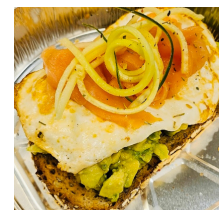


Superfood Breakfast (Served all day) *Made with whole grain bread* Gluten-free bread is also available*

Classic Avocado Toast: Mashed Avocado seasoned with Himalayan Pink Salt & crushed Black Peppers, fresh-squeezed lemon juice, olive oil, thinly sliced cucumber, baby greens \$5.50



Protein + Avocado Toast: Classic Avocado Toast with choice of fried or scrambled eggs \$6.50 *Additional \$2.00 to add smoked salmon*



Revitalize Breakfast: Scrambled eggs, w/ diced bell peppers, spinach, & side of toast \$6.00

House Omelette: Eggs, w/ bell peppers, onions, spinach, cheese (swiss or provolone), toast on the side \$6.50



Seychelles Toast: Multigrain toast topped with creamy almond or peanut butter & seasonal fresh fruits \$5.50



Croissant Sandwich (NEW ADDITION): Fresh and lightly toasted croissant, with cheese (swiss or provolone), 2 eggs, and fresh spinach, with chipotle-mayo sauce. \$6.50
Add sliced avocado for additional \$2.25
Add smoked salmon for additional \$2.00



Wellness Bowls

Açaí Bowl: Blended Organic Açaí berries, bananas and strawberries, topped with granola, coconut flakes, almond butter, and two choices of fresh fruits \$9.00



Overnight Oats: Old fashioned oats, milk of your choice, shelled organic hempseeds, with raw cane sugar, topped with Blueberries, shredded coconuts, Goji Berries, cinnamon powder \$5.50



Chia Pudding: Chia seeds with Almond milk, topped with low fat & low sugar yogurt & seasonal fresh fruits. \$4.50. Add Spirulina for additional \$0.50

Protein & Supplements

Plant Based (vegan) Protein: 13 G. \$1.50

Whey Protein: 20 grams. \$1.50

Muscle Milk Protein: 20 grams. \$1.50

BCAA (BPI): \$1.50

Goji Berry Powder: \$1.50

Spirulina Powder: \$.50

Collagen: \$1.25

Wheatgrass: \$1.50

Hempseeds: \$1.00

Cacao nibs: \$1.50

Flaxseeds: \$.50

Creatine (BPI): \$1.50

Maca Powder: \$.50

Lunch Specials

Ibiza Wrap: Grilled chicken, seasoned quinoa, cherry tomatoes, cucumbers, fresh basil, marinated mozzarella, & mixed greens + a touch of honey dijon. \$8.50



Havana Wrap: Grilled chicken, cherry tomatoes, cucumbers, shredded carrots, diced red onions & cilantro on lettuce leaves, with a hint of olive oil mayonnaise. \$8.00

Corcovado Protein Bowl: Seasoned quinoa & brown rice, with sautéed garlic & herbs garbanzo beans, served with sliced eggs, and Mediterranean salad. \$8.50

**Addition of grilled chicken \$3.00, Cajun Shrimp \$4.50, sizzled salmon \$5.50, sliced avocado \$2.25*



Palma Protein Bowl (NEW ADDITION): Mildly seasoned corn, black beans, brown rice & quinoa, hummus, with Mediterranean salad, pickled onions, and drizzled with chipotle mayo sauce. \$8.50

**Addition of grilled chicken \$3.00, Cajun Shrimp \$4.50, sizzled salmon \$5.50, sliced avocado \$2.25*



Panini: Grilled chicken, roasted red peppers, spinach, with pesto and Italian dressing on multi-grain bread. \$9.75



Cheeseburger (NEW ADDITION): 6 Oz lean beef burger, topped with Swiss or provolone cheese, tomato, pickled onions, romaine lettuce, and chipotle mayo sauce, in a brioche. Served with a pickle wedge and your choice of chips. \$10.00



Healthy Salads

Addition of:

Grilled Chicken \$3.00,
Veggie Burger \$3.00,
Cajun Shrimp \$4.50,
Sizzled Salmon \$5.50,
Sliced Avocado \$2.25

Salad Dressings Options:

- House Dressing (olive oil, lemon juice, a hint of apple cider vinegar, Himalayan pink salt and pepper)
- House Italian (Italian seasoning, lemon juice, olive oil, and vinegar)
- Organic Balsamic Vinaigrette
- Ranch dressing

Ibiza Salad: Seasoned quinoa, cherry tomatoes, cucumbers, fresh basil & mozzarella over mixed greens \$7.50



Havana Salad: Cherry tomatoes, cucumbers, shredded carrots, diced red onions & cilantro on lettuce leaves \$7.00



Juices, Tea, & Coffee

Organic Reishi Mushrooms infused Coffee \$3.00 (10 oz.)

illy Coffee - Gourmet Italian Coffee \$2.50 (12 oz.)

Hot Green Tea \$2.25 (10 oz.)

Iced Coffee \$3.50 (16 oz.)

Iced Green Tea (Lipton) \$3.50 (16 oz.)

Riviera Juice- (Mango, Orange & Lemon)

Reg. \$5.00, Large \$7.00

Organic Teas

Clean Matcha Green Tea (10 oz.) \$2.25

Revitalise Tea (10 oz.) \$2.25

Elderberry & Echinacea Tea (10 oz.) \$2.25

Turmeric Ginger Tea (10 oz.) \$2.25

Power Shots

Ginger, Lemon & cayenne

Pepper \$2.50 (1 oz.)

Ginger, Lemon & Turmeric \$2.50

(1 oz.)

Ginger, Lemon & Wheatgrass

\$2.50 (1 oz.)

Healthy Snacks

Energy Bites: (Regular or Chocolate) mixed with cashews, almonds, hemp seeds, flax seeds, chia seeds, and dates: \$2.00 each, or 3 for \$5.00

Fruit Salad: Fresh seasonal fruits with a hint of lemon & honey \$3.00. Additional \$0.50 for added fruits.

Fruit Parfait: Fresh seasonal fruits with light & fit vanilla yogurt, topped with granola. \$3.50.



Gourmet Smoothies

Regular \$6.00 - Large \$8.00

Create your own for an additional \$1.00

Each smoothie is made with the choice of: almond, coconut, oat or lactose-free milk

Protein & Supplements are highly recommended with Smoothies & Juices

Bali Berry: Strawberries, blueberries & organic goji berry powder with almond milk

Taj Mahal: Mangoes, bananas, organic turmeric powder with coconut milk

Belize: Pineapple, spinach, cucumber, kiwi & fresh squeezed lemon with coconut milk

Ipanema: Açai, strawberries, bananas with coconut milk

Amazonian: Coffee, bananas, honey, almond butter & cacao or maca powder with almond milk.

Riviera: Mango, fresh squeezed orange & lemon juice, turmeric or maca powder with coconut milk.

Porto Seguro: Pineapple, cantaloupe, green apple with coconut milk (or milk of your choice).

Saybrook: Bananas, peanut butter, maca powder, flaxseeds, with coconut milk (or milk of your choice).

Fiji (Seasonal): Fresh papaya, fresh lemon juice, fresh ginger, honey, and maca powder.

Tahiti: Watermelon, pineapple, strawberries, and goji berry powder.

Ocho Ríos: Bananas, Blueberries, Mangoes, Hempseeds, Almond Butter, Honey, Cacao Nibs, with Coconut Milk.

Maldives: Bananas, Watermelon, Papaya, with milk of your choice. *Whey, vegan or Muscle Milk protein highly recommended.*



Protein & Supplements

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Whey Protein: 20 grams. \$1.50

Muscle Milk Protein: 20 grams. \$1.50

BCAA (BPI): \$1.50

Goji Berry Powder: \$1.50

Spirulina Powder: \$.50

Collagen: \$1.25

Wheatgrass: \$1.50

Hempseeds: \$1.00

Cacao nibs: \$1.50

Flaxseeds: \$.50

Creatine (BPI): \$1.50

Maca Powder: \$.50

Turmeric: \$.50

