<u>Raw Juices</u> 16oz \$8.50| 24oz \$10.50

ABC

apple, beets, carrot

Alive

apple, cucumber, pear, pineapple, ginger, lime

Basic Green

kale, spinach, parsley, lime, celery

Glow

celery, kale, apple, parsley, lime, lemon, ginger

Golden Root

cucumber, pineapple, lemon, turmeric root

Green Machine

spinach, kale, celery, cucumber, lemon. apple

Infinity

cucumber, mint, pear, lemon, spinach

Jungle

mint, apple, orange, carrot, ginger

Kwench Juice

kale, apple, celery, spinach

Lifeblood

beet, apple, carrot, ginger, lemon

Reborn

pineapple, celery, cucumber, lemon, spinach

Rejuvenation

apple, lime, celery, parsley

Create Your Own

customize your own juice





The Benefits

FRESH INGREDIENTS

You won't find a more fresh smoothie or juice than ours! Not only do we choose ingredients that taste great, we choose them with your health in mind.

MADE TO ORDER

Each product is made right in front of you - no secret additives here! The only powders we use are some of the superfoods we have to offer.

NO SUGAR OR DAIRY

It's true! Our combinations of fresh produce truly ARE refreshingly healthy and taste great! Stop by and try our Guilt-free GOODNESS!

Smoothies

16 oz. \$8.50 | 24 oz. \$10.50

Berry Blast

banana, blackberry, strawberry, blueberry, raspb<mark>erry, co</mark>conut water

Beach Bomb

blueberry, blackberry, banana, strawberry, kiwi, grapefruit juice

Tropical Infusion

banana, mango, pineapple, strawberry, orange

Namaste

kale, banana, spinach, lemon, mango, apple juice

Green Wave

banana, kiwi, kale, spinach, celery, liquid choice

Kwench

banan<mark>a, straw</mark>berry, blackberry, raspberry, pineapple, apple juice

Beast Mode

banana, kale, spinach, cacao, butter choice, liquid choice

Evolution

banana, dates<mark>, cacao</mark>, agave, butter choice, liquid

Superman

a banana, mango, pineapple, kiwi, strawberry, raspberry, liquid choice

This Is Me

customize your own raw smoothie

Make it a <u>Protein Smoothie</u> 16 oz. \$10.50| 24 oz. \$12.50

> Chocolate Whey Vanilla Whey Unflavored Whey Hemp Protein

> > Caffeine:

hot coffee iced coffee cafe latte espresso

Acai Bowls

16 oz \$13.50

Destin

Acai base, granola, banana, strawberries, coconut and peanut butter

Cacao Bowl

Açai base, granola, banana, blueberries, coconut, cacao nibs, and nutella

The Gulf

Açai base, granola, banana, blueberries, strawberries, goji berries, and local honey

Kwench Bowl

Açai base, granola, strawb<mark>erries, blueberries</mark>, banana, cacao nibs, peanut butter and local honey

Tropical Bowl

Acai base, granola, banana, strawberries, pineapple, kiwi, coconut, and local honey

Create Your Own

Customize your own açaí bowl



Straight Up Juices 16 oz \$9 | 24 oz \$11

apple, carrot, celery, grapefruit, orange, pear pineapple

\$5 Juice Shots

Wheatgrass Ginger Lemon, Ginger, Turmeric Pineapple, ginger honey

Juice Cleanse

5 regular juices & 1 large smoothie \$49.95

Toppings

bananas blackberries blueberries mango pineapple raspberries sliced almonds

chocolate chips coconut

strawberries

kiwi

almond butter granola nutella peanut butter

Superfood Options

Baobab Bee Pollen Maca Spirulina

Cacao Nibs/Pwdr

Whey Protein

Chia Seeds Chlorella Goji Berries/pwdr Hemp

Collagen

Lucima

Flax Seeds

<u>Toasts</u> \$8.00 AVOCADO TOAST

PEPPER JELLY & APPLE TOAST

BANANA & PB TOAST

STRAWBERRY & NUTELLA TOAST