

## CHAKRA SMOOTHIES

Refuel  
& Recover | \$7.50

### BERRY AWAKENING | *strong*

berries, orange,  
banana & vanilla protein

### ROOTED BLISS | *joyful*

carrots, mango, banana,  
cinnamon & vanilla protein

### HEALING HUT | *confident*

coconut, pineapple, mango,  
banana & vanilla protein

### ONE LOVE | *loved*

pineapple, orange, spinach,  
kale, avocado, banana,  
lemon & vanilla protein

### STORMY SEEDS | *content*

berries, orange, banana, kale,  
flax seed & vanilla protein

### PEACEFUL WARRIOR | *in tune*

acai, berries, banana, cacao nibs  
& vanilla/chocolate protein

### FEELING INSPIRED | *enlightened*

\$5.50 | make your own:

- pick up to 4 ingredients
- add whey protein for \$2.00
  - add in a stacked supplement for \$1.25

## MEAL REPLACEMENT

Chocolate Lovers  
& Vegan Favorites | \$8.00

### GREEN PB DREAM

choice of milk, banana,  
chocolate, spinach, peanut butter  
& chocolate protein

### COCO-NUT

choice of milk, chocolate, almond  
butter, coconut & chocolate protein

### BUDDHA BUZZ

organic coffee, almond milk,  
chocolate, espresso beans,  
flax seed oil & chocolate protein

### SALTED LIFE

choice of milk, chocolate, avocado,  
banana, himalayan pink sea salt  
& chocolate protein

### SKIPPED A "BEET"

choice of milk, chocolate, vanilla,  
beets, banana, & chocolate protein

### RAW ENERGY (VEGAN)

almond milk, flax seed oil,  
sweet potato/pumpkin, banana,  
kale, raisins & vanilla plant protein

### GREEN LOTUS (VEGAN)

almond milk, almond butter,  
spinach, banana, cardamom  
& vanilla/chocolate plant protein

## JUICES

Detox & Renew | \$7.50  
*Cleanse with Hot Water instead of Ice!*

### ROOT TO SKY | *purify*

apple, lemon,  
ginger & beet

### RISE & SHINE | *shine*

apple, carrot,  
orange & ginger

### SUN SEEKER | *energize*

apple, lemon  
& carrot

### COME CLEAN | *detox*

apple, spinach, kale,  
lemon, lime & cucumber

### OMMM | *replenish*

apple, lemon, lime,  
ginger & cucumber

### IN TUNE | *empower*

apple, orange, carrot,  
beet & ginger

### ZEN MASTER | *transcend*

- choose a base: apple, carrot, orange, celery or cucumber
- add in up to 3 more fruits & veggies: apple, lemon, lime, orange, spinach, kale, carrot, cucumber, beet, ginger

## ADD-INS

NUTRITIONAL SUPPLEMENTS | \$1.25

**Feel Better** (Immunity)

**Move Better** (Joint Health)

**Play Better** (Energy & Focus)

**Shine Better** (Beauty & Weight Loss)

**Look Better** (From the Inside Out)

LOCAL HONEY | .75¢

raw, vanilla or lavender

ESSENTIAL OILS | .75¢

peppermint, wild orange, lemon,  
ginger, lime, basil, rosemary

Add a Healthy Fat to make  
it a Meal or go Vegan with  
Plant Protein for .50¢

Make any Smoothie a Tiny  
Tummie or Pre-workout (12 oz)!  
Great for Kids, Healthy Snack or  
Lite Yoga Practices.



Our favs!

