

ALL DAY BREAKFAST	CALORIES	PROTEIN (G)	CARBS (G)	FIBER (G)	SUGAR (G)	TOTAL FAT (G)	SAT. FAT (G)	TRANS. FAT (G)	CHOLEST. (MG)	SODIUM (MG)
AVOCADO SMASH	420	10	47	9	3	22	3.5	0	0	630
VEGGIE OMELETTE	570	33	48	8	4	18	6	0	485	920
PERFECT EGG SANDWICH	540-940	38	87	5	5	32	10	0	400	1300
CROISSANT SANDWICH	660	19	46	2	10	43	21	0	455	850
THE NEW YORKER	390	25	44	3	4	13	6	0	45	1370
THE BREAKFAST WRAP	680-790	48	72	9	6	42	13	0	75	1997
BAGEL & SCHMEAR	470-510	5	61	2	4	13	8	0	45	600
FRUIT SALAD	300	12	51	5	34	10	7	0	<5	80
ALMOND BERRY TOAST	450	9	51	9	27	20	3.5	0	0	150
OVERNIGHT OATS	530	15	74	12	21	24	4.5	0	<5	400
COFFEE & TEA	CALORIES	PROTEIN (G)	CARBS (G)	FIBER (G)	SUGAR (G)	TOTAL FAT (G)	SAT. FAT (G)	TRANS. FAT (G)	CHOLEST. (MG)	SODIUM (MG)
AMERICANO	0	0	0	0	0	0	0	0	0	5
CAPPUCCINO	80-190	1	9	1	7	3	0	0	0	180
DRIP COFFEE	0	0	0	0	0	0	0	0	0	5
ESPRESSO	0	0	0	0	0	0	0	0	0	5
LATTE	80-190	1	9	1	7	3	0	0	0	180
MACCHIATO	20-40	1	3	1	2	1	0	0	0	50
ICED AMERICANO	0	0	0	0	0	0	0	0	0	5
ICED CAPPUCCINO	80-190	1	9	1	7	3	0	0	0	180
ICED DRIP COFFEE	0	0	0	0	0	0	0	0	0	5
ICED LATTE	80-190	1	9	1	7	3	0	0	0	180
CHAI FRAPPE	510	26	58	9	32	21	1.5	0	30	100
ICED BANANA BREW	260	4	53	6	30	6	0	0	0	85
ARTISANAL DRINKS	CALORIES	PROTEIN (G)	CARBS (G)	FIBER (G)	SUGAR (G)	TOTAL FAT (G)	SAT. FAT (G)	TRANS. FAT (G)	CHOLEST. (MG)	SODIUM (MG)
GINGER TEA LATTE	90	<1	18	<1	16	2.5	0	0	0	130
MATCHA LATTE	70	2	9	2	7	3	0	0	0	170
EARL GREY CREME TEA	0	0	0	0	0	0	0	0	0	0
PACIFIC COAST MINT	0	0	0	0	0	0	0	0	0	0
GREEN TEA BLEND	0	0	0	0	0	0	0	0	0	0
SPICED CHAI TEA LATTE	130	2	23	2	15	3	0	0	0	170
MATCHA LEMONADE	110	0	27	0	25	0	0	0	0	0
PASSION FRUIT MANGO	80	1	20	0	17	0	0	0	0	0
WATERMELON CUCUMBER	70	1	17	0	15	0	0	0	0	0
BAKERY	CALORIES	PROTEIN (G)	CARBS (G)	FIBER (G)	SUGAR (G)	TOTAL FAT (G)	SAT. FAT (G)	TRANS. FAT (G)	CHOLEST. (MG)	SODIUM (MG)
WALNUT CHOCO CHIP COOKIE	590	9	63	4	34	33	9	0	0	380
GUAVA COCONUT COOKIE	620	3	136	5	79	21	13	0	0	250
RASPBERRY PISTACHIO TART	480	8	55	3	27	26	12	0	65	150
WALNUT BANANA BREAD	760	8	75	3	30	48	6	0	0	490
PLAIN CROISSANT	450	6	43	1	9	27	17	0	80	500
ALMOND CROISSANT	710	10	70	3	32	41	21	0	100	550
PAIN AU CHOCOLAT	585	8	48	3	27	28	11	0	55	520
ORANGE POPPY SEED MINI CAKE	510	6	83	2	51	15	2	0	0	440
CACAO HAZELNUT DATE BITES	280	7	31	6	13	21	2.5	0	0	70
OATMEAL CHOCO PB BITES	310	9	35	6	18	18	6	0	0	5
ALMOND BUTTER ENERGY BITES	340	9	36	8	17	20	6	0	0	5
HEALTHY FIBER ENERGY BITES	300	7	35	5	12	16	6	0	20	105

SALADS	CALORIES	PROTEIN (G)	CARBS (G)	FIBER (G)	SUGAR (G)	TOTAL FAT (G)	SAT. FAT (G)	TRANS. FAT (G)	CHOLEST. (MG)	SODIUM (MG)
JEN'S HERB	520	20	44	10	9	33	10	0	50	700
KALE CAESAR	650	14	25	2	3	55	13	0	40	1110
GARDEN GREENS	190	13	33	12	6	3.5	0	0	0	490
GREEK SALAD	415	12	31	6	8	28	8	0	40	1640
BOWLS & PLATES	CALORIES	PROTEIN (G)	CARBS (G)	FIBER (G)	SUGAR (G)	TOTAL FAT (G)	SAT. FAT (G)	TRANS. FAT (G)	CHOLEST. (MG)	SODIUM (MG)
SUMMER CHICKEN	630	41	72	11	12	21	3.5	0	115	1340
VIDA VEGGIE	700	17	97	18	12	29	6	0	20	1580
SPICY TUNA	740	41	64	8	7	43	7	0	60	3010
MANGO SALMON	720	41	62	14	9	36	6	0	45	990
FREE-RANGE CHICKEN PLATE	770-830	45	49	9	13	15	2.5	0	130	1220
VEGAN VEGGIE PLATE	790-860	17	99	18	25	44	5	0	0	940
OVEN ROASTED SALMON PLATE	880-940	39	73	11	21	53	8	0	45	1080
WILD AHI TUNA PLATE	700-760	39	69	11	23	36	4.5	0	45	820
WRAPS & SANDWICHES	CALORIES	PROTEIN (G)	CARBS (G)	FIBER (G)	SUGAR (G)	TOTAL FAT (G)	SAT. FAT (G)	TRANS. FAT (G)	CHOLEST. (MG)	SODIUM (MG)
CRUNCHY VEGGIE	520-610	18	81	16	11	20	2	0	20	990
TOASTED CHICKEN	840-910	57	94	12	8	32	10	0	195	2100
KALE CHICKEN CAESAR	910-1000	48	54	4	6	63	14	0	145	1500
MEDITERRANEAN SALMON	470-560	37	44	5	7	22	4.3	0	40	850
PONZU TUNA	590	41	62	11	11	21	3.5	0	45	2330
PESTO CHICKEN	830	50	56	6	9	47	12	0	140	1040
TUNA SPROUT	760	25	126	5	34	14	2	0	30	2820
VEGGIE BURGER	690	25	101	23	13	26	5	0	15	980
COLD-PRESS JUICE & SHOTS	CALORIES	PROTEIN (G)	CARBS (G)	FIBER (G)	SUGAR (G)	TOTAL FAT (G)	SAT. FAT (G)	TRANS. FAT (G)	CHOLEST. (MG)	SODIUM (MG)
GREEN DELUXE	80	3	12	0	9	0	0	0	0	130
MIAMI BEET	140	2	34	2	20	0	0	0	0	90
THE GLOW	140	2	33	2	24	0	0	0	0	85
IMMUNE BOOSTER	150	1	37	0	29	0	0	0	0	0
LULU'S LEMON	140	1	32	2	24	0	0	0	0	0
ORANGE JUICE	150	2	35	1	29	0	0	0	0	0
LALA LEMONADE	80	0	22	0	20	0	0	0	0	0
FLU SHOT	45	1	11	1	6	0	0	0	0	0
IMMUNITY SHOT	25	<1	6	0	4	0	0	0	0	0
THE DETOX SHOT	15	0	3	0	2	0	0	0	0	15
ETERNAL YOUTH SHOT	30	1	7	0	5	0	0	0	0	0
SHOT OF GLOW	25	1	6	1	4	0	0	0	0	15
SUPERFOOD SMOOTHIES	CALORIES	PROTEIN (G)	CARBS (G)	FIBER (G)	SUGAR (G)	TOTAL FAT (G)	SAT. FAT (G)	TRANS. FAT (G)	CHOLEST. (MG)	SODIUM (MG)
SUPERGREENS	260	3	66	5	55	0.5	0	0	0	75
VITAMIN SEA	220	2	55	7	43	1.5	0	0	0	5
WELCOME TO MIAMI	420	6	108	19	74	2	0	0	0	105
COCO AZUL	480	7	82	9	67	17	10	0	0	25
PLAYA PAPAYA	270	2	68	5	57	1	0	0	0	35
OMER'S POST WORKOUT	470	24	56	12	26	20	2	0	0	250
CHOCOLATE PB	580	31	78	10	49	29	5	0	30	120
MIAMI MOCHA	710	26	85	19	48	30	8	0	30	125

ACAI BOWLS	CALORIES	PROTEIN (G)	CARBS (G)	FIBER (G)	SUGAR (G)	TOTAL FAT (G)	SAT. FAT (G)	TRANS. FAT (G)	CHOLEST. (MG)	SODIUM (MG)
SIGNATURE ACAI	600	9	103	14	68	22	9	0	0	95
BALI CRUNCH	830	17	119	20	76	39	10	0	0	140
PB LOVER	860	18	103	18	64	51	13	0	0	115
SNACKS	CALORIES	PROTEIN (G)	CARBS (G)	FIBER (G)	SUGAR (G)	TOTAL FAT (G)	SAT. FAT (G)	TRANS. FAT (G)	CHOLEST. (MG)	SODIUM (MG)
TUNA TARTARE	290	31	8	2	2	15	2.5	0	50	1800
BEEF EMPANADA	160	7	23	3	2	2	0	0	15	530
SPINACH & CHEESE EMPANADA	160	7	23	4	2	5	3	0	10	590
CHICKEN EMPANADA	150	8	22	3	2	3.5	1	0	20	450
HARISSA HUMMUS	510-600	33	46	9	6	29	1	0	0	830
YOGURT PARFAIT	470	28	43	5	32	25	7		30	110
KIDS MENU	CALORIES	PROTEIN (G)	CARBS (G)	FIBER (G)	SUGAR (G)	TOTAL FAT (G)	SAT. FAT (G)	TRANS. FAT (G)	CHOLEST. (MG)	SODIUM (MG)
TINY TOASTED CHICKEN	520	37	56	3	3	18	8	0	110	1200
CHEESY GRILLED CHEESE	660	29	45	8	13	33	12	0	60	630
EGG BURITO	540	32	34	7	8	24	9	0	520	980
KID'S ACAI BOWL	570	8	90	12	59	24	8	0	0	125
PINK PARADISE SMOOTHIE	190	3	47	8	24	2	0	0	0	75
SAUCE & DRESSINGS	CALORIES	PROTEIN (G)	CARBS (G)	FIBER (G)	SUGAR (G)	TOTAL FAT (G)	SAT. FAT (G)	TRANS. FAT (G)	CHOLEST. (MG)	SODIUM (MG)
PURA VIDA SAUCE	140	2	6	0	5	11	1.5	0	10	460
APPLE CIDER VINAGRETTE	170	0	10	0	10	16	2.5	0	0	290
HERB VINAIGRETTE	250	0	1	0	0	27	4	0	0	135
GREEN TAHINI	110	3	5	2	0	10	1.5	0	0	430
GREEN HARISSA	50	0	3	1	1	4.5	0.5	0	0	200
LEMON OLIVE OIL	240	0	1	0	0	27	3.5	0	0	180
PONZU YUZU	50	5	5	0	2	1.5	0	0	0	1113
SPICY AIOLI	270	0	2	0	2	26	5	0	15	380
SPICY SOY GINGER	110	2	10	0	8	8	1	0	0	510
CHIPOTLE AIOLI	230	0	3	0	0	21	4.5	0	0	360
CAESAR DRESSING	210	2	3	0	2	22	4	0	10	290
PICANTE HOT SAUCE	35	<1	7	<1	6	0	0	0	0	830
PESTO SAUCE	290	3	3	2	0	30	5	0	0	220
BOTTLE PURA VIDA SAUCE	1140	13	51	0	38	89	13	0	65	3630
PROTEINS (SIDES)	CALORIES	PROTEIN (G)	CARBS (G)	FIBER (G)	SUGAR (G)	TOTAL FAT (G)	SAT. FAT (G)	TRANS. FAT (G)	CHOLEST. (MG)	SODIUM (MG)
OVEN ROASTED SALMON	370	32	8	1	0	22	4	0	50	620
WILD AHI TUNA	140	28	1	0	0	2	0	0	45	290
OVER EASY EGGS	140	13	<1	0	0	10	3	0	370	220
MOZZARELLA SCRAMBLE	290	24	8	3	2	9	5	0	485	600
MOZZARELLA WHITE	270	26	5	2	<1	16	6	0	25	850
VEGAN VEGGIE BITES	210	6	30	7	3	9	0.5	0	0	420
SMOKED SALMON	80	14	1	0	0	3.5	0.5	0	20	460
MUSHROOM VEGGIE PATTY	230	13	40	13	9	5	0.5	0	0	340
TURKEY BACON	140	18	3	0	0	8	1.5	0	60	660
TUNA SALAD	440	15	78	0	26	4	0	0	30	2360
FREE-RANGE CHICKEN	185	38	1	0	0	8	2	0	130	190
SOFT BOILED EGGS	140	13	<1	0	0	10	3	0	370	220

SIDES	CALORIES	PROTEIN (G)	CARBS (G)	FIBER (G)	SUGAR (G)	TOTAL FAT (G)	SAT. FAT (G)	TRANS. FAT (G)	CHOLEST. (MG)	SODIUM (MG)
ORGANIC QUINOA	200	7	35	5	1	3	0	0	0	10
CILANTRO RICE	200	6	65	2	0	2.5	0	0	0	350
BAKED SWEET POTATO	150	3	34	5	7	3.5	0	0	0	480
ROASTED GOLDEN POTATO	250	5	35	5	2	4	1	0	0	510
SAUTEED MUSHROOM	50	2	4	2	1	3	0	0	0	110
AVOCADO	160	2	9	7	<1	15	2	0	0	5
ONION & BELL PEPPER	70	<1	11	4	5	3.5	0.5	0	0	740
CRUMBLLED FETA	75	8	4	2	0	12	8	0	50	600
GOAT CHEESE	160	10	2	0	0	12	9	0	50	160
HUMMUS	140	6	14	4	2	6	0	0	0	250
CREAM CHEESE	130	3	5	0	0	10	6	0	40	220
PEANUT BUTTER	190	8	7	3	2	17	2.5	0	0	0
ALMOND BUTTER	190	7	7	4	1	16	1	0	0	0
HONEY	120	0	34	0	34	0	0	0	0	0
ZA'ATAR CREAM CHEESE	125	2	4	0	0	8	4.5	0	0	250
YOGURT	110	14	4	<1	3	5	2.5	0	15	40
PROTEIN POWDER	140	13	<3	0	0	10	3	0	370	220
WHEY CHOCOLATE PROTEIN	160	25	9	0	5	3	2	0	85	65
WHEY VANILLA PROTEIN	160	25	9	0	5	3	2	0	85	65
CHOCOLATE VEGAN PROTEIN	140	25	8	1	5	0.5	0	0	0	160
VANILLA VEGAN PROTEIN	140	25	8	1	5	0.5	0	0	0	160
CUCUMBER	10	0	2	0	0	0	0	0	0	0
GRAB-N-GO	CALORIES	PROTEIN (G)	CARBS (G)	FIBER (G)	SUGAR (G)	TOTAL FAT (G)	SAT. FAT (G)	TRANS. FAT (G)	CHOLEST. (MG)	SODIUM (MG)
JEN'S HERB SALAD	350	10	26.5	5	9	24	6	0	25	490
GREEK SALAD	205	6	16	3	4	24	4	0	20	820
SPICY TUNA BOWL	405	21	32	4	4	22	2	0	30	1760
KALE CHICKEN CAESAR WRAP	920	48	54	4	6	63	14	0	145	1500