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

CRANKY CARROT JUICE CO.

GO TEXAN.

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, whole milk, house-made vanilla & coconut topped with vanilla cinnamon cold foam

Iced Salted Dulce de Leche Latte ($8) WEPA coffee, whole milk, & house-made vanilla topped with house-made salted dulce de leche foam

Iced Vanilla Protein Latte ($9.50) WEPA coffee, whole milk, & house-made vanilla topped with Promix vanilla whey protein cold foam

Iced Pumpkin Coquito Latte ($8) WEPA coffee, house-made puerto rican coquito, whole milk, house-made pumpkin spice topped with pumpkin spice cold foam

Iced Pumpkin Coquito Cold Brew ($7) Three Keys Coffee single origin Brazil Blue Nova dark roast cold brewed topped with pumpkin coquito cold foam

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

Dulce café con leche ($8) WEPA espresso with four parts steamed whole milk, house-made vanilla topped with salted dulce de leche cold foam

matcha

Iced Coquito Matcha ($10) Single-origin matcha, whole milk, house-made puerto rican coquito, house-made vanilla & coconut, topped with cinnamon & coconut shreds
***This is a dessert matcha!**

Iced Matcha Cloud ($9.50) Coconut water, house-made coconut & vanilla syrup topped with matcha cold foam

Iced Vanilla Protein Matcha ($10.50) Single-origin matcha, whole milk, house-made vanilla served over ice & topped with Promix Whey Vanilla Protein cold foam

Iced Salted Date Matcha ($10) Single-origin matcha, whole milk, Medjool dates, house-made vanilla & Maldon sea salt flakes

Iced Salted Honey Matcha ($10.00) Single-origin matcha, whole milk, local raw honey, Maldon sea salt served over ice & topped with vanilla cold foam

Matcha Latte ($7)

MILKS:

Mill-King grass-fed & pasture-raised whole milk

House-made almond milk $1.00

EXTRAS:

Evergreen Way (4g matcha) $2.00

Extra double shot espresso $1.50

Extra single shot espresso $1.25

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!