

**16 oz - 6.89   24 oz - 8.29   32 oz - 9.89**

## 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

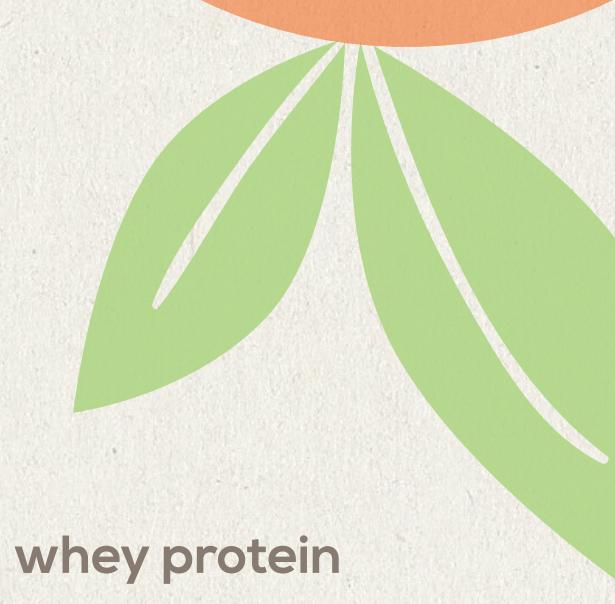
peanut butter, banana, kale, spinach, apple juice, coconut milk, honey

### STRAWBERRY APPLE KALE 300 390 440

strawberry, apple juice, kale, cinnamon

### GINGER BERRY GREENS 300 390 440

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



**16 oz - 6.59   24 oz - 7.99   32 oz - 9.59**

## 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

## 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



**16 oz - 8.99**

## 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

**GREEN GLORY**



### 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 2.99 DOUBLE 4.99

## COFFEE

## SF REFRESHERS

### HOT COFFEE

**16 oz**

AMERICANO

3.99

CAPPUCCINO

4.59

LATTE

4.69

CAFÉ MOCHA

5.19

ESPRESSO

**SINGLE - 2.99**

**DOUBLE - 3.29**

ICED COFFEE

**16 oz - 3.99**

**24 oz - 4.59**

### MILK & ALTERNATIVES

WHOLE MILK

SKIM MILK

ALMOND MILK .49

OAT MILK .49

**16 oz - 6.99 24 oz - 7.99**

### BOBA TEA

MANGO GREEN

STRAWBERRY GREEN

COCONUT BANANA

BROWN SUGAR

COFFEE

**16 oz - 2.69 24 oz - 3.49 32 oz - 4.29**

### TEAS & LEMONADE

UNSWEETENED BLACK TEA

STRAWBERRY DRAGON FRUIT TEA

LEMONADE

### SYRUPS

.49

VANILLA, CARAMEL, HAZELNUT  
CHOCOLATE, LAVENDER, IRISH CREAM,  
SEASONAL SELECTIONS



# BOWLS

9.99

## PINK DRAGON BOWL 380

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

## TROPICAL ACAI BOWL 610

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

## 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



TROPICAL  
ACAI BOWL



ACAI &  
BERRIES  
BOWL



THE  
COCONUT  
BOWL

# SALADS

## SALADS

### FAR EAST CRUNCH 7.99

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

### ARCOIRIS 8.99

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

### BLT CAESAR 9.99

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

### THE ORCHARD 8.99

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

### BLUE & FRIENDS 9.99

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



THE ORCHARD



FAR EAST  
CRUNCH

add grilled chicken,  
tofu or turkey +3.00

## TOASTS

created on artisan sourdough bread topped with fresh ingredients

### AVO POME 7.99

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

### THE MEYER 7.99

homemade avocado mash, meyer lemon zest, black sesame seeds, edible flower

### RISE 'N SHINE 8.99

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

### SWEET BLUE 8.99

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

### BURRATA 9.99

basil pesto cream, burrata, strawberries, balsamic glaze



SWEET BLUE



RISE N' SHINE



BURRATA



WAKE UP CALL



BOOSTER

## GRILLED FOLDS

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

### WAKE UP CALL 8.99

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

### EDEN 8.99

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

### THE PARM 9.99

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

### H & CHEESE 8.99

sliced ham, roasted cherry tomatoes, sharp cheddar, mozzarella

### BOOSTER 9.99

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

sub protein for tofu