



SMOOTHIES

\$9.75

ADULTING

Apple, Coconut Water, Kale, Spinach, Cucumber, Parsley, Ginger, Lemon, E3 Live

A BIG FATTY

Banana, Avocado, Cashew Milk, Protein Powder, Cacao, MCT Oil, Vit D

BREAKING FAST

Banana, Cashew Mylk, Oats, Peanut Butter, Pumpkin Spice, Maple Syrup, Astragalus

DAY TRIPPER

Mango, Banana, Lime, Ginger, Coconut Water, Cashew Mylk, Turmeric, Maca

FULL METAL

Pineapple, Coconut Water, Kale, Spinach, Cucumber, Parsley, Mint, Cilantro, Chlorophyll

BUILD YOUR OWN

\$11

LIQUID BASE

Cashew Milk, Coconut Water, Oat Mylk

FRUIT & VEG - PICK 3

Apple, Banana, Blueberry, Strawberry, Mango, Pineapple, GForce Cubes, Spinach.

ADD ONS - PICK 2

Peanut Butter, Almond Butter, Vegan Protein, Cacao, Coconut Flakes, Rose Water, Turmeric, E3 Live, Chia, Chlorophyll, Ginger, Lemon, MCT Oil, Cold Brew

ADAPTOGENS - PICK 1

Maca, Astragalus, Ashwagandha, Pine Pollen, CocoTropic, Cordyceps, Tocos

COFFEE ALCHEMY

\$7.75

MEXICAN MOCHA

Espresso, Cocotropic, Cacao, Organic Cane Syrup, Cinnamon, Dash of Cayenne, Choice of Mylk

THAI ICED COFFEE

Cold Brew, Condensed Vegan, Coconut Milk, Malay Spiced Syrup, Choice of Mylk

BUSY BEE

Espresso, Honey, Cinnamon, Bee Pollen, Dash of Cayenne, Choice of Mylk

SEXUAL HEALING

Espresso, Rose Water, Coconut Butter, Vanilla Syrup, Beet, Cardamom, Pine Pollen, Maca, Choice of Mylk

SHROOM BLOOM (CAFFEINE FREE)

Cacao, Reishi, Turmeric, Chaga, Maca, MCT oil, Choice of Mylk

TEA ALCHEMY

\$7

CHAI LATTE

House-made Chai, Choice of Mylk.

MATCHITABA

Organic Matcha Tea, Ashitaba, Tocos, Choice of Mylk & Sweetener

MEDICINAL SHOTS

\$5

E3 LIVE

Superfood Blue Green Algae

FLU SHOT

Apple, Ginger, Collodial Silver, Oregano Oil

KICK OUT THE FUNK

Lemon, Ginger, Garlic, Honey, Cayenne, Warm Water

INFLAMMATION TAMER

Beet, Lemon, Ginger, Turmeric

APPLE GINGER CHASER \$1

CLEANSSES

CLASSIC CLEANSE

1 day - \$55
3 day - \$145
5 day - \$255

ALKALINE CLEANSE

1 day - \$58
3 day - \$148
5 day - \$260



VISIT OUR WEBSITE FOR 10% OFF YOUR FIRST CLEANSE OR SUBSCRIPTION