

# EAT & BALANCE

## GOURMET TOASTS & WRAPS

Your daily dose of delicious balanced Bites of Elevated Flavors to Nourish Your Body & fuel your best self.

### SIMPLY AVO TOAST \$13.00

Toasted multi-grain bread topped with avocado, pink salt, and extra virgin olive oil, and our signature avocado seasoning.

### AVOCADO EGGSPESSION \$15.00

Toasted multi-grain bread topped avocado, hard-boiled egg, extra virgin olive oil, pink salt, chili flakes, and our signature avocado seasoning

### TOMATO AVO FETA TOAST \$14.00

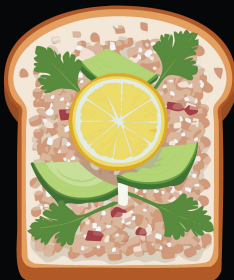
Toasted multi-grain bread, avocado, feta, cherry tomatoes, arugula, pink salt, chili flakes, and extra virgin olive oil

### AVO TUNA DELIGHT \$15.00

Toasted multi-grain bread or Whole wheat wrap topped with avocado, tuna, sliced cherry tomatoes, fresh cucumber, red onions, pink salt, and extra virgin olive oil

### TUNA TOAST SUPREME \$12.00

Toasted Multi-grain bread topped with a flavorful tuna & celery blend, pink salt



# FOR JUICE SAKE

L I V E B A L A N C E D

## LEAF IT TO US

Nourishing greens, bold flavors, and vibrant benefits in every bite.

### GREEN GLOW-UP SALAD \$14.00

Baby spinach, kale, cucumber, green apple, avocado, sunflower seeds, green goddess dressing

### THE SWEET CRUNCH SALAD \$15.00

Romaine, Red Apples, Candied Walnuts, Dried Cranberries, Crumbled Kosher Feta, MapleDijon Vinaigrette.

### MEDITERRANEAN MOOD SALAD \$16.50

Romaine Lettuce, Cherry Tomatoes, Cucumber, Red Onion, Chickpeas, Kalamata Olives, Crumbled Kosher Feta, Lemon-Oregano Vinaigrette



# BREW & BALANCE

Fuel your day, chill your way—sip something amazing!

16OZ \$5.25 & 12OZ \$4.45

## LATTES

### VANILLA BEAN LATTE

Smooth & soothing with warm notes of vanilla and maple. Made with creamy oat milk, pure vanilla extract, and a shot of espresso.

### HONEY CINNAMON LATTE

A cozy cup of calm. Espresso blended with almond milk, raw honey, and a dash of cinnamon for sweet spice perfection.

### TOASTED CARAMEL LATTE

Rich espresso with warm toasted caramel syrup, almond milk—decadent, buttery, and uplifting.

### COCO GLOW LATTE

Coconut syrup, espresso, soy milk- a tropical escape in every sip.

### TOASTY HAZEL LATTE

Toasty hazelnut flavor, creamy froth, and smooth espresso.

### ISLAND ENERGY GOURMET COFFEE

Rich. Smooth. Bold.  
Topping: Oat, Almond, Coconut or Half & Half or Whole milk

### MEDIUM-DARK ROAST SIGNATURE BLEND

16OZ \$3.00 | 12OZ \$2.50

# STAY PRESSED!

Cold-pressed juices + wellness shots that keep you glowing and going.  
JUICES + WELLNESS SHOTS

24OZ \$12 | 16OZ \$10

## BLOOD PRESSURE & CARDIOVASCULAR SUPPORT

### CARDIO CALM

Beet, Cucumber, Pineapple, Parsley

## BLOOD SUGAR BALANCE

### SUGAR SHIELD

Cucumber, spinach, green apple, lime

## CHOLESTEROL CONTROL

### NO HEART FEELINGS

Carrots, apple, ginger, lemon

## IMMUNITY & MORNING ENERGY

### INNER G

Pomegranate, beet, carrots, ginger

## LUNG HEALTH & ASTHMA RELIEF

### LUNG LOVE

Carrots, orange, lemon, turmeric root

## FULL BODY DETOX

### LEMME AT 'EM

Green apples, cucumber, ginger, parsley, spinach, kale, celery, lemon



## ENERGY & IMMUNITY

### BEET IT

Beet, carrots, red apple, pineapple, pear

## MENSTRUAL CRAMPS RELIEF

Beets, carrots, ginger, lemon, honey

## IMMUNITY POWER-UP

Orange, grapefruit, pineapple, ginger, lime, lemon

## HYDRATION + SKIN GLOW

### MELAAXXED

Watermelon, pineapples, coconut water

## ENERGY & VITALITY

### RISE

Orange, Carrot, Lemon, Pineapple, Ginger

## DIGESTION & INFLAMMATION SUPPORT

Fresh ginger, pears, red apples, pineapples, cayenne pepper

FOR **JUICE** SAKE  
L I V E B A L A N C E D

## SHOT O'CLOCK

Small Shots. Big Results.  
\$4.50 2OZ

### OZEMP-LESS

Meet your new natural cheat code!

The boldest, baddest shot in our lineup!  
Lemon, ginger, turmeric, black pepper, raw honey, garlic

### WAIST WHERE

Squeeze the day and trim your waist with this zesty fat-fighting powerhouse! Grapefruit, orange, lemon, cayenne pepper

### GUT BLUE

Glow from the inside out with Gut Blue—a tropical, gut-loving blend of blue spirulina, lemon, ginger, and coconut water.

### GOLDEN GLO-UP

Boost your natural glow with this fiery blend of ginger, turmeric, lemon & black pepper!

### AMP'D UP

Kickstart your day with a fiery fusion of fresh ginger, zesty lemon, energizing matcha, and a hint of cayenne.



## ICE SAKE!

Cool down, live balanced — our signature shaved ice sensations.  
\$16OZ \$10

### MANGO MOOD

Fresh mango cubes, lime wedge (optional)

### STRAWBABY DRIP

Sliced strawberries, coconut flakes

### COCO LUV

Coconut shavings, pineapple chunks, condensed coconut milk drizzle (optional)

### SUNSET SPLASH

Pineapple tidbits, orange zest, chia seeds

### STRAWBERRY COCO CRUSH

Strawberry slices, coconut flakes, agave or condensed milk drizzle





# BOWL'D & BLENDED

Superfruit, Super You! Açaí like you've never had it. Our bowls are stacked with antioxidants, juicy fruit, and feel-good toppings to keep you energized and glowing all day.



# BOWL'D

## ACAÍ YOU BABY BOWL

Açaí base, sliced bananas, strawberries, blueberries, granola, coconut flakes, honey drizzle

**\$11.00**

## GOLDEN GLOW BOWL

Açaí base, pineapple, mango, blueberries,  
strawberries, bee pollen, granola,  
coconut chips, collagen, honey drizzle

**\$12.00**

## TROPICOCO BLISS BOWL

Creamy coconut base layered with tropical mango, pineapple, fresh strawberries, blueberries, and crunchy granola, topped with luscious coconut and honey drizzles.

**\$12.00**

## OUR POWER SURGE PROTEIN BOWL

Greek yogurt, banana, blueberries, granola, chia, hemp, pumpkin seeds, almond butter. Honey drizzle

**\$12.00**



# BLEND

24OZ \$12 | 16OZ \$10

## IMMUNE BOOST + GLOW PEACH PLEASE

Peaches, mango, orange juice,  
turmeric, agave, flaxseeds



## ENERGY + MUSCLE SUPPORT WHEATGRASS WARRIOR

Strawberries, mango, banana,  
wheatgrass powder, creatine powder,  
organic soy milk, agave, ice



**PROTEIN & GREENS**  
**GINGER GLOW POWER**

Kale, spinach, pineapple, mango, ginger,  
protein powder, soy milk, agave



# TROPICAL STRENGTH POWER COLADA

Oranges, pineapple, organic soy milk,  
protein powder, coconut flakes, agave, ice

## ANTIOXIDANT BURST BERRY LIT

Strawberries, raspberries, banana,  
chia seeds, almond milk

## DETOX & VITALITY GREEN GODDESS

Spinach, kale, pineapple, mango,  
peaches, passion fruit, lecithin  
powder, soy milk, agave, ice

**PROTEIN POWER**  
**YOU BUTTA GO!**

Banana, peanut butter, protein powder,  
organic soy milk, Greek yogurt,  
honey/agave, cinnamon

## TROPICAL MOOD BOOST

Mango, pineapple, peaches, banana,  
agave, soy milk

## GLOW UP ADD ON'S

(SMOOTHIES & BOWLS ONLY)

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