \$6.99 32oz - \$17.99 SOUP OF THE DAY made from scratch daily

PINTO BEAN & LENTIL CHILI topped with: chipotle cashew ranch dressing

Coffee & Tea

HOT TEA- LOOSE LEAF TEA BAG Indian Chai, Earl Gray Lavender, Kentucky Blend, Sencha Green Tea, *Vanillia BLUEBERRY HIBISCUS Rooibos, *Blueberry Hibiscus, *Cup of Serenity *caffeine free 12oz - \$2.99

ICE TEA Blueberry Hibiscus or Strawberry Kiwi 16oz - \$3.99

CAPPUCCINO 12oz - \$3.99 | 16oz - \$4.99

ESPRESSO LONG SHOT \$3.99

COLD BREW San Pacho Black Honey Ancestral Biodynamic practices from El Salvador . 16oz - \$4.99

NITRO COLD BREW 16oz - \$5.99

TEA NITRO INFUSED 16oz - \$4.99

AMERICANO 16oz - \$4.99

COFFEE HOT OR ICED 12oz - \$2.99 | 16oz - \$3.99

ALMOND MILK LATTE 12oz - \$3.99 | 16oz - \$4.99

MATCHA LATTE HOT OR ICED 16oz - \$5.99

GOLDEN MILK LATTE HOT OR ICED 16oz - \$5.99

-Desserts

OAT MILK SOFT SERVE 8oz CUP - \$4.99 VANILLA SEASONAL FLAVOR

COFFEE FLOAT 10oz - \$6.99 | 16oz - \$8.99

TEA FLOAT 10oz - \$6.99 | 16oz - \$8.99 **AFFOGATO**

oatmilk soft serve with 3oz shot of hot espresso poured over topped with cacao nibs \$7.99

STRAWBERRY SUNDAE oatmilk soft serve topped with fresh strawberries &

cacao nibs \$6.99

KEEP UP-TO-DATE WITH SPECIALS

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^{*} granola blend: dried coconut, raw oat, cacao nib, freeze dried berries