

# LIFE IS BETTER HYDRATED

## ENHANCED WATERS

- SKINNY WATER** Filtered water, lemon juice, aloe, stevia, and cayenne. **\$4**
- OXYGEN WATER** Filtered water, chlorophyll, lime juice, and mint. **\$4**
- IMMUNITY WATER** Filtered water, orange juice, carrot juice, and zinc. **\$4**
- BEAUTY WATER** Filtered water, hibiscus, goji, green tea extract, vanilla, lemon, and stevia. **\$4**

## FRESH PRESSED 100% GREEN JUICE

- DETOX** Green juice of spinach, cucumber, celery, apple, and lemon. **\$8**

## TONIC BAR

- FIRE CIDER (MIND)** Enzyme rich digestive and immunity tonic. **\$3 / 2-oz**
- WHEATGRASS (BODY)** Nutrient, chlorophyll rich tonic promotes good health. **\$5 / 2-oz**
- BEAUTY ELIXIR (SOUL)** An antioxidant rich blend of pomegranate, fresh ginger, and lemon juice. **\$3 / 2-oz**
- TRIPLE SHOT** Invigorate, balance and energize. **\$5.5**
- DIGEST-AIDE** Herbal tonic of bitters soothes the belly, aides digestion. **\$3/\$15 btl**

## SMOOTHIES

- ✓ BLUEBERRY HEMP** Perfect after workout. Blueberries, spinach, protein rich hemp seeds, banana, plant milk, and a touch of maple. **\$8**
- ✓ CHERRY BERRY** High in antioxidants and omega 3's. Blueberries, cherries, banana, plant milk or water, chia seeds, and a touch of maple. **\$8**
- ✓ CHOCOLATE DREAM** Magnesium rich and delicious. Dark cacao, banana, plant milk, coffee, and a touch of maple. **\$8**
- ✓ CLEAN GREEN** Cleansing and chlorophyll rich. Spinach, banana, flax seeds, plant milk, vanilla, and a touch of maple. **\$8**
- ✓ GREEN ENERGY** Energy enhancing matcha, protein rich spirulina, spinach, vanilla, flax, banana, plant milk, and a touch of maple. **\$8**
- ✓ STRAWBERRY BEET** Antioxidant rich and beautifying. Strawberries, beetroot, banana, plant milk, and a touch of maple. **\$8**
- ✓ T<sub>28</sub> RADIANCE** A low cal, high antioxidant mix of berries and spice. Pomegranate, orange, blueberries, cherries, chia seeds and spice. **\$10**
- BOOSTERS** Cacao Powder, Chia Seeds, Flax Seeds, Goji Berries, Granola, Greens, Hemp Seeds, Matcha Green Tea, Spirulina, VEGA Protein Powder **+\$1**

## COFFEE, TEAS & CACAO

- JITTERY JOE'S COFFEE** **\$3.5**
- VATTE** (Vegan Latte) Coffee with frothed coconut milk. **\$5**
- MATTE** (Matcha Latte) Matcha green tea with frothed coconut milk. **\$5.5**
- FIRE CIDER TEA** Hot filtered water with a shot of Fire Cider and raw honey. **\$4**
- JAPANESE GREEN TEA** **\$4**
- HOT CACAO** A healthy, hot chocolate made from dark, pure cacao, plant milk and your choice of sweetener. **\$5.5**

# LIVE LIFE WELL

## SOUPING IS THE NEW JUICING

Choose the type of cleanse you want to do and the number of days and the number of days. We recommend 4 days or more for the best results.

### SOUPER CLEAN & LEAN

**\$38 day**

Our signature vegan cleanse rich in nutrients, protein, fiber, and antioxidants.

- ✓ 1 LIFE PORRIDGE AND 4 SOUPS**  
Longevity Lentil, Green Miracle, Black Bean Protein, and Secret Slimming



### DESIGNER DETOX

**\$38-40 day**

Design your cleanse around your taste preferences. This cleanse has a little less fiber, for those more sensitive, but it still does the trick.

- ✓ 1 LIFE PORRIDGE -OR- DETOX GREEN JUICE AND 4 VEGAN SOUPS OF CHOICE**



### CLEAN EATING CHALLENGE

**\$38-41.5 day**

- 1 LIFE PORRIDGE -OR- DETOX GREEN JUICE AND 4 SOUPS OF CHOICE**  
(including hormone and antibiotic-free Chicken Soups)



### WE SHIP NATIONWIDE

Want to CLEANSE WITH FRIENDS far away?

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# FEED YOUR SOUL

## VEGAN SOUPS

**\$6 med / \$8 lrg / \$14 qrt**

**🌱 GREEN MIRACLE** *Top it with Hemp Seeds* *Includes 1 Topping*  
Loaded with nutrients, rich in chlorophyll combining the power of deep green vegetables and herbs.

**🌱 BLACK BEAN PROTEIN** *Top it with Avocado*  
Protein and fiber rich black beans, fire roasted tomatoes, green chillies, and non GMO roasted corn. Perfectly spicy.

**🌱 CARROT GINGER TURMERIC** *Top it with Pumpkin Seeds*  
A complexion brightening blend of beta carotene rich carrots with calming properties of turmeric and ginger root.

**🌱 LONGEVITY LENTIL** *Top it with Shredded Greens*  
An Ayurvedic cleansing soup rich in cleansing vegetables, calming herbs and packed with nutrients, fiber, and protein.

**🌱 SECRET SLIMMING** *Top it with Shredded Greens*  
A low calorie nutrient dense soup packed with cruciferous vegetables, rich in antioxidants, beta carotene, and lycopene.

**🌱 MAGIC MUSHROOM** *Top it with Hemp Seeds*  
Delicious, earthy blend of potent plant compounds from medicinal mushroom and antioxidant rich herbs.

## FREE-RANGE CHICKEN SOUPS

**\$6.5 med / \$8.5 lrg**

**CHICKEN WELLNESS** *Top it with Shredded Greens*  
A healing soup rich in tradition containing free range, hormone and antibiotic free chicken, vegetables, and calming herbs.

**SPICY CHICKEN WELLNESS** *Top it with Avocado*  
A spicy, satisfying blend of free range, hormone/antibiotic free chicken, brown rice, tomatoes, chipotle peppers, and spices.

## CHICKEN BONE BROTH

**\$6.95**

Our restorative chicken bone broth that is good for gut health, collagen rich and enhanced with superfoods and herbs.

## SOUP COMBO

**\$6.5 duo / \$8.5 trio**

Two (duo) or three (trio) small soups of choice.

### EXTRA TOPPINGS

**+\$1 ea**

Avocado, Coconut Brown Rice, Extra Virgin Olive Oil, Hemp Seeds, Jalapeno Peppers, Pumpkin Seeds, Shredded Greens, Chicken (+\$1.5)

# NOURISH YOUR BODY

## EARTH BURGER

**\$12**

**🌱** Our famously popular vegan burger on a sprouted whole grain bun. Made with chickpeas, beets, carrots, ground flax, sunflower seeds, tahini, oats, and spices. Topped with romaine, superfood sauce, and pickles. *Request it spicy with fresh jalapeño.*

## SALADS

**🌱 QUINOA LENTIL** **\$11**

Greens, lentils, quinoa, red peppers, fresh basil, and vinaigrette.

**🌱 EARTH BURGER** *Superfood Dressing of Choice* **\$12**

Greens, Earth Burger strips, and pumpkin seeds.

**🌱 SIMPLE GREEN** *Superfood Dressing of Choice* **\$11**

Greens and romaine, and pumpkin seeds.

**CHICKEN CAESAR** *Turmeric Dressing* **\$12**

Romaine, chicken, pumpkin seeds, and fresh ground pepper.

**QUINOA CHICKEN & AVOCADO** **\$12.5**

Greens, quinoa, fresh basil, chicken, and avocado slices.

## BOWLS

**\$8.5**

**🌱 QUINOA LENTIL** Greens, lentils, quinoa, red peppers, fresh basil, and vinaigrette.

**🌱 SOUTHWESTERN** Coconut brown rice, topped with Black Bean Protein, shredded greens, avocado, jalapeño, and fresh cilantro.

**🌱 BEANS & GREENS** Coconut brown rice on a bed of greens, Longevity Lentil, chopped spinach, and Black Bean Protein.

**🌱 GOLDEN BUDDHA** Coconut brown rice, Longevity Lentil, and chopped spinach.

**🌱 COCONUT BROWN RICE** *Superfood Dressing of Choice*  
Greens, coconut brown rice, ginger, and garlic.

## WRAPS / SPINACH OR COLLARD

Choose spinach wrap or gluten free collard green wrap:

**🌱 QUINOA LENTIL** **\$8.5**

Greens, lentils, quinoa, red peppers, fresh basil, and vinaigrette.

**🌱 SOUTHWESTERN** **\$8.5**

Romaine, brown rice, Black Bean Protein, avocado, and jalapeño.

**🌱 EARTH BURGER** *Top it with fresh Jalapeño* **\$12**

Earth Burger strips, romaine, pickles, and secret sauce.

**CHICKEN CAESAR** *Turmeric Dressing* **\$10**

Romaine, grilled chicken, and superfood dressing.

### ADD-ONS

**ADD GRILLED CHICKEN** to any Salad, Bowl, or Wrap **+\$1.5**

**SMALL SOUP** **+\$4**

**SKINNY FRIES** Sweet Potato or Russet **+\$4.95**

# FOOD THAT MAKES YOU FEEL GOOD

## SMOOTHIE BOWLS

**\$9**

**🌱 BLUEBERRY HEMP** A thicker version of our smoothie topped with hemp granola.

**🌱 STRAWBERRY BEET** Our version of strawberry vegan soft serve topped with hemp granola.

**🌱 CHOCOLATE DREAM** Our version of chocolate vegan soft serve topped with goji berries, and shredded coconut.

## MAGIC MUFFINS

**\$3 / ea**

**🌱** **🌱** **OATBERRY** Our Life Porridge in a muffin. Coconut and brown rice flour, whole oats, flax meal, coconut milk, eggs, berries, vanilla, and spice.

**🌱** **🌱** **VEGGIEMAX** As many veggies as we could fit in a muffin. Coconut and brown rice flour, carrots, sweet potato, zucchini, eggs, vanilla, honey, pumpkin seeds, coconut, and spice.

**🌱** **🌱** **GREEN VEGAN** A spinach muffin even your kids will love. Coconut and brown rice flour, spinach, flax, coconut milk, banana, vanilla, pure maple syrup, and spice.

## DARK CHOCOLATE BROWNIE BITES

**\$5 / 4-pk**

**🌱** **🌱** Pumpkin puree, dairy free chocolate chips, coconut oil, coconut palm sugar, coconut flour, cocoa, flaxseed meal, vanilla extract, psyllium husks powder, baking soda, salt, baking powder, and stevia.

**GF** Gluten Free **V** Vegan **VEG** Vegetarian

We are a Dirty Dozen Clean Cafe using organic produce in accordance with the Environmental Working Group's recommendations. We use real, whole food ingredients. Our soups are made in a USDA and FDA licensed kitchen by our highly skilled chefs. We maintain high levels of food quality and sanitation. We use locally sourced ingredients wherever possible. We believe when you NOURISH the BODY you FEED the SOUL.

## SUPERFOOD DRESSINGS

**🌱** **TURMERIC CAESAR** Vegan mayo, mustard, capers, parmesan cheese, turmeric, black pepper, and spices.

**GREEN MEDITERRANEAN** An Omega 3-rich dressing. Olive oil, spinach, fresh parsley, lemon juice, anchovies, and spices. (CONTAINS FISH)

**🌱 BALSAMIC VINAIGRETTE** EVOO, balsamic vinegar, minced garlic and fresh lemon juice.

**🌱 FIRE CIDER VINAIGRETTE** Fire Cider, dijon mustard, EVOO.