

STAY PRESSED!

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

JUICES + WELLNESS SHOTS

24OZ \$12.95 | 16OZ \$10.95

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 OH CRAMP!

Beets, carrots, ginger, lemon, honey

IMMUNITY POWER-UP THE PLUG

Orange, grapefruit, pineapple, ginger, lime, lemon

HYDRATION + SKIN GLOW MELAAXED

Watermelon, pineapples, coconut water

ENERGY & VITALITY RISE

Orange, Carrot, Lemon, Pineapple, Ginger

DIGESTION & INFLAMMATION SUPPORT GINGER KISS

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.

\$5.00 2oz

OZEMP-LESS SHOT

Meet your new natural cheat code!

A fiery metabolism booster that blends lemon, ginger, and cayenne with apple cider vinegar to ignite fat burn, curb cravings, and kickstart your day the Ozemp-Less way!

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.

Ginger & Turmeric shots available upon request.



KID SAKE!

Eat Balanced Kiddos

BERRY-COCO BANANA TOAST \$8.00

1 slice of whole grain toast topped with creamy Nutella, layered with sweet banana slices and juicy strawberries for a colorful, fruity finish.

BANUTTER BLISS TOAST \$8.00

1 slice of whole grain toast with creamy peanut butter, banana slices, and a drizzle of honey.

BERRY BOOSTED SMOOTHIE

A sweet and vibrant blend of fresh apple, juicy strawberries, and crisp carrots bursting with natural sweetness and vitamin C

MIGHTY BUTTA SMOOTHIE

A creamy, satisfying smoothie blending ripe banana with peanut butter and milk for a protein-packed, kidapproved snack.

BLUE BRAINIAC

A refreshing blend of antioxidant-rich blueberries, sweet strawberries, and hydrating coconut water that fuels your brain and sharpens focus naturally.

JUMPSTART SMOOTHIE

A creamy smoothie combining sweet banana and strawberries with fresh orange juice for a naturally refreshing, kid-friendly treat.

GROW & GLOW JUICE

A bright and tangy juice featuring freshly squeezed oranges, tropical pineapple, and crisp carrots for a sunny burst of flavor

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 **\$12.00**

Toasted Multi-grain bread topped with avocado, pink salt, and extra virgin olive oil, and our signature avocado seasoning. —the perfect fresh and wholesome start to your day.

AVOCADO EGGSPRESSION **\$15.00**

Toasted Multi-grain or Tuscan wheat bread topped avocado, hard-boiled egg, extra virgin olive oil, pink salt, chili flakes, and our signature avocado seasoning — a bold, flavorful boost to express your best self.

TOMATO AVO FETA TOAST **\$15.00**

Toasted Multi-grain bread, avocado, feta, cherry tomatoes, arugula, pink salt, chili flakes, and extra virgin olive oil — a vibrant toast packed with bold, fresh flavors.

AVO TUNA DELIGHT **\$17.00**

Toasted Multi-grain or Tuscan wheat bread topped with avocado, tuna, sliced cherry tomatoes, fresh cucumber, red onions, pink salt, and extra virgin olive oil — a vibrant and bursting with fresh, balanced flavors.

TUNA TOAST SUPREME **\$13.00**

Toasted Multi-grain bread topped with a flavorful tuna & celery blend, pink salt — a satisfying and protein-packed toast perfect for a balanced and delicious meal

EGG-CELLENT VIBES **\$15.00** **EGG SALAD TOAST**

Toasted Multi-grain or Tuscan wheat bread topped with our creamy, protein-packed gourmet egg salad made from cage-free eggs and seasoned with fresh herbs, Dijon, detoxifying pickled red onions, vibrant microgreens, and our signature spice blend.

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 **\$15.00**

Baby spinach, kale, cucumber, green apple, avocado, sunflower seeds, Raspberry Vinaigrette dressing

THE SWEET CRUNCH SALAD **\$16.00**

Romaine, Red Apples, Candied Walnuts, Dried Cranberries, Crumbled Kosher Feta, Honey Mustard dressing

MEDITERRANEAN MOOD SALAD **\$18.00**

Romaine Lettuce, Cherry Tomatoes, Cucumber, Red Onion, Chickpeas, Kalamata Olives, Crumbled Kosher Feta, Balsamic Vinaigrette



BREW & BALANCE

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

12OZ

ONE SHOT \$4.25 | TWO SHOTS \$5.25

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.

MEDIUM-DARK ROAST SIGNATURE BLEND

HOT 16OZ \$3.50 | 12OZ \$2.95
ICED 16OZ \$4.50