



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, topped with thinly sliced cucumber, baby greens \$5.50

Protein + Avocado Toast: Avocado Toast with choice of fried or scrambled (2) eggs \$6.50

Additional \$2.00 to add smoked salmon

Revitalize Breakfast: Scrambled (3) eggs, w/ diced bell peppers, spinach, & side of toast \$6.00

Add side of Fruit for additional \$1.00 (choice of strawberries, blueberries, or grapes)

House Omelette: 3 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, drizzled with honey \$5.50

Croissant Sandwich: Fresh and lightly toasted croissant, with cheese (Swiss or provolone), 2 eggs, and fresh spinach, with chipotle mayo. \$6.50

Add smoked salmon for additional \$2.00

Add Avocado for additional \$2.25

Add side of Fruit for additional \$1.00 (choice of strawberries, blueberries, or grapes)

Wellness Bowls & Healthy Snacks

Açaí Bowl: Blended Organic Açaí berries, bananas, strawberries, and blueberries, topped with granola, coconut flakes, almond butter, with your choice of milk, 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

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.

Blueberry/Banana Nut Muffin: Large Blueberry \$2.25.

RX Protein Bar: Peanut Butter Chocolate or Chocolate Sea Salt \$3.00.

Paleo Protein Bar: Organic Paleo Bar \$1.50.

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 + 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: Mildly seasoned corn, black beans, brown rice & quinoa, hummus, with Mediterranean salad & pickled onions, 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 swiss or provolone cheese, with pesto and Italian dressing on multi-grain bread. \$9.75

Cheeseburger: 8 oz. lean Angus 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 \$3.50,

Veggie Burger \$3.00,

Cajun Shrimp \$4.50,

Sizzled Salmon 4 oz. \$5.50 Or 6oz. \$7.50

Sliced Avocado \$2.25

Salad Dressings Options:

- House Dressing (olive oil, lemon juice, Himalayan pink salt and crushed black 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

Mauí Salad: Fresh strawberries, blueberries, green apples, walnuts, & goat cheese, over mixed greens \$10.00

Juices, Tea, Coffee & Power Shots

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

Ginger & Lemon Power Shot \$2.25 (1 oz.)

Ginger, Lemon & cayenne Pepper Power Shot \$2.50 (1 oz.)

Ginger, Lemon & Turmeric Power Shot \$2.50 (1 oz.)

Ginger, Lemon & Wheatgrass Power Shot \$2.50 (1 oz.)

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



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

Fresh-squeezed orange juice can be added to your smoothie for an additional \$1.00

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 orange juice, fresh ginger, honey, and acerola powder.

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

Ocho Rios: 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.*

Copacabana: Mangoes, Pineapple, bananas, orange juice, and acerola powder.

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Flaxseeds: \$.50

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Maca Powder: \$.50

Turmeric: \$.50