

Organic

AÇAÍ BOWLS



9.95

Choose your base

*AÇAÍ

açaí, banana, blueberries, agave, green tea, coconut oil

*AÇAÍ & PASSION FRUIT

açaí, passion fruit, raspberries, banana, agave, green tea, mct coconut oil

Choose four toppings

Extra 1.00

- | | |
|---------------|---------------------|
| banana | blackberries |
| blueberries | kiwi |
| mango | strawberries |
| pineapple | coconut flakes |
| goji berries | almonds |
| walnuts | chia seeds |
| flax seeds | hemp seeds |
| peanut butter | nutella |
| honey | agave |
| maple syrup | GF granola |
| cacao nibs | almond butter + .25 |

SMOOTHIES 16 oz

Add 20mg CBD \$3

THE FAT ELVIS

9.00

banana, strawberries, peanut butter, oat milk, maple syrup, hemp protein

Sub almond butter for .25

BEACH BUM

8.25

pineapple, strawberries, mango, coconut milk, shredded coconut, maple syrup

THE HULK

9.00

avocado, spinach, kale, banana, blueberries, almond butter, cinnamon, flax seeds, almond milk

BERRYLADA

8.25

raspberries, blackberries, blueberries, pineapple, coconut milk, agave

GREEN LIFE

8.25

spinach, mango, banana, lemon juice, coconut milk

SEA MOSS

8.75

sea moss (contains 92 of 102 essential minerals), banana, ginger, turmeric, dates, cloves, cinnamon, coconut milk

MORNING WAKE UP

9.00

banana, espresso powder, cocoa powder, maple syrup, oat milk, choice of protein

PINA COLADA

8.25

pineapple, banana,, coconut shred,, coconut milk, agave

THE HEMP DELIGHT

9.00

mango, pineapple, hemp seeds, coconut water, coconut milk, hemp protein

CREATE YOUR OWN

8.25

choose 4 ingredients and milk of your choice

Add protein for .75

ADD

1.00

chia seeds, flax seeds, peanut butter, nutella, ginger, spinach, kale, espresso powder, peanut powder

ADD

1.25

hemp protein, pea protein, almond butter, sea moss

FLATBREADS

8.25

Make it a vegan

+\$1

GF Flatbread

+\$1

MARGHERITA

house made marinara sauce, mozzarella cheese, tomato topped with fresh basil

ROASTED VEGETABLE

olive oil, mozzarella cheese, yellow bell pepper, tomato, broccoli, mushrooms, red onion

HUMMUS

house made hummus, mozzarella cheese, bell pepper, red onions, cucumber, arugula, lemony vinaigrette

CREATE YOUR OWN

house made marinara sauce, mozzarella cheese plus three toppings

EXTRA TOPPINGS

\$1

mushrooms, yellow bell pepper, tomato, red onion, arugula, broccoli, banana, marinara sauce, basil, mozzarella cheese, vegan mozzarella cheese

TOAST

HALF FULL

AVOCADO TOAST

6.95...9.95

GF toast topped with avocado with tomatoes, pickled onions and arugula

NUTELLA TOAST

5.95...8.95

GF toast topped with nutella, strawberries, cacao nibs and almonds

ALMOND BUTTER TOAST

5.95...8.95

GF toast topped with almond butter, banana, cinnamon, hemp seeds and honey

SNACKS

RED BEET HUMMUS

7.50

house made hummus with roasted red beets topped with carrots and celery

NATIVE HUMMUS

7.50

house made hummus topped with carrots and celery

BANANA CHIA PUDDING

5.95

Topped with banana slices and GF granola

1466 Rock Springs Rd,
APopka FL 32712

407-410-5055

M-S 7am-7pm
S 10 am-4pm



Organic

COLD PRESSED JUICES 12 oz

SUPER GREEN	6.95
Spinach, kale, cucumber, kiwi, celery, lemon	
VIVACIOUS RED	6.95
red beets, kale, cucumber, spinach, celery, apples, lemon	
MINT TO BE	6.95
mint, cucumber, watermelon, apples, ginger, red beets, lime	
IMMUNITY BOOSTER	6.95
pineapple, carrots, turmeric, cucumber, gold beets, lemon	
GOLDEN SUNSHINE	6.95
carrots, cucumber, orange, apple, ginger, lemon	
ACTIVATED LEMONADE	6.95
lemon, maple syrup, cayenne, filtered water, activated charcoal	
14 CARROT GOLD	6.95
orange, carrots, ginger, turmeric	

WELLNESS SHOTS

FLU SHOT	2oz 4.00
ginger, turmeric, apple cider vinegar, honey, cayenne pepper, lemon	
RESTORE	2oz 4.00
turmeric, pineapple, tart cherry, lemon, cinnamon, black pepper	
GINGER	1oz 2.50
ginger, lemon	
WHEATGRASS	1oz 3.00
wheatgrass, lemon	

KOMBUCHA



	12oz	32oz
GINGER BERRY	5.00	13.00
STRAWBERRY LEMONADE	5.00	13.00
PASSION MANGO KRATOM	5.25	14.00
LEMONS MANE	5.25	14.00

*FLAVORS SUBJECT TO CHANGE

Bring back your growler and get \$2 off

BOTTLES 12oz

ELDERBERRY KRATOM	5.25
PASSION MANGO KRATOM	5.25
SPICED ROOTS	5.00

COFFEE

Add 20mg CBD \$3

Choose: oat, almond or coconut milk

ESPRESSO	2.50	
CAPPUCCINO	4.69	
AMERICANO	12oz 3.89 16oz 4.59	
LATTE	12oz 4.69 16oz 5.39	
WHITE MOCHA	12oz 5.19 16oz 5.89	
ACTIVATED BULLETPROOF	12oz 4.39 16oz 4.99	
(activated charcoal, mct oil, coffee)		
WHITE PEPPERMINT LATTE	12oz 5.39 16oz 5.99	
(white chocolate and peppermint syrup topped with coconut whip cream and crushed candy canes mixed with espresso and milk of your choice)		
LOCAL FLORIST LATTE	12oz 5.39 16oz 5.99	
(lavender syrup with local raw honey mixed with espresso and milk of your choice)		
CHAI TEA LATTE	12oz 4.79 16oz 5.59	
COLD BREW NITRO	16oz 5.00	
PUMPKIN Cold brew	16oz 5.50	

Add flavors .75

dark chocolate, white chocolate, hazelnut, vanilla, caramel, pumpkin, butterscotch, peppermint, lavender, agave, honey, maple syrup, DF coconut whip cream, DF marshmallows

HOT DRINKS 12 oz

APPLE CIDER	12oz 5.50
<i>topped with coconut whip cream and cinnamon</i>	
HOT CHOCOLATE	12oz 3.79
(add DF/GF marshmallows +.50)	
TEAS	12oz 3.99 16oz 4.59
(ginger, american green, lavender coconut, florida chai, revive mint, fire roasted)	

GRAB & GO

JUST WATER	2.50
FOXTAIL COLD BREW	5.00
FOXTAIL COFFEE BEANS	18.00

Support local, support organic and support your health!

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