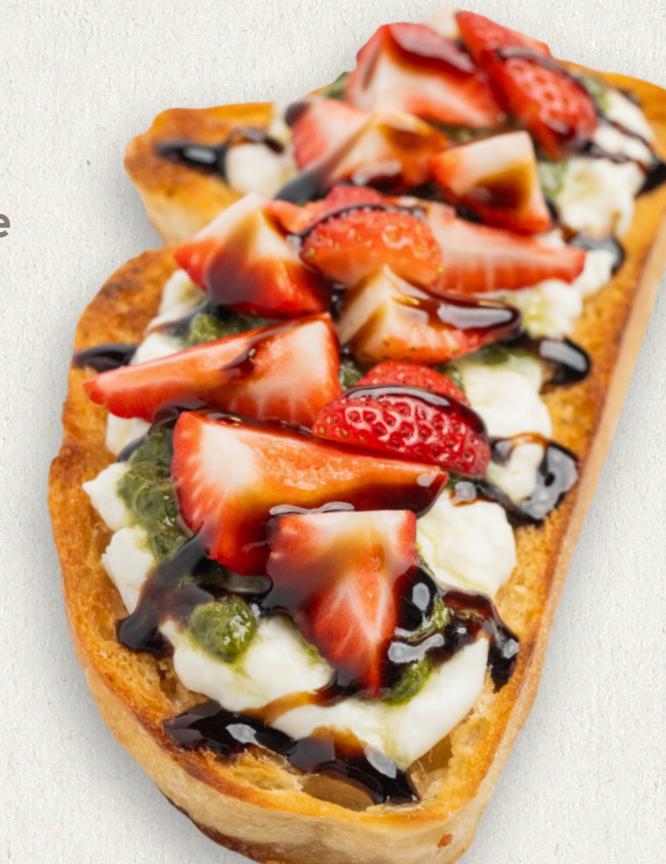


TOASTS

our signature toasts are created on artisan sourdough bread topped with fresh ingredients prepared in our kitchen daily

AVO POME

homemade avocado mash, feta cheese, pomegranate seeds, fresh mint, lemon juice

**BURRATA**

THE MEYER

homemade avocado mash, meyer lemon zest, black sesame seeds

RISE 'N SHINE

homemade avocado mash, scrambled eggs, pico de gallo, chipotle pepper aioli

SWEET BLUE

sweet lemon ricotta, blueberries, almonds, lemon zest, balsamic fig glaze

BURRATA

basil pesto cream, burrata, strawberries, balsamic fig glaze

GRILLED FOLDS

we take our flour tortilla, fill it, fold it, and grill it to perfection

WAKE UP CALL

scrambled eggs, chopped bacon, homemade avocado mash, cherry tomatoes, sharp cheddar

EDEN

roasted turkey, cranberry sauce, walnuts, spring mix, goat cheese

THE PARM

grilled chicken, tomato basil sauce, garlic croutons, parmesan, mozzarella

H & CHEESE

sliced ham, sharp cheddar, mozzarella

BOOSTER

grilled chicken, roasted red bell peppers, basil pesto, spring mix, mozzarella

**BOOSTER**

SALADS

add grilled chicken, tofu or turkey +\$3.00

FAR EAST CRUNCH

spring mix, red beets, carrots, cucumber, red cabbage, mandarin oranges, asian sesame dressing

ARCOIRIS

spring mix, carrots, corn, cucumber, black beans, pico de gallo, tortilla strips, cotija cheese, chipotle pepper aioli

BLT CAESAR

romaine, chopped bacon, cherry tomatoes, garlic croutons, shaved parmesan, caesar dressing

THE ORCHARD

spring mix, red beets, diced apple, chopped walnuts, dried cranberries, blue cheese crumbles, fuji apple vinaigrette

BLUE & FRIENDS

spring mix, blueberries, blue cheese crumbles, chopped walnuts, granola, dried cranberries, cranberry poppy seed dressing

**FAR EAST CRUNCH**

16 oz , 24 oz , 32 oz

PROTEIN POWER

AFTER WORKOUT FORMULA 380 440 590

strawberry, banana, mango, papaya juice, coconut milk, honey, vanilla, whey protein

PB&J 580 650 860

blueberry, strawberry, banana, peanut butter, coconut milk, whey protein

PB POWERHOUSE 480 500 790

peanut butter, banana, coconut milk, honey, whey protein

HERCULES 380 490 580

strawberry, banana, papaya juice, almonds, honey, weight gain protein

BULK UPPER 680-720 / 720-770 / 1030-1100

banana, coconut milk, chocolate or vanilla ice cream, honey, vanilla, weight gain protein

MEAL REPLACEMENT

SUPER SHAKE CALS VARY

choice of 2 fruits, liquid base & a meal replacement

GREENS & VEGGIES

PB GREEN MACHINE 520 570 780

peanut butter, banana, kale, spinach, apple juice, coconut milk, honey

STRAWBERRY APPLE KALE 300 390 440

strawberry, apple juice, kale, cinnamon

GINGER BERRY GREENS 300 390 440

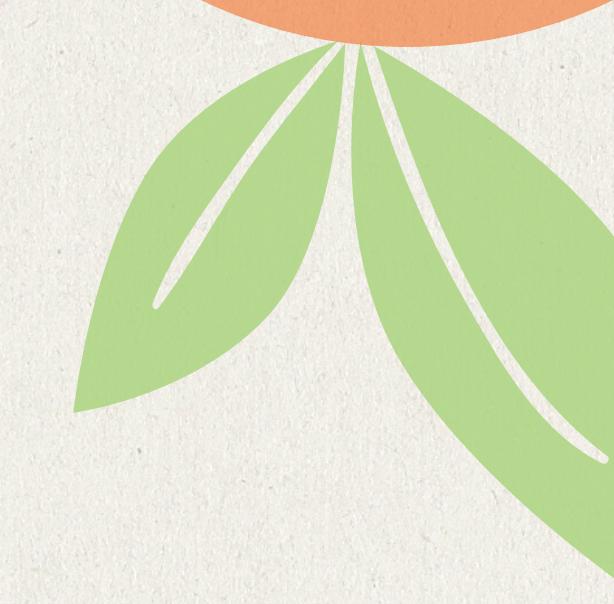
strawberry, blueberry, raspberry, orange, spinach, kale, ginger



2000 calories a day is used for general nutrition advice, but calorie needs vary.
Additional nutrition information available upon request.

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16 oz , 24 oz , 32 oz



TROPICAL

PIÑA COLADA 490 620 740

pineapple, coconut, banana, honey

TROPICAL SQUEEZE 280 290 420

strawberry, pineapple, orange, mango, banana, papaya juice

PEACH SUNSHINE 140 170 220

peach, orange, banana, papaya juice, lemon juice, ginger

FACTORY ORIGINAL 180 190 250

strawberry, pineapple, mango, peach, banana, papaya juice

THE MANGO SMOOTHIE 170 260 290

mango, coconut, banana, honey

ISLAND DELIGHT 210 280 320

pineapple, orange, banana, honey, energy boost

ENERGIZER 230 280 360

oranges, banana, almonds, coconut milk, honey, vanilla, energy boost

BERRY

BLUEBERRY SMASH 280 310 440

blueberry, banana, coconut milk, yogurt, oats, lemon juice, honey

STRAWBERRY LIMEADE 250 320 380

strawberry, banana, lemon lime juice

STRAWBERRY PATCH 310 370 460

strawberry, banana

VERY BERRY 240 260 370

strawberry, blueberry, raspberry, yogurt, coconut milk, honey



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16 oz

EASY GREENS

GREEN GLORY 120

apple, kale, lemon, spinach, cucumber, celery, probiotic boost

GINGER GREEN GLORY 160

apple, kale, lemon, spinach, cucumber, celery, ginger, probiotic boost

PERFECT PAC MINT 220

apple, pineapple, cucumber, mint, probiotic boost

PINEAPPLE MINT HARMONY 230

apple, lemon, pineapple, cucumber, mint, probiotic boost

POWER JUICES

MIGHTY CARROT KALE 110

carrot, kale, orange, probiotic boost

PUMP UP THE BEET 180

apple, ginger, lemon, beet, probiotic boost

BEET SUNRISE 190

beet, orange, apple, lemon, pineapple, probiotic boost

APPLE KALE DEFENDER 150

apple, lemon, carrot, kale, orange, probiotic boost

SPICY COLD ZAPPER 180

apple, lemon, ginger, kale, carrot, orange, cayenne, probiotic boost

WHEATGRASS OR GINGER SHOTS

SINGLE DOUBLE



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S B O W L S

PINK DRAGON BOWL 380

blended dragonfruit (pitaya), apple juice & banana
topped with granola, banana & blueberries

PINK
DRAGON
BOWL



TROPICAL ACAI BOWL 610

blended acai, cream of coconut, blueberries & banana
topped with granola, banana & pineapple

TROPICAL
ACAIBOWL



ACAI & BERRIES BOWL 410

blended acai, apple juice, blueberries & banana
topped with granola, banana & strawberries

THE COCONUT BOWL 230

blended coconut, cream of coconut & banana
topped with granola, banana, pineapple & coconut



ACAI &
BERRIES
BOWL



THE
COCONUT
BOWL



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