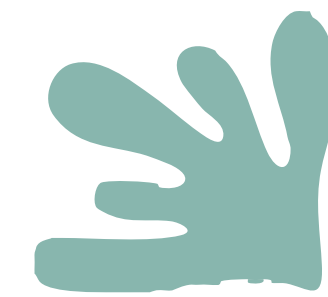


Conscious food to
fuel your light

 **BREAKFAST** 

- COCONUT YOGHURT** young coconut meat cultured with probiotics mixed with seasonal fruit, home made granola and honey \$110
- CHIA PUDDING** chia seeds soaked in fresh almond milk, cinnamon, cardamom, activated almonds, papaya and honey \$110
- SWEET TOAST** one slice of toasted sourdough bread with banana, house-made peanut butter, cinnamon, agave, strawberry, cacao nibs \$120
- AVOCADO TOAST** two slices of pumpernickel sourdough bread, with avo-capermash, purple sauerkraut, cashew cheese, hemp seeds and fresh sprouts *(add egg+20)* \$190
- EGG SALAD TOAST** two slices of sourdough bread with free-range organic egg salad made with house-made mayo, pickles, sliced avocado \$190
- BLUEBERRY WAFFLES** gluten-free and irresistibly delicious, with house-made cashew butter, banana, maple syrup, and a luscious blueberry sauce \$180



COFFEE AND LATTES

milks made daily with fresh coconuts and activated almonds

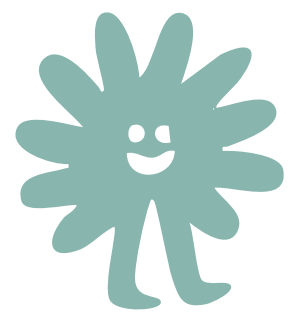
- ORGANIC COFFEE** espresso / americano \$50
- CAPPUCCINO / LATTE** espresso coffee with almond milk \$70
- COLD BREW** coffee brewed in a Yama drip tower \$60
- POWER-BREW** *(cold)* shilajit, cold brew, monk fruit, coconut milk \$90
- MATCHA MINT LATTE** premium matcha, mint, agave, coconut milk \$70
- MATE LATTE** yerba mate brew, mayan honey, coconut milk \$80
- GOLDEN MILK** turmeric, black pepper, mayan honey, coconut milk \$70
- ORANGE MOCHA** espresso, cacao, cardamom, orange, agave, almond milk \$70
- FRAPPACCINO** *(iced drink)* espresso, cacao, chaga, cardamom, cinnamon, agave, almond milk \$90
- MUSH LOVE** 10 medicinal mushrooms, maca, collagen, cacao, agave, almond milk \$120
- INDIAN CHAI SPICE** cinnamon, ginger, cardamom, clove, black pepper, agave, almond milk \$70





MEDICINAL SHOTS

- LIVER LOVER** beet kvass, milk thistle, N-ACETYL
[liver support, probiotics, detox, increase glutathione] \$60
- LIFE ENERGY** reishi, chaga, shilajit, honey
[brain function, adaptogen, immune boost, anti-cancer] \$70
- DIGEST** pineapple, ginger, aloe
[digestion, anti-nausea, stomach soother] \$50
- FLU FIGHTER** ginger, lime, turmeric, cayenne pepper
[respiratory infections, immune support] \$60



DESSERTS

All free of sugar, gluten, dairy

- LOVE CAKES** chocolate / carrot / lemon pie / peanut butter \$90
- GRAWNOLA BAR** sprouted seed bar covered in dark chocolate \$60
- RAW BROWNIES** made with pecans, cacao, coconut and dates \$50
- BLISS BALL** peanut + cacao nibs / cashew + lemon \$30

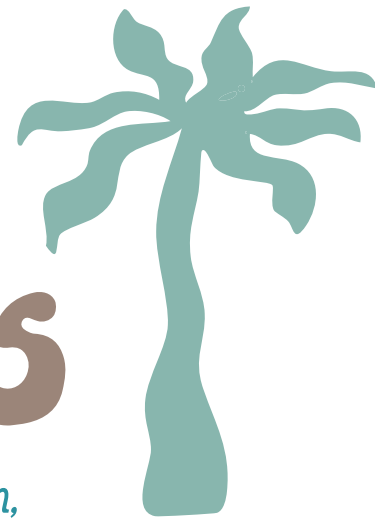
DRINKS

Sweetened with organic mayan honey or organic agave

- HYDRATE** coconut water, aloe, goji berry, lime, chia
[hydration, anti-inflammatory, anti-oxidant] \$90
- ELECTRO LIFE** blue spirulina, electrolytes, coconut water, lime
[highly concentrated ionic minerals, restore electrolytes] \$90
- STRAWBERRY KISS** passion fruit, strawberry, coconut water
[hydration, Vitamin A and C, potassium] \$80
- Q-COOLER** cucumber, mint, lime, ginger
[alkaline, anti-inflammatory, refreshing] \$80
- PASSION ELIXIR** coconut water, passionfruit, pineapple, ginger
turmeric *[anti-inflammatory, energy boost, remineralizing, magnesium]* \$90
- MATE LIMONADE** yerba mate brew, mayan honey, lime
[antioxidant boost, natural focus, clean energy, revitalizing refreshment] \$80
- ADRENAL COCKTAIL** orange, coconut, sea salt, collagen
[overcome burnout, stress hormone support] \$70
- GREEN JUICE** spinach, celery, cucumber, parsley, orange
[detox, phytonutrients, anti-inflammatory] \$70
- ROOT JUICE** carrot, beet, orange, ginger
[vitamin A, C, anti-inflammatory] \$70
- SPRING WATER** 22oz natural / sparkling \$90
- WHOLE COCONUT** fresh and local \$90



SUPERFOOD SMOOTHIES AND BOWLS



Turn any smoothie into a Bowl topped with fresh fruit, chia, amaranth, activated almonds and seeds, goji berries, and shredded coconut

	SMOOTHIE	BOWL
MACA VANILLA peanut butter, maca, banana, vanilla, spirulina, hemp protein dates, almond milk [protein, energy boost, hormone balance]	\$180	\$240
QUEEN CBD blueberry, almond butter, CBD, banana, bee pollen, cinnamon, vanilla, almond milk, monk fruit [nervous system support, fiber, mood-boost, hormone balance, antioxidant]	\$180	\$240
JUNGLE JIM cacao, reishi, cordyceps, banana, vanilla, dates, peanut butter, cinnamon, grass-fed whey protein, ghee, coconut milk [high protein, sustained energy, increased oxygen uptake]	\$190	\$260
BERRY LOVE blueberry, strawberry, banana, passionfruit, chia, bee pollen coconut milk [B Vitamins, high fiber, antioxidant]	\$160	\$220
CHOCOLATE DREAM organic cacao, banana, maca, vanilla, dates, almond milk [adaptogenic, energy boost, antioxidants, magnesium]	\$170	\$230

HEALTHY BELLY papaya, banana, ginger, turmeric, aloe, passionfruit, coconut milk [digestive, anti-inflammatory]	\$150	\$210
SUNRISE SEA papaya, strawberry, carrot, aloe, goji berries, vitamin C, ginger, turmeric, passion fruit, coconut milk, agave [vitamin C, beta-carotene, digestive, anti-inflammatory]	\$180	\$230
TROPICAL KISS pineapple, mango, banana, papaya, ginger, passionfruit, coconut milk [alkalizing, antioxidant, digestive, vitamin C]	\$160	\$220
INNER BEAUTY strawberry, rose, collagen, ashwaganda, banana, coconut agave, coconut milk [anti-aging, anti-inflammatory, vit.c]	\$190	\$260
ALKALIZE UP spinach, lime, cucumber, celery, avocado, ginger, almond milk [phytonutrients, regulates blood sugar, remineralizing]	\$140	\$190
GREEN GODDESS spinach, moringa, spirulina, pineapple, banana, ginger, passionfruit, coconut milk [remineralizing, essential amino acids, vitamin K]	\$150	\$200
AÇAÍ açai berry, blueberry, strawberry, banana, passionfruit, agave, coconut milk [antioxidant, energy, detox, immune boost]	\$190	\$250
NIKKI'S AÇAÍ same açai + spirulina, hemp protein, flax meal, vanilla, bee pollen, peanut butter, ashwaganda, cacao nibs, monk fruit [high protein, antioxidant, adaptegen, energy, detox, immune boost]	\$240	\$290

