



Smoothies, Juices & more!

305 ALCAZAR AVE #1
Coral Gables, FL 33134
(305) 403-6660
M-F 7AM-9.30PM S 8.30AM-4.30PM
Closed Sunday

SMOOTHIES

SMALL 5.96

MEDIUM 7.45

LARGE 8.45

BANG BANG

Strawberry & Banana

CARIBBEAN BREEZE

Coconut, Mango & Pineapple

YAN & YEN

Passion Fruit, Raspberry, Banana, & Strawberry

THE OTHER COLADA

Banana, Strawberry & Coconut

MAGNIFICENT

Mango, Banana, & Strawberry

TRIPLE BERRY

Blueberry, Raspberry, & Strawberry

COCONUT FIX

Coconut Milk, Banana, & Almond Milk

RASPBERRY TREAT

Raspberry, Blueberry, Orange, & Banana

SUPPLEMENTS

1.00 Antioxidant • Multivitamin • Royal Jelly • Amino Fuel • Spirulina
Digestive Enzymes • Vitamin C • Echinacea • Ginseng • Detox Formula
Flax Seed • Chia Seed • Fat Burner

1.50 Whey Protein • Peanut Butter • Maca Powder • Bee Polen • Raw Cacao
Matcha Green Tea

2.00 Goji Berries • Hemp Seed • Almond Butter • Vegan Protein

SUPER SMOOTHIES

GREEN MONKEY

S 7.95 M 9.45 L 10.45

Kale, Banana, Coconut, Almond Butter, Almond Milk & Honey

DETOX DRAGON

S 7.95 M 9.45 L 10.45

Organic Pitaya, Coconut Water, Banana, Pineapple, & Mango

GREEN & HEALTHY

S 7.45 M 8.95 L 9.95

Spinach, Pineapple, Banana, Orange, Spirulina & Honey

KALECIOUS BURNER

S 7.95 M 9.45 L 10.45

Kale, Mango, Pineapple & Fat Burner

ACAI POWER

S 7.75 M 9.25 L 10.25

Organic Acai, Banana or Pineapple, Raspberry & Guarana

COFFEE BUILDER

S 7.85 M 9.35 L 10.35

Espresso, Coconut Milk, Banana, Protein & Dark Chocolate

GREEN GODDESS

S 8.05 M 9.65 L 10.65

Kale, Celery, Pineapple, Apple, Cucumber Ginger & Hint of Stevia

PEANUT POWER

S 7.85 M 9.35 L 10.35

Banana, Berry of Choice, Whey Protein, Peanut Butter & Amino Fuel

PROTEIN CYCLE

S 7.85 M 9.35 L 10.35

Blueberry, Raspberry, Strawberry, Pineapple, Whey Protein & Amino Fuel

VEGAN BUILDER NEW

S 8.15 M 9.75 L 10.75

Chocolate or Vanilla Vegan Protein, Banana, Coconut Milk & Hint of Vanilla

THE DIETITIAN

S 7.25 M 8.75 L 9.75

Banana, Strawberry, Low Fat Yogurt & Fat Burner

MANGO BLISS

S 7.50 M 9.00 L 10.00

Mango, Passion Fruit, Pineapple, Royal Jelly & Low Fat Yogurt

FLU FIGHTER

S 7.50 M 9.00 L 10.00

Banana, Strawberry, Orange, Vitamin C, Echinacea & Spirulina



FRESH SQUEEZED JUICE

S 7.49 M 8.99 L 9.99

SUNRISE IN MIAMI

Orange, Carrot & Ginger

APPLEICIOUS

Apple, Cucumber, Celery & Spinach

RED & HEALTHY

Beet, Orange, Carrot, Kale & Ginger

FLU SHIELD

Orange, Lime, Ginger & Honey

DAILY DETOX

Apple, Cucumber, Kale, Lime & Chia

GINGER SHOT

Cold Pressed Ginger With A Tiny Hint of Apple Juice & Lime

Make Your Own:

Only one choice of Carrot, Orange, Apple, Celery & Cucumber

S 5.45 M 6.99 L 7.99

Add Fruit/Veggie .50

Add Spinach/Kale/Beet .50

Add Ginger/Flax/Chia Seed 1.00

CATERING

Call For Full Catering Menu!

WRAP PLATTER

| FOR 10 | FOR 20 | FOR 30 | FOR 40 |
|--------|--------|--------|--------|
| \$45 | \$77 | \$110 | \$143 |

H. SALAD PLATTER

| FOR 10 | FOR 20 | FOR 30 | FOR 40 |
|--------|--------|--------|--------|
| \$30 | \$55 | \$80 | \$105 |

ASSORTED SMOOTHIES

| FOR 10 | FOR 20 | FOR 30 | FOR 40 |
|--------|--------|--------|--------|
| \$40 | \$80 | \$120 | \$155 |

EMPANADAS

3.25

Spinach / Caprese
Chimichurri Beef
Chicken / Ham & Cheese

SOUPS

5.49

Organic Tomato Basil
Chicken Noodle

ACAI BOWLS & MORE

ORGANIC Acai OR PITAYA BOWL 10.49

Blended Acai or Pitaya Topped With Strawberry, Banana, Honey, Coconut, Chia & Granola. Try Sugar Free Acai! (\$11)

ORGANIC GREEN BOWL 10.49

Blended Greens, Fruits and Superfoods, Topped with Strawberry, Banana, Honey, Coconut, Chia & Granola

ACAI OR PITAYA SUPERFOOD CUP 12.00

Layers of Yogurt, Acai or Pitaya, Amaranth, Granola, Peanut Butter, Banana, Strawberry & Other Goodnesses

ORGANIC CHIA CUP 6.50

Organic Chia And Almond Milk, Coconut Whipped Cream Topped With Blueberry, Banana, Strawberry & Granola



VERRY BERRY YOGURT PARFAIT 4.75

Non Fat Yogurt, Strawberry, Blueberry, Raspberry, Granola & Honey

Add: Almond Butter \$2.00 Peanut Butter \$1.50 Extra Fruit \$1.00



OUR FAMOUS HEALTHY RECIPES

(W) Wrap (S) Salad
 Make it a **Combo** for \$3
 Combo includes Veggie Chips & Soda/Bottled Water

MY FAVORITE

W 8.75 S 9.50
 Our Exclusive Low Fat Chicken Salad Made to Perfection with Choice of Cheese & 4 Veggies

MOST WANTED

W 8.00 S 8.75
 Our Unique Low Fat Tuna Salad with Choice of Cheese & 4 Veggies

MY CHOICE

W 8.95 S 9.70
 Turkey, Bacon, Choice of Cheese & 4 Veggies

VEGGIE DELIGHT

W 7.00 S 7.75
 Choice of 6 Veggies & Dressing
Add Cheese \$1
Add Black Bean or Vegan Burger \$3

HOME SEASONED BAKED CHICKEN

W 8.95 S 9.70
 Homemade Baked Chicken with Choice of Cheese & 4 Veggies

Customizables

LEAN BEAN BURRITO

W 10.25 S 11.00
 Beans, Chicken, Kale, Organic Guacamole, Quinoa, Provolone & Hint of Sriracha

WARRIOR

W 9.95 S 10.70
 Served Cold With Organic Hummus, Chicken, Spinach, Feta, Sundried Tomatoes, Cranberries, Sunflower Seeds & Raspberry Vinaigrette.
Add Avocado \$2

MY MEXICAN

W 9.25 S 10.00
 Chicken, Organic Guacamole, Sour Cream Lettuce, Tomato, Onion & Jalapeno

A-KALE-PULCO **NEW**

W 10.95 S 11.70
 Kale, Organic Quinoa, Chicken, Avocado, Tomato, Corn, Jalapeno, Onion, Sunflower Seeds, Feta & Chipotle Ranch

HEALTHY ASIAN

W 8.40 S 9.15
 Chicken Teriyaki Provolone Cheese, Lettuce, Tomato, Corn, Scallions & Sesame Seeds

HEALTHY GREEK

W 8.95 S 9.70
 Chicken, Romaine, Tomato, Cucumber, Organic Hummus & Vinaigrette
Add Feta \$1.50

DESIRED CEASAR

W 8.25 S 9.00
 Choice Of Romaine Or Kale With Chicken, Whole Wheat Croutons, Parmesan & Light Ceasar Dressing

FIT PESTO CHICKEN **NEW**

Only Available As Wrap **11.00**
 Baked Chicken, Homemade Almond Pesto, Tomato, Spinach & Low Fat Mozzarella

POWER BREAKFAST

ON THE MIX SLAM WRAP 6.49

Egg Whites, Fat Free Cheese, Tomato, Green Peppers with a Drizzle of Light Tangy Sauce & Includes Brewed Coffee Substitute for a Strawberry Banana Smoothie For \$2.

FRESHLY FRESH WRAP 5.99

Eggs Scramble, Choice Of Cheese, Bacon Or Sausage with a Drizzle of Light Tangy Sauce. Includes Brewed Coffee. Substitute for a Strawberry Banana Smoothie For \$2

PROTEIN BREAKFAST WRAP 8.95

Spinach Wrap, Egg Whites, Turkey, Spinach, Feta Cheese & Organic Jam Spread on the Side

POWER BREAKFAST BURRITO 9.00

Tomato Basil Wrap, Beans, Eggs Scramble, Bacon, Organic Quinoa, Cheddar, Scallion, Tomato & Chipotle Ranch
Add Avocado or Organic Guacamole \$2

PROTEIN BOX 7.45

Egg White Scramble, Turkey, Spinach, Feta Cheese with a Side of Organic Toast & Berry Jam

CLASSIC AMERICAN BOX 7.95

Egg Scramble, Cheddar Cheese, Bacon, a Side of Toast & Berry Jam

AVOCADO TOAST 1/5.99 2/9.99 **NEW**

Organic Toast, 100% Fresh Avocado Spread, Fresh Strawberry On Top, Feta Cheese & Sesame Seeds
Add Egg Whites or Turkey \$1.50

ALMOND CRUNCH TOAST 1/5.75 2/9.50 **NEW**

Organic Toast, Organic Almond Butter, Banana, Blueberry, Honey & Coconut Flakes

NATIVE

Organic Quinoa, Kale, Baked Chicken, Broccoli, Avocado, Cranberries, Sunflowers, Almonds & Green Garlic Dressing
 11.99

SPARTAN

Organic Quinoa, Romaine, Baked Chicken, Cucumber, Tomato, Black Olive, Feta & Organic Hummus
 10.99

AZTEC

Brown Rice, Lettuce, Baked Chicken, Organic Guacamole, Tomato, Onion, Corn & Feta
 11.99

AZUMI

Brown Rice, Baked Chicken, Spinach, Scallion, Corn, Sesame Seeds, Sriracha, Lime & Soy Sauce
 10.99

AMAZING COFFEE

AMERICANO 1.99
ESPRESSO 1.99
CORTADITO 2.49
COLADA CUBANA 1.99
CAFE CON LECHE 3.49
ICED COFFEE S 4.50 M 5.50

ALMOND BLISS ICED COFFEE S 7 M 8.75

Espresso, Almond Butter, & Organic Agave Blended to Perfection.
 A Beverage Unlike Any Other.

NUTELLA ICED COFFEE S 5.99 M 6.99

Add:
 Almond or Soy Milk \$.50
 Nutella \$1
 Almond Butter \$2

NUTRIBOWLS **NEW**

MAKE YOUR OWN BOWL 10.99

1-ORGANIC QUINOA OR BROWN RICE

2-CHOOSE PROTEIN:

Baked Chicken / Chicken Salad / Tuna / Turkey
 Black Bean Burger \$3 / Vegan Burger \$3

3-CHOOSE VEGGIES (4):

Romaine Lettuce, Spinach, Kale, Tomato, Onion, Cucumber Carrot, Scallion, Corn, Broccoli, Black Olives, Green Pepper, Banana Pepper

4- EXTRAS

+ Sesame Seeds .25C
 + Sunflower Seed, Almonds, Cranberries, Extra Veggies .50C
 + Extra Cheese \$1.25
 + Avocado, Organic Hummus, Guacamole \$2

5-ASK FOR OUR WIDE VARIETY OF DRESSINGS



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*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.
 PLEASE INFORM US OF ANY FOOD ALLERGIES OR DIETARY RESTRICTIONS BEFORE PLACING ORDER - MENU ITEMS & PRICES ARE SUBJECT TO CHANGE.