

## **ALL DAY BREAKFAST**

### **HERBAL AVOCADO TOAST \$9.00**

TOASTED SOURDOUGH, SMASHED AVOCADO, RED PEPPER FLAKES, CUCUMBER, RADISH AND MICRO GREENS.

SERVED WITH LEMON WEDGE.

+ ADD CRUMBLED FETA CHEESE \$0.99

+ ADD PASTEURISED HARD-BOILED EGG \$0.99

### **ALMOND BERRY TOAST \$9.00**

TOASTED SOURDOUGH WITH ALMOND BUTTER, RASBERRIES, COCONUT FLAKES AND WILDFLOWER HONEY DRIZZLE.

+ ADD CHIA SEEDS \$0.99

+ ADD BLUEBERRIES, BANANAS, STRAWBERRIES \$0.99

+ADD CACAO NIBS \$0.99

## **SWEET TREATS**

### **ALMOND BUTTER CROISSANT \$7.00**

### **CHOCOLATE CROISSANT \$7.00**

+ADD STRAWBERRIES, BANANAS \$0.99

### **ALMOND JOY CHIA PUDDING \$7.00**

W/CRUSHED ALMONDS, CHOCOLATE WHEY PROTEIN POWDER AND MAPLE SYRUP.

### **CHEESECAKE OVERNIGHT OATS \$7.00**

W/CRUSHED ALMONDS, GRAHAM CRACKERS, MAPLE SYRUP AND SLICED STRAWBERRIES.

## **BREAKFAST BOWLS**

### **TROPICAL \$11.95**

*VANILLA GREEK YOGURT, HONEY ALMOND GRANOLA, MANGO, PINEAPPLE, BANANA, CHIA SEEDS AND WILDFLOWER HONEY.*

### **BERRYLICIOUS \$10.95**

*COCONUT YOGURT, COCONUT GRANOLA, STRAWBERRIES, BLUEBERRIES, COCONUT FLAKES, GOJI BERRIES AND NUTELLA DRIZZLE.*

### **HARVEST \$10.95**

*VANILLA GREEK YOGURT, HONEY ALMOND GRANOLA, RED APPLES, BANANA, ALMOND BUTTER, CINNAMON AND CARAMEL DRIZZLE.*

### **CHOCO LOCO \$12.95**

*VANILLA GREEK YOGURT, COCONUT GRANOLA, GRAHAM CRACKERS, RASPBERRIES, CACAO NIBS, PECANS AND NUTELLA DRIZZLE.*

## **SEASONAL**

### **PEACHES AND CREAM \$12.95**

*VANILLA GREEK YOGURT, HONEY ALMOND GRANOLA, PEACHES, GRAHAM CRACKERS, SLICED ALMONDS AND CARAMEL DRIZZLE.*

### **\*CREATE YOUR OWN \$10.95**

## **SALADS**

### **MEDITERRANEAN \$12.95**

*SPRING MIX, CHERRY TOMATOES, CUCUMBERS, RED ONIONS, KALAMATA OLIVES, CRUMBLLED FETA CHEESE, ITALIAN HERB PITA CHIPS, FRESH BASIL AND BALSAMIC VINAIGRETTE.*

### **CRISPY KALE CAESAR \$14.95**

*CHOPPED ROMAINE, SHREDDED KALE, CHERRY TOMATOES, BLACKENED CHICKEN, AGED PARM CRISPS, FRESH SHAVED PARMESAN, LIME SQUEEZE AND CAESAR DRESSING.*

### **ASIAN FUSION \$16.95**

*ARUGULA, KALE, SALMON, CARROTS, SESAME SEEDS, PURPLE SHREDDED CABBAGE, MANGO, CUCUMBERS, BASIL, EDAMAME AND SPICY CASHEW DRESSING.*

### **BLUE CHEESE COBB \$14.95**

*CHOPPED ROMAINE, ONIONS, TOMATOES, BLUE CHEESE, ROASTED CHICKEN, HARD BOILED EGG, BACON BITS, AVOCADO AND HERBAL RANCH.*

### **TEX MEX \$13.95**

*CHOPPED ROMAINE, SPRING MIX, SHREDDED CABBAGE, AVOCADO, TORTLLA STRIPS, FIRE ROASTED POBLANO CORN, RED ONION, CILANTRO, PICKLED JALAPENO, PEPITAS AND ROASTED RED PEPPER VINAIGRETTE.*

### **SEASONAL BERRY SPRING SALAD \$14.95**

*KALE, SPRING MIX, CUCUMBERS, STRAWBERRIES, BLUEBERRIES, SLICED ALMONDS, LIME SQUEEZE, FETA CHEESE WITH STRAWBERRY VINAIGRETTE.*

### **\*CREATE YOUR OWN \$11.95**

## **POWER BOWLS**

### **SWEET AND SPICY CHICKEN \$15.95**

*KALE, QUINOA, BLACKENED CHICKEN, TRICOLORE SWEET POTATO, KALE SLAW, SLICED ALMONDS AND SWEET-SPICY MUSTARD.*

### **CURRY GOLD \$14.95**

*KALE, WILD RICE, TOFU, ROASTED CURRY CAULIFLOWER, RAW BEETS, CHICKPEAS, RADISH, SUNFLOWER SEEDS AND SPICY SESAME DRESSING.*

### **SHRIMP CE-VI-CHE \$16.95**

*ARUGULA, QUINOA, CITRUS SHRIMP, AVOCADO, TOMATOES, RED ONIONS, SHREDDED CABBAGE, TORTILLA STRIPS, LIME SQUEEZE, FRESH CILANTRO AND CITRUS JALAPENO DRESSING.*

### **POPEYE PESTO \$16.95**

*BABY SPINACH, QUINOA, BLACKENED CHICKEN, SPICY BROCOLLI, FRESH SHAVED PARMESAN, BASIL, PITA CHIPS, ROASTED BABY SROUTS AND PESTO DRESSING.*

## **SEASONAL**

### **LIFE IS A PEACH \$16.95**

*SPINACH, WILD RICE, ROASTED CHICKEN, PEACHES, APPLES, BLUE CHEESE, BASIL, PECANS AND BALSAMIC VINAIGRETTE.*

## **PICK YOUR PROTEIN**

*OVEN ROASTED CITRUS SHRIMP \$4.99*

*ROASTED / BLACKENED CHICKEN \$3.99*

*ROASTED SESAME TOFU \$3.99*

*OVEN ROASTED SALMON \$4.99*

**\*CREATE YOUR OWN \$13.95**

## **PROTEIN SHAKES**

ALMOND MYLK \$ 0.75

### **PROTEIN COFFEE \$9.95**

BANANA, DATES, WHOLE MILK, RAW CACAO NIBS, SHOT OF ESSPRESSO, ALMOND BUTTER, SEAMOSS AND VANILLA GRASS FED WHEY.

### **RISE & SHINE \$8.95**

MANGO, SEAMOSS, PEACH, WILDFLOWER HONEY, BANANA, TURMERIC SPLASH AND VANILLA PLANT BASED.

### **DETOX \$10.95**

KALE, SPINACH, GRANNY SMITH APPLE, CELERY, CUCUMBER, PINEAPPLE, LEMON, YOUNG GINGER, WILDFLOWER HONEY AND VANILLA PLANT BASED.

### **BERRY TWIST \$8.95**

PINEAPPLE, SEAMOSS, MIXED BERRIES, ORANGE JUICE, AND VANILLA PLANT BASED.

### **GO GETTER \$8.95**

BANANA, ALMOND BUTTER, SEAMOSS, CINNAMON, ALMOND MYLK, WILDFLOWER HONEY AND CHOCOLATE WHEY PROTEIN.

## **COLD- PRESSED JUICES**

### **LEAN AND GREEN (ANTI-INFLAMATORY) \$8.95**

PINEAPPLE, GREEN APPLE, SPINACH, CUCUMBER, CELERY, LEMON AND GINGER.

### **SUNRISE \$7.95**

PINEAPPLE, ORANGE, CARROT, LIME AND GINGER

### **HEARTBEET \$7.95**

BEETS, APPLES, CARROTS AND LEMON.

### **GLOW UP \$7.95**

GREEN APPLE, CUCUMBER, GINGER AND LIME.

### **SUMMER LEMONADE \$6.95**

FRESH SQUEEZED LEMONADE AND CANE SUGAR.

## **WELLNESS SHOTS**

### **KICK START (SPICY) \$4.00**

LEMON, GINGER, GREEN APPLE, CELERY AND CAYENNE.

### **MEDICAL TONIC \$4.00**

GINGER, TURMERIC, LIME, HONEY, COCONUT WATER AND CAYENNE.

## **COFFEE AND SWEET TREATS**

ALMOND MYLK \$ 0.75

MADAGASCAR VANILLA \$0.75

### **ESSPRESSO \$3.00**

### **CAPPUCCINO \$5.00**

### **LATTE \$5.00**

+ADD TURMERIC \$0.99

+ADD MATCHA \$1.99

### **AMERICANO \$4.00**

**BOTTLED DRINKS**

**BELVOIR ELDERFLOWER& ROSE LEMONADE 250ML 7\$**

**VYBES SPARKLING ADAPTOGENIC DRINK APRICOT LEMON 310 ML 8\$**

MOOD ENHANCER

**VYBES SPARKLING ADAPTOGENIC DRINK WATERMELON LIME 310 ML 8\$**

MOOD ENHANCER

**221 BC KOMBUCHA MORINGA LAVENDER 240 ML 7\$**

**221 BC KOMBUCHA BERRY HIBISCOUS 240 ML 7\$**

**SPINDRIFT SPARKLING WATER GRAPEFRUIT 355 ML 5\$**

**PROUD SPARKLING WATER 473 ML 5\$**

**PROUD SPRING WATER 473 ML 5\$**