

STAY PRESSED!

Cold-pressed juices + wellness shots that keep you glowing and going.
JUICES + WELLNESS SHOTS

24OZ \$12 | 16OZ \$10

BLOOD PRESSURE & CARDIOVASCULAR SUPPORT CARDIO CALM

Beet, Cucumber, Pineapple, Parsley
BENEFITS: heart-healthy blend naturally lowers blood pressure and boosts circulation with nitrate-rich beets and parsley, plus hydrating cucumber and pineapple for balanced cardiovascular support.



BLOOD SUGAR BALANCE SUGAR SHIELD

Cucumber, spinach, green apple, lime
BENEFITS: Helps regulate blood sugar with fiber-rich greens and refreshing lime for balanced energy.



CHOLESTEROL CONTROL NO HEART FEELINGS

Carrots, apple, ginger, lemon
BENEFITS: Promotes healthy cholesterol levels and heart health with antioxidant-packed carrots and ginger.



INNER G

Pomegranate, beet, carrots, ginger
BENEFITS: Boosts blood flow & fuels your glow while firing up your energy with anti-inflammatory roots.



LUNG HEALTH & ASTHMA RELIEF LUNG LOVE

Carrots, orange, lemon, turmeric root
BENEFITS: Supports lung function and reduces inflammation with vitamin C-rich citrus and turmeric's anti-inflammatory power.



FULL BODY DETOX LEMME AT 'EM

Green apples, cucumber, ginger, parsley, spinach, kale, celery, lemon
BENEFITS: Detoxifies the body with a powerhouse blend of greens and ginger for digestion and liver health.

ENERGY & IMMUNITY BEET IT

Beet, carrots, red apple, pineapple, pear
BENEFITS: Boosts energy and immunity with nutrient-dense beets and vitamin-rich fruits. Energize naturally, glow daily.

MENSTRUAL CRAMPS RELIEF OH CRAMP!

Beets, carrots, ginger, lemon, honey
BENEFITS: Combats menstrual cramps thanks to its anti-inflammatory, circulation-boosting, hormone supportive and soothing ginger-honey blend.

IMMUNITY POWER-UP THE PLUG

Orange, grapefruit, pineapple, ginger, lime, lemon
BENEFITS: Immune defense with a citrus-packed punch and inflammation-fighting ginger.

HYDRATION + SKIN GLOW MELAAXED

Watermelon, pineapples, coconut water
BENEFITS: Hydrates and replenishes with juicy watermelon and tropical coconut water.

RISE

Orange, Carrot, Lemon, Pineapple, Ginger
BENEFITS: Immunity-boosting, skin-glowing, and energizing — your perfect AM pick-me-up.

GINGER KISS

Fresh ginger, pears, red apples, pineapples, cayenne pepper
BENEFITS: Boost Immune and give your metabolism the kickstart it deserves.

SHOT O'CLOCK

Small Shots. Big Results.
\$4.50 2OZ

OZEMP-LESS

Meet your new natural cheat code!
The boldest, baddest shot in our lineup! Lemon, ginger, turmeric, black pepper, raw honey, garlic
BENEFITS: All-natural Fat-burning, Immune boosting & digestion support with anti-inflammatory, cravings and blood sugar balance. No side effects. All the glow

WAIST WHERE

Squeeze the day and trim your waist with this zesty fat-fighting powerhouse! Grapefruit, orange, lemon, cayenne pepper
BENEFITS: The ultimate metabolism booster, digestive support, natural fat burner and detoxifying

GUT BLUE

Glow from the inside out with Gut Blue- a tropical, gut-loving blend of blue spirulina, lemon, ginger, and coconut water.
BENEFITS: Packed with antioxidants, enzymes, and hydration to support digestion, energy, and overall gut healing.

GOLDEN GLO-UP

Boost your natural glow with this fiery blend of ginger, turmeric, lemon & black pepper!
BENEFITS: Skin Brightening, Anti-inflammatory, metabolism booster, immune support

AMP'D UP

Kickstart your day with a fiery fusion of fresh ginger, zesty lemon, energizing matcha, and a hint of cayenne.
BENEFITS: A clean surge of energy -boosting focus, metabolism, and immunity



ICE SAKE!

Cool down, live balanced — our signature shaved ice sensations.
\$16OZ \$10

SNOW GLOW

Lychee • Pineapple • Coconut,
BENEFITS: Skin hydration + tropical refreshment

FROZEN ATTITUDE

Blue Raspberry • Lemon Zest
BENEFITS: Uplifting, antioxidant-rich

MELTDOWN MOOD

Watermelon • Strawberry • Mint
BENEFITS: Refreshing + stress-relieving

MANGO MAMI

Mango • Lime • Tajin (optional)
BENEFITS: Vitamin C + digestive boost

BERRY CHILL MODE

Strawberry • Blueberry • Lavender
BENEFITS: Calming, anti-stress blend

PASSION POP

Passionfruit • Pineapple • Orange
BENEFITS: Vitamin C boost
• Tropical energy • Skin glow



BOWL'D

AÇAÍ YOU BABY BOWL \$13.00

Ingredients: Açai base, sliced bananas, strawberries, blueberries, granola, coconut flakes, honey drizzle

BENEFITS: Antioxidant-rich, energy-boosting, and naturally sweet—perfect for fueling your day the balanced way.

GOLDEN GLOW BOWL \$14.00

Ingredients: Açai base, pineapple, mango, blueberries, strawberries, bee pollen, granola, coconut chips, collagen, honey drizzle

BENEFITS: Boost your beauty and energy with this antioxidant-rich, collagen-infused bowl designed to nourish your skin and fuel your day naturally.

TROPICOCO BLISS BOWL \$14.00

Ingredients: Creamy coconut base layered with tropical mango, pineapple, fresh strawberries, blueberries, and crunchy granola, topped with luscious coconut and honey drizzles.

BENEFITS: Hydrates and energizes with antioxidants, vitamins A & C, and healthy fats- It supports digestion, boosts immunity, and keeps you refreshed and balanced all day long.

OUR POWER SURGE PROTEIN BOWL \$14.00

Ingredients: Greek or soy yogurt, banana, blueberries, granola, chia, hemp, pumpkin seeds, almond butter, Honey drizzle

BENEFITS: Perfect for sustained energy, muscle recovery, and keeping you full and balanced.



BLENDED 24OZ \$12 | 16OZ \$10

IMMUNE BOOST + GLOW PEACH PLEASE

Peaches, mango, orange juice, turmeric, flaxseeds
BENEFITS: Anti-inflammatory and immune-boosting with tropical sweetness and omega-rich flaxseeds.

ENERGY + MUSCLE SUPPORT WHEATGRASS WARRIOR

Strawberries, mango, banana, wheatgrass powder, creatine powder, organic soy milk, ice
BENEFITS: Muscle-building and detoxifying for the warrior in you.

PROTEIN & GREENS GINGER GLOW POWER

Kale, spinach, pineapple, mango, ginger, protein powder, soy milk
BENEFITS: Antioxidant-rich, anti-inflammatory, muscle-repairing energy boost.

TROPICAL STRENGTH POWER COLADA

Oranges, pineapple, organic soy milk, protein powder, coconut flakes, ice
BENEFITS: Tropical and protein-rich for refueling and immune support.



ANTIOXIDANT BURST BERRY LIT

Strawberries, raspberries, banana, chia seeds, almond milk
BENEFITS: Antioxidant-packed, skin-glowing, heart-loving berry blend.

DETOX & VITALITY GREEN GODDESS

Spinach, kale, pineapple, mango, peaches, passion fruit, lecithin powder, soy milk, ice
BENEFITS: Detox, hormone balance, and skin glow in one lush sip.

PROTEIN POWER YOU BUTTA GO!

Banana, peanut butter, protein powder, organic soy milk, Greek yogurt, honey/agave, cinnamon
BENEFITS: Muscle-building, gut-friendly, and satisfying.

TROPICAL MOOD BOOST MANGO BLISS

Mango, pineapple, peaches, banana, agave, soy milk
BENEFITS: Uplifting, mood-boosting tropical delight.

GLOW UP ADD ON'S

(SMOOTHIES & BOWLS ONLY)

CHIA SEEDS	\$1.00	COCONUT FLAKES	\$1.25	WHEATGRASS POWDER	\$2.00	STRAWBERRIES	\$1.75	MANGO	\$1.75
HEMP SEEDS	\$1.00	PROTEIN POWDER	\$2.00	SPIRULINA POWDER	\$2.00	BANANA	\$1.00	FLAXSEEDS	\$1.00
BEE POLLEN	\$1.00	COLLAGEN POWDER	\$2.00	GREEN TEA POWDER	\$2.00	PINEAPPLES	\$1.75	ALMOND BUTTER	\$2.00
PUMPKIN SEEDS	\$1.00	CREATINE POWDER	\$2.00	FRESH GINGER SHOT	\$1.00	PEANUT BUTTER	\$1.75	BLUEBERRIES	\$1.75
								HONEY	\$0.75

EAT & BALANCE

GOURMET TOASTS & WRAPS

Your daily dose of delicious balanced Bites of Elevated Flavors to Nourish Your Body & fuel your best self.

SIMPLY AVO TOAST \$12.00

Toasted 7-grain bread topped with avocado, pink salt, and extra virgin olive oil, and our signature avocado seasoning. — the perfect fresh and wholesome start to your day.

AVOCADO EGGSPESSION \$14.00

Toasted 7-grain bread topped avocado, hard-boiled egg, extra virgin olive oil, pink salt, chili flakes, and our signature avocado seasoning — a bold, flavorful boost to express your best self.

TOMATO AVO FETA TOAST \$15.00

Toasted 7-grain bread, avocado, feta, cherry tomatoes, arugula, pink salt, chili flakes, and extra virgin olive oil — a vibrant toast packed with bold, fresh flavors.

AVO DELIGHT \$15.00

Toasted 7-grain bread or Whole wheat wrap topped with avocado, sliced cherry tomatoes, fresh cucumber, red onions, pink salt, fresh dill, and extra virgin olive oil — a vibrant and bursting with fresh, balanced flavors.

TUNA TOAST SUPREME \$13.00

Toasted 7-grain bread topped with a flavorful tuna & celery blend, pink salt — a satisfying and protein-packed toast perfect for a balanced and delicious meal.

TUNA AVOCADO FUSION TOAST \$15.00

Toasted 7-grain bread or Whole wheat wrap layered with avocado, a zesty tuna & celery blend, fresh lemon zest, pink salt — a perfect harmony of protein and healthy fats for a balanced and satisfying bite.



FOR JUICE SAKE

LIVE BALANCED

LEAF IT TO US

Nourishing greens, bold flavors, and vibrant benefits in every bite.

GREEN GLOW-UP SALAD \$14.00

Baby spinach, kale, cucumber, green apple, avocado, sunflower seeds, green goddess dressing

BENEFITS: Detoxifying and energizing for a natural glow.

THE SWEET CRUNCH SALAD \$15.00

Romaine, Red Apples, Candied Walnuts, Dried Cranberries, Crumbled Kosher Feta, MapleDijon Vinaigrette.

BENEFITS: Antioxidant-rich, heart-healthy, and fiber-fueled

MEDITERRANEAN MOOD SALAD \$16.00

Romaine Lettuce, Cherry Tomatoes, Cucumber, Red Onion, Chickpeas, Kalamata Olives, Crumbled Kosher Feta, Lemon-Oregano Vinaigrette

BENEFITS: Gut-healthy and antioxidant-packed.



BREW & BALANCE

Fuel your day, chill your way—sip something amazing!

16OZ \$5.25 & 12OZ \$4.45

LATTES VANILLA BEAN LATTE

Smooth & soothing with warm notes of vanilla and maple. Made with creamy oat milk, pure vanilla extract, and a shot of espresso.

BENEFITS: Comforting, gently energizing, and caffeine-balanced.

HONEY CINNAMON LATTE

A cozy cup of calm. Espresso blended with almond milk, raw honey, and a dash of cinnamon for sweet spice perfection.

Milk options: Almond, oat, coconut, soy

BENEFITS: Supports digestion, balances blood sugar, Cozy & Anti-Inflammatory.

TOASTED CARAMEL LATTE

Rich espresso with warm toasted caramel syrup, almond milk—decadent, buttery, and uplifting.

Benefits: A smooth, buttery blend that comforts and uplifts—perfect for a cozy, crave-worthy energy boost.

Milk Options: Almond, Oat, Whole, Coconut

Social Caption:

When cozy meets craveable 🍯☕️ Toasted Caramel Latte is here to comfort your soul. #SweetSips #ForJuiceSake

COCO GLOW LATTE

Coconut syrup, espresso, soy milk- a tropical escape in every sip.

Benefits: A tropical pick-me-up that supports hydration, digestion, and island state of mind.

Social Caption:

Sip the tropics 🌴☕️ Our Coco Glow Latte is the island vibe you didn't know you needed. #CocoGlow #ForJuiceSake

TOASTY HAZEL LATTE

Toasty hazelnut flavor, creamy froth, and smooth espresso.

Benefits: Heart-healthy and satisfying, this naturally sweet classic delivers feel-good fuel & boosts focus. Social Caption:

Social Caption:

Toast to the good stuff 🌰☕️ Say hey to the Hazelnut Latte. #NuttyForYou #ForJuiceSake

ISLAND ENERGY GOURMET COFFEE

Rich. Smooth. Bold.

Topping: Oat, Almond, Coconut or Half & Half or Whole milk

MEDIUM-DARK ROAST | SIGNATURE BLEND

16OZ \$3.75 | 12OZ \$2.95