

cold-pressed juices \$11

Refresh pineapple, green apple, green grape, lemon, mint, alkaline water, blue spirulina

Glow carrot, orange, green apple, ginger, turmeric, chia seeds

Revive beet, carrot, green apple, lemon, ginger, coconut water

Elixir apple, lemon, apple cider vinegar, butterfly pea powder, celtic sea salt

Detox me lemon, ginger, apple, coconut, activated charcoal, cayenne pepper, alkaline water

bring back your glass
bottles for a credit!

shots \$5

Wellness pineapple, ginger, turmeric, lemon, coconut water, cayenne pepper

Gut Rescue red cabbage, red apple, ginger, kombucha, lemon

Sunrise orange, turmeric, black pepper

Fuel up celery, cucumber, green apple, kale, spinach, lemon, ginger, moringa leaf

Fix my Life celery, green apple, cucumber, ginger, lemon

SEASONAL

Hydrate watermelon, pineapple, kiwi, lemon

Holiday Glow pomegranate, cranberry, red apple, lemon

six pack bundle \$55

kombucha

12 oz Cup \$6 | 32 oz Bottle \$16

Honeydew Pineapple
Cucumber Blue Spirulina

Raspberry Apple Ginger

Ginger Apple Cayenne

Pineapple Turmeric

Mango Passionfruit

superfood smoothies \$13

Recharge pineapple, banana, mango, spinach, kale, coconut water, moringa leaf **elevate it:** blue spirulina, ginger, almond milk

Berry Beauty choice of milk, banana, strawberry, acai, guarana, blueberry, epic protein pro-collagen **elevate it:** almond butter, hemp seeds

Cafe con Hielo choice of milk, dates, banana, almond butter, three keys coffee, cacao nibs, adaptogenic mushrooms **elevate it:** chocolate maca protein, flax seeds

Brain Boost choice of milk, banana, dates, almond butter, blueberry, spinach, cacao nibs, lion's mane mushroom **elevate it:** chocolate maca protein

Maca Magic choice of milk, banana, dates, strawberry, coconut cream, chia seeds, hemp seeds, flax seeds, maca root **elevate it:** vanilla pea protein

Heart Beet cold-pressed beet, carrot, ginger, apple and lemon juice blended with coconut, mango, blueberry, strawberry, house-made coconut whip swirl **elevate it:** grass-fed whey protein & flaxseeds

Muscle Colada grass-fed, pasture raised Mill-King whole milk, pineapple, mango, coconut, hemp seeds and Promix vanilla whey protein

milk options

Grass-Fed Pasture-Raised Whole Milk

House-Made Almond Mylk +\$1.00

Digestivo papaya, mango, coconut, blue spirulina, ginger, house-made seamoss gel, lime, house-made coconut whip swirl
elevate it: grass-fed whey protein, collagen peptides

Pitaya Power (\$15) choice of milk, banana, strawberry, dragon fruit, mango, grass-fed strawberry whey isolate, cold-pressed pineapple juice
elevate it: ginger, hemp seeds, blue spirulina, coconut whip

Tropical Matcha (\$15) choice of milk, pineapple, banana, mango, spinach, kale, coconut, moringa leaf, mindful matcha epic protein, organic Greek yogurt swirl **elevate it:** ginger, local bee pollen

The Holistic Latina's Gut Repair Smoothie (\$15) A gut-reparative blend crafted by our functional nutritionist - house-made chia seed pudding, house-made coconut whip, pitaya, coconut water, papaya, strawberry, mango and grass-fed collagen peptides **elevate it:** strawberry whey isolate

smoothie bowls \$14.50

Acai Paradise blended acai, strawberry, banana & choice of milk; topped with blueberry, strawberry, brownie cereal, cacao nibs & local honey
elevate it: almond butter, coconut shreds, local bee pollen

Acai con Coco blended acai, banana, strawberry & choice of milk, topped with coconut oil, local honey, brownie cereal, hemp seeds, house-made coconut whip, coconut shreds and local bee pollen.
elevate it: fresh mango, strawberry

Duolingo blended acai, banana, strawberry & choice of milk topped with honey, house-made granola chia seed pudding parfait, mango, strawberry and coconut shreds

Build Your Own choice between acai or dragon fruit base with 5 toppings of your choice

Chia Seed Pudding (\$10) or Greek Yogurt Parfait (\$8) topped with local honey, cacao nibs, strawberry, blueberry, coconut shreds, local bee pollen

toppings & add ins

almond butter
avocado
banana
blueberry
blue spirulina
brownie cereal
cacao nibs
chia seeds
chia seed pudding
chocolate maca pea protein
coconut oil
coconut shreds
coconut whip
dates
flax seeds
ginger
organic greek yogurt
grass-fed collagen peptides
grass-fed strawberry whey isolate
grass-fed vanilla whey protein
goji berries

hemp seeds
housemade gluten-free granola
house-made seamoss gel
kale
lion's mane
local bee pollen
local honey
mango
moringa leaf
maca root
pineapple
plain pea protein
pro-collagen pea protein
pumpkin seeds
reishi
strawberry
spinach
turkey tail
turmeric
vanilla pea protein

bone broth

Warm Cup \$6 add cold-pressed ginger, turmeric, lemon, cayenne medicine ball \$3

32 oz Jar \$22

cafecito

Iced Coquito Latte (\$9)

WEPA coffee, house-made puerto rican coquito, grass-fed pasture-raised whole milk, house-made vanilla syrup and coconut syrup topped with vanilla cinnamon cold foam

Iced Dulce de Leche

Latte (\$8) WEPA coffee, grass-fed pasture-raised whole milk, and house-made vanilla syrup topped with house-made dulce de leche foam

Iced Vanilla Protein

Latte (\$9.50) WEPA coffee, grass-fed pasture-raised whole milk, and house-made vanilla syrup topped with Promix vanilla whey protein cold foam

Iced Guava Latte (\$8)

WEPA Coffee, grass-fed pasture-raised, house-made vanilla and guava syrup topped with guava cold foam & dragon fruit powder

Iced Guava Cold Brew (\$7)

Three Keys Coffee single origin Colombia dark roast cold brewed topped with our house-made guava cold foam & dragon fruit powder

Colada (\$4.25) WEPA quad espresso whipped with cane sugar and served with shot cups for sharing

Cortadito (\$4.50) WEPA espresso with equal parts steamed milk

Café con leche (\$5.50) WEPA espresso with four parts steamed milk

Fran's café con leche (\$8)

WEPA espresso with four parts steamed whole milk, house-made coconut and vanilla syrup topped with guava cold foam and dragon fruit powder

Dulce café con leche (\$8)

WEPA espresso with four parts steamed whole milk, house-made vanilla syrup topped with dulce de leche cold foam

**extra single shot
espresso \$1.25**

**extra double shot
espresso \$1.50**

matcha

Coquito Matcha (\$10) Single-origin matcha, Mill-King grass-fed & pasture-raised whole milk, house-made puerto rican coquito, house-made vanilla syrup and coconut syrup served over ice, topped with coconut shreds ***This is a dessert matcha!**

Iced Coco Matcha

(\$10.50) Single-origin matcha, grass-fed & pasture-raised whole milk, house-made coconut milk, house-made coconut syrup and coconut cold foam

Iced Piña Colada Matcha

(\$10) Single-origin matcha, grass-fed & pasture-raised whole milk, house-made coconut milk, house-made pineapple syrup and coconut cold foam

Iced Vanilla Protein

Matcha (\$10.50) Single-origin matcha, grass-fed & pasture-raised whole milk, Promix Whey Vanilla Protein cold foam, and house-made vanilla syrup

Iced Guava Coco Matcha

(\$10.50) Single-origin matcha, Mill-King grass-fed & pasture-raised whole milk, house-made guava and vanilla syrup topped with coco guava cold foam & dragon fruit powder

Matcha Latte (\$7)

Iced Matcha Cloud

(\$9.50) Coconut water, house-made coconut and vanilla syrup topped with matcha cold foam

Evergreen Way (4g matcha) \$2.00

breakfast

Banana Buckwheat Protein Waffle (\$15)

house-made banana and buckwheat waffles made with chia seeds, vanilla pea protein and almond butter

Sweet Topped with maple syrup, berries, chia seeds, cacao nibs, coconut cream, coconut shreds and local bee pollen

Savory Topped with maple syrup, two pasture-raised eggs, cherry tomatoes, everything bagel seasoning and sriracha

Breakfast Quesadilla (\$14)

soft-scrambled pasture-raised eggs, cottage cheese, raw cheddar cheese, pasture-raised bacon and chopped spinach folded over in a flour tortilla

choice of housemade sauce: buffalo or cilantro jalapeno aoli

Fran's Breakfast Sammie (\$12)

soft-scrambled pasture-raised eggs, cottage cheese, raw cheddar, pasture-raised bacon, chopped spinach and local berry habanero jam on a house-made sourdough english muffin

Egg McMuffin (\$10)

House-made English muffin, local raw butter, pasture-raised fried egg, raw cheddar, your choice between breakfast chicken sausage or pasture-raised bacon, topped with microgreens and hot honey

Fran's Breakfast Burrito (\$14)

soft-scrambled pasture-raised eggs, cottage cheese, raw cheddar, pasture-raised bacon, chopped spinach, avo, & cherry tomatoes wrapped in a flour tortilla

toast \$13

OG Avocado local seeded sourdough, toum, avo, cherry tomatoes, feta cheese, microgreens, pickled red onions, everything bagel seasoning, sriracha **or** balsamic glaze

Fancy Avocado local seeded sourdough, caramelized onion probiotic cream cheese, avocado, local pasture-raised bacon, roasted cherry tomatoes & kale, pumpkin seeds, hot honey, everything bagel seasoning, microgreens

Prosciutto Caprese Local seeded sourdough, toum, fresh mozzarella, prosciutto di parma, sliced roma tomato, pickled onions, microgreens, balsamic glaze

Protein Pizza Bagel \$10

house-made sourdough English muffins topped with tomato sauce, melted mozzarella cheese and cottage cheese, crispy prosciutto, microgreens and a drizzle of hot honey

**Kitchen
Closes
at 3pm!**