

organic breakfast bowls



- » **CELEBRATION BOWL \$8.99**
Raw Berry Coconut Yogurt paired with yum from the Seattle Granola Company. Organic gluten-free oats, almonds, flax seeds, hemp seeds, cranberries, cinnamon, strawberries, and apples. Garnished with lemon and basil.
- » **CHIA BOWL \$7.99**
Loaded with vitamins, minerals and antioxidants, this protein-rich breakfast bowl is made with organic chia seeds, fresh house-made almond milk, dates, fresh organic fruit, goji berries, cinnamon, and Higher Power Pacific NW Trail Mix.
- » **INCAN BOWL \$8.99**
Made with steamed quinoa and topped with fresh house made Almond Milk, cinnamon, fresh organic fruit, dates, and Higher Power NW Trail Mix. Quinoa is the only plant-based protein that contains all nine of the essential amino acids that your body needs.
- » **SAVORY BREAKFAST BOWL \$8.99**
Hot quinoa topped with avocado, basil, tomato, a touch of olive oil, herb salt, and our house-made sundried tomato Sun Sauce.

starters



- » **FRESH ROLLS \$4.99**
Cabbage, carrot, celery, basil, and cilantro rolled in a tapioca wrapper and served with a side of Mighty Thai infused with Thai chilis. 2 rolls.
- » **NINJA ROLL \$7.99**
This cult classic makes you happy to be in the Pacific NW. Toasted nori stuffed with Ocean Pâté, cucumbers, carrots, and cilantro, and served with a side of Sesame Ginger Sauce.

organic salads + raw entrées



- » **MARINATED KALE SALAD \$11.99**
Bursting with flavors and textures, our Marinated Kale is tossed with Kale Chips, walnuts, toasted nori, Coconut Maple Chips, cucumber, carrots, and Thai Chili Lemongrass Dressing. Robust, succulent, brilliant. **Avocado +2**
- » **HUNGRY-NO-MORE \$9.99**
This satisfying salad is sure to delight your tastebuds. Freshly chopped basil, spinach, and mixed greens tossed in Lemon Tahini Dressing and topped with tomatoes, mushrooms, cucumbers, Marinated Kale, nutritional yeast, and Tuscan herb salt. **Avocado +2**
- » **JUGGERNAUT \$11.99**
This savory, grounding dish is paired with mixed greens, quinoa, Bhutanese red rice, Marinated Kale, Marinated Mushrooms, zucchini, avocado, cabbage, Walnut Crumble, Lemon Tahini Dressing, and Sesame Ginger Sauce.
- » **OH MY SAMURAI \$9.99**
Our signature raw teriyaki noodle dish. Magically mineralized sea kelp noodles marinated in sweet, savory Samurai Sauce. Served with sword-sliced celery, carrots, and cabbage. Topped with Cashews.
- » **MIGHTY THAI SALAD \$8.99**
Shredded colorful cabbage packs a tremendous wallop of flavor when paired with bright pop orange carrots, basil, and our Mighty Thai Sauce. Topped with medjool dates, basil, and cashews, it's the perfect balance of sweet, spicy, and crunchy. **One of our original favorites!**

organic soups

- » **COCONUT CURRY \$6.99**
Made with fresh young Thai coconut meat, warming spices, and fresh veggies, this uniquely Thrive curry soup is truly amazing. Available hot or raw.
- » **MISO MADNESS \$6.49**
Hearty, mouth-watering veggie miso stew: so savory, so succulent, so infinitely delicious! A long-living Thrive staple. Available hot or raw.



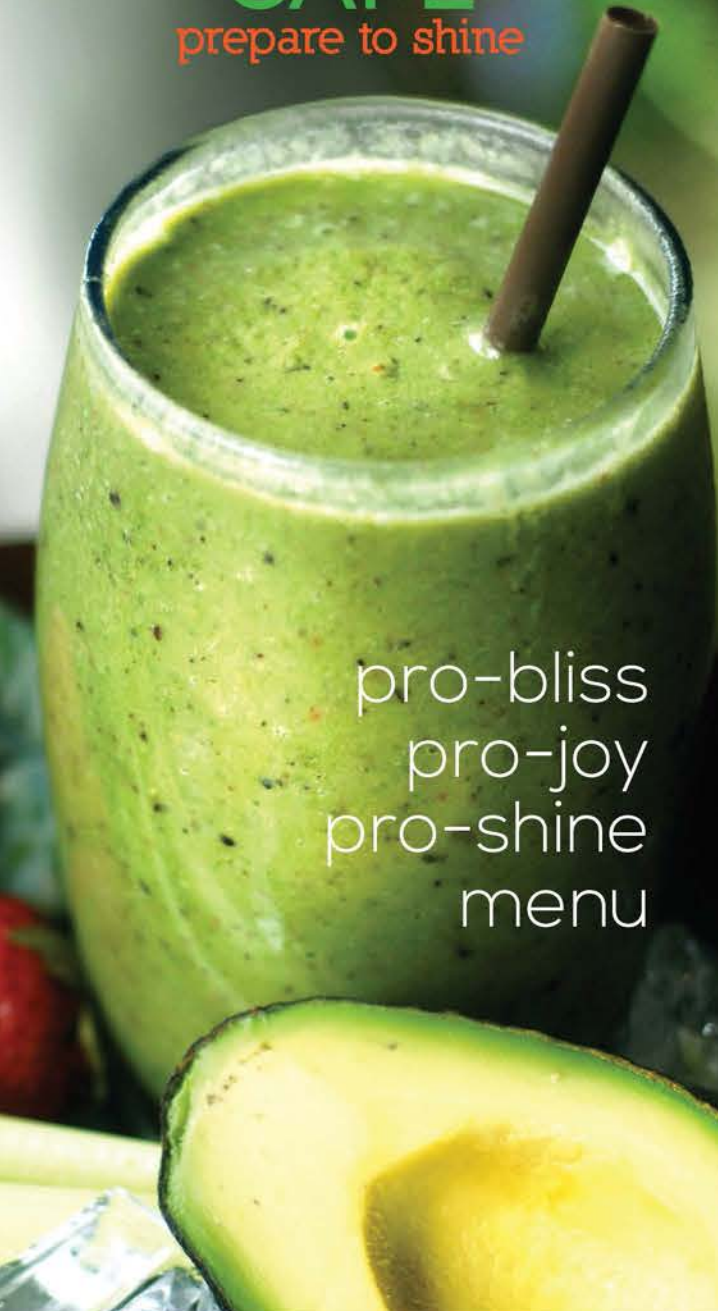
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smoothies

16 oz

- » **COCONUTTY \$9.99**
Our amazing flagship smoothie. Young, freshly hacked Thai coconuts blended with cashews, dates, and pink Himalayan crystal salt. **Cacao +2**
- » **NOURISH \$9.99**
The perfect green machine designed for one purpose: to dominate your body temple with micro-magic and cellular candescence. Made with Almond Milk, avocado, kale, spinach, celery, strawberries, banana, and dates. **Protein +2**
- » **CARAMEL APPLE DELUXE \$9.99**
Freshly hacked young Thai coconuts blended with yummy big fat apples, dates, cashews, maple syrup, almond butter, vanilla extract, and pink Himalayan crystal salt.
- » **SHINE \$7.99**
Light, tropical, beach-faring brilliance. Made with scrumptious coconut butter, coconut water, pineapple, agave, and real vanilla bean.
- » **SWEET TART \$4.99**
A Valentine's Day pre-emptive strike. This mouthwatering, electrically exuberant slushy shocks the eyes open and makes smiles rise like romance and magic. Berries, lime, and agave.
- » **CREAMSICLE \$8.99**
Our handmade signature Almond Milk blended with strawberries, agave, coconut butter, and real vanilla bean. **Protein +2 / Spinach +1**
- » **RAPTURE \$9.99**
Hit the spot with an infusion of antioxidants and natural alchemy. Açai and blueberries balanced with ginger, real vanilla bean, pineapple, and fresh coconut water. De-stress the body with electrolytes and ionic wizardry. **Spinach +1**
- » **OH MY WONKA \$7.99**
A raw chocolate Almond Milk shake blended with raw cacao, mint, cashews, dates, and pink Himalayan crystal salt. **Protein +2**
- » **CELESTIAL SEA \$9.99**
A heavenly coconut superfood smoothie made with 35 greens from the land and sea. Includes fresh coconut, almond butter, raw cacao, mint, dates, and Vitamineral Green™. **Protein +2**
- » **REVIVE \$9.99**
The base of our Refresh green juice (cucumber, celery, kale, and spinach) blended with avocado, parsley, lemon, jalapeño, and pink Himalayan crystal salt. Savory, powerful, delightful.

organic juices

16 oz

- » **ALIVE \$8.49**
The perfect blend of sweet apples and carrot, paired with a daily dose of potent greens: spinach and parsley.
- » **GOLD RUSH \$9.99**
Quench your thirst with pear, apple, basil, lemongrass, and ginger.
- » **GLOW \$9.99**
Apple, purple cabbage, jalapeño, red bell pepper, celery, lemon, and parsley. A total passion play.
- » **LONGEVITY \$7.99**
The grounding power of root vegetables (carrot and beet) with the light freshness of apple and cucumber.
- » **MAGENTA LOVE \$7.99**
The sexiest juice you'll ever drink! Sweet apple with cucumber, beet, and a capturing bite of ginger. **Kale +1**
- » **NORTHERN LIGHT \$9.99**
This incredibly delicious holy juice is powerfully anti-viral and immune-boosting. Apple, basil, lime, cilantro, celery, and ginger. **Kale +1**
- » **REFRESH \$8.99**
A low glycemic energy booster, cleanser, antioxidant, and amazing tonic for shining skin, hair, and nails. Cucumber, celery, kale, and spinach.

levity cleanse

- » **1-DAY CLEANSE \$59.99**
Try drinking only green juice for an entire day!
- » **3-DAY CLEANSE \$179.99**
Cleanse for 3 full days in a row!
- » **WEEKLY RESET CLEANSE \$699.99**
Reset yourself once a week for three months.

other drinks

16 oz

- » **DARK MINT MACA \$8.99**
Restore your red blood cells, increase your stamina and endurance, and balance your hormones and life-force with this energy boost designed to turn you into a Jedi warrior. Contains the water of freshly hacked coconuts, E3 Live, maca, and organic peppermint extract. Served over ice.
- » **FRESH COCONUT WATER \$6.99**
Nature's true symmetry. High in B-vitamins, electrolytes, and calcium. Freshly hacked in-house daily and served over ice.
- » **GINGER LEMONADE \$3.99**
A thirst-quenching beverage served over ice. Made with cold-pressed lemon juice, organic raw agave, and ginger.
- » **LAVA LAMP \$7.99**
Ginger Lemonade and Zrii combine to make a beautiful Lava Lamp for your tasty enjoyment.

elixir shots

1 oz

- » **SNAKE BITE \$3.99**
A potent shot straight from the Eiffel Tower of Juicing, made with cold-pressed lemon juice, organic parsley, organic cayenne pepper, ginger, and a touch of apple.
- » **ZRII \$3.99**
A rejuvenating, potent ayurvedic blend of amalaki, tulsi, turmeric, jujube, schizandra, and ginger, mixed with fruit juice. Reduces inflammation. Light, luster, splendor, and prosperity.
- » **E3 LIVE \$3.99**
E3 Live is an all-organic wild-harvested aqua-botanical considered by renowned health authorities to be nature's most beneficial superfood. High in chlorophyll, promotes clear thinking, focus, and optimal cognitive function.

organic warm grain bowls

- » **BUDDHA BOWL \$12.99**
Experience inner bliss with steamed grains*, Walnut Crumble, Marinated Mushrooms, Kale Chips, Sesame Ginger Sauce*, Marinated Kale, fresh organic cucumbers, Garlic Cilantro God Sauce, and a dollop of Onion Cashew Cream. It's our most popular item and it's so yummy you might cry.
- » **AWAKEN \$9.99**
It's like cliff-jumping for your tastebuds! Steamed grains* topped with cucumber, zucchini, carrot, Marinated Mushrooms, toasted nori, Marinated Kale, and avocado. Served with Sesame Ginger Sauce. If you have a soy allergy, please ask to substitute another sauce.
- » **POPEYE'S LAST STAND \$9.99**
Hot Miso Madness Soup over steamed grains*, fresh spinach, and doused with Mighty Thai Sauce.
- » **THRIVALICIOUS \$11.99**
Steamed grains* paired with Salsa, house-made Guacamole, Onion Cashew Cream, Walnut Crumble, cucumber, zucchini, carrots, and our spicy Sun Sauce. Makes a monk's mouth water.
- » **THAI BOWL \$10.99**
Enjoy steamed grains* topped with succulent lime juice, fresh cucumber, zucchini, carrot, and tidbits of ginger and red onion. Topped with basil, cilantro, our classic Mighty Thai Sauce and Thai Chili Lemongrass Dressing, and Coconut Maple Chips.
- » **FLOURISH \$12.99**
Hot Coconut Curry soup poured over steamed grains*, and fresh spinach, and drizzled with house-made Garlic Cilantro God Sauce. Topped with walnuts and basil.

*All grain bowls contain quinoa and Bhutanese red rice.

"Seattle's Healthiest Lunch"
-King 5 Best of Western, 2012

"Top 10 Places to Rejoice in Raw, Vegan Dining!"
-USA Today, 2013