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Trilogy Sanctuary

Menu Prices — October 24, 2026

Trilogy Sanctuary menu with prices in United States, updated November 2021: 172 items across 17 categories, prices from $1.00 to $17.90.

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Trilogy Sanctuary Menu with Prices (United States)

Trilogy Sanctuary menu with prices in United States, updated November 2021: 172 items across 17 categories, prices from $1.00 to $17.90. Prices are collected by PriceListo and may vary by location. See the latest prices online at www.pricelisto.com/menu-prices/trilogy-sanctuary

Menu categories: Earthly Entrees · Nibble, Taste, & Share · Salads, Soup, Wraps, & Rolls · Sides · Seasonal Specials · Acai & Pitaya Bowls · Desserts and Baked Goods · Kids' Menu - Meals & Snacks · Kids' Menu - Smoothies · Super Smoothies · Cold Drinks · Hot Drinks · Kids' Menu - Sweet Things · Breakfast · Earthly Entrées · Salads, Soup, Wraps & Rolls · Body Essentials

Earthly Entrees

ITEM	PRICE
Adorabowl Spiced red and green lentil dahl over brown rice with rich coconut yoghurt tzatziki, beets, red cabbage sauerkraut, and...	**$12.00**
Can't Stop the Beet Burger Our mouthwatering patty made from beets, black beans, quinoa, roasted red peppers, and grilled with cheeze. Topped with...	**$14.90**
Enchiladas House tortillas filled with portobello mushroom and red bell pepper topped with pumpkin seed mole on fiesta rice with av...	**$15.00**
Enticing Eggplant Garlic roasted portobello mushrooms in rolls of grilled basil eggplant. Baked with grilled cheeze and served over maple...	**$16.00**
Falafel Tacos Baked falafel bites in our house baked buckwheat pita with olive tapenade, chopped spinach, tomato basil salsa, and lemo...	**$14.90**
Gaia Bowl Mango mint quinoa served over mixed greens with turmeric hummus, cucumber, roasted red peppers, and avocado. Served with...	**$15.00**
Mac n' Cheeze Brown rice elbow macaroni smothered in our rosemary cashew cheeze sauce. Baked and served in a cast iron skillet topped...	**$15.90**
Miso Bowl Ginger garbanzo bean miso sauce served with brown rice, roasted peppers, broccolini, cabbage, spinach, and fresh basil....	**$13.00**
Nourish Green Bowl Broccolini, kale, spinach, avocado, coconut cashews, collard greens, and sunflower sprouts sauteed in pesto. All served...	**$13.00**
Quinoa Love Bowl Quinoa steamed with onion, carrot, and celery sautéed with spinach, brocolini and butternut squash. Cooked warm and topp...	**$13.00**
Quinoa Peanut Sauce Bowl (broccolini currently unavailable) Quinoa steamed with onion, carrot, and celery sautéed with spinach, broccolini and butternut squash. Cooked warm and top...	**$13.00**
Radical Ravioli Tasty garlic portobello mushroom and cauliflower ricotta raviolis. Served over a white bean ragu with a good drizzle of...	**$16.00**
Spaghetti Squash and Meatballs Roasted spaghetti squash with our delicious fennel marinara sauce , topped with "meatballs," roasted roma tomatoes, and...	**$15.90**
Sunset Tacos House made corn tortillas, mole marinated jackfruit, roasted red peppers, chopped kale, chipotle roasted corn, drizzled...	**$14.90**
Trilogy Cheeze Burger Tasty vegan burger made from brown rice, beans, and portobello mushrooms. Topped with grilled cheeze and caramalized oni...	**$13.90**
Two Perfect Tacos Our house made corn tortilla stuffed full with spicy quinoa chorizo, avocado, pico and spicy almond love sauce. When we...	**$14.90**

Nibble, Taste, & Share

ITEM	PRICE
Avocado Toast Toasted gluten free bun (millet, buckwheat, amaranth, and quinoa) with avocado, pesto, hemp seeds, bruschetta, and sprou...	**$12.50**

ITEM	PRICE
Vegan - Nachos Organic blue corn chips covered in quinoa chili, cashew cheezy sauce, cashew sour cream, pico de gallo, hemp seeds, and...	**$15.00**
Seared Spring Rolls Quinoa, carrots, mango, and mint with a tangy ginger sauce. Wrapped in brown rice paper, served gently seared with the b...	**$13.00**

Salads, Soup, Wraps, & Rolls

ITEM	PRICE
Green Goddess Salad Raw. Fresh spring greens and kale, chopped cucumber, grated beet, and carrot. Topped with avocado and eggplant bacon bit...	**$13.50**
Raw Wrap Raw coconut wrap filled avocado, kale, peppers, beets, red cabbage sauerkraut and coconut yoghurt tzatzkiki, with a heal...	**$14.50**
Tantalizing Kale Salad Chopped kale, purple cabbage, and celery, with a sprinkle of sunflower seeds, and maca spiced walnuts. Tossed in a cream...	**$14.50**
Wild West Salad (New Spring Menu Item!!!) Fresh spinach and arugula tossed in our creamy cilantro dressing. Chipotle roasted corn, black beans, red peppers, and c...	**$14.90**
Holy Sage Wrap Raw coconut wrap bursting with sage hummus, roasted butternut squash, avocado, caramelized onions, rosemary, spinach, re...	**$14.50**

Sides

ITEM	PRICE
Burger Patty Veggie patty made with brown rice, rolled oats, black beans, and portabello mushrooms.	**$5.00**
Pita and Hummus Two buckwheat pitas with our delicious tumeric hummus on the side.	**$6.50**
Rosemary Potato Wedges	**$4.00**
Sauteed Broccolini	**$4.00**
Side Brown Rice	**$3.00**
Side Maple Mashed Yams	**$4.00**
Side Salad mixed greens, shredded carrot and beet, sliced cucumber with tomato vinaigrette dressing.	**$5.00**
Side Sweet Potato Wedges	**$4.00**
Side of Avocado	**$3.00**

Seasonal Specials

ITEM	PRICE
Chili Yam Bowl (Back by popular demand!!!) Baked yam loaded with our three bean quinoa chili, pico, and a generous drizzle of sour cream. Perfect for those winter...	**$13.50**
Roasted Lemon Garlic Zucchini Lemon garlic marinated zucchini, drizzled with our lemon tahini sauce and a dash of poppy.	**$7.00**

Acai & Pitaya Bowls

ITEM	PRICE

Chocoholic **$12.50**
Blended with almond milk, cacao, banana, peanut butter, & strawberry. Topped with peanut butter, cacao nibs, granola, he...

Low Carb **$12.50**
Blended with almond milk, strawberry, avocado, blueberries, vanilla, Trilogy protein, and Stevia. Topped with almonds, w...

Superfood **$12.50**
Blended with almond milk, blueberry, banana, goji berries, spinach, and coconut butter. Topped with hemp seeds, chia see...

Traditional **$12.00**
Sorbet style acai topped with home made granola, banana, strawberries, blueberries, and edible flowers.

Zingy **$12.00**
Blended with almond milk, a hint of ginger, blueberries and banana, Topped with fresh strawberries, banana, coconut flak...

Desserts and Baked Goods

ITEM	PRICE
Decadence Dark chocolate avocado mousse layered with creamy cashew chocolate mousse and enticing vanilla cream topped with fresh s...	**$12.00**
Ice Cream Cookie Sandwich Choose two of today's yummy cookies and have our amazing creamy vanilla coconut ice cream sandwiched between them.	**$9.00**
Indulgent Raw Cheesecake Rotating flavors	**$11.00**
Lavish Crepe Buckwheat crepe filled with chocolate hazelnut spread and sliced banana drizzled with walnut date caramel sauce. Topped...	**$14.00**
Majestic Raw. Amazing raw carrot cake, teasing the tastebuds with glorious hints of cinnamon, spices, and nuts, with a thick and...	**$11.00**
Transcendent This amazing brownie is rich, moist, and chocolaty. Served warm with a gloriously creamy vegan vanilla ice cream and sal...	**$12.00**

Kids' Menu - Meals & Snacks

ITEM	PRICE
Mini Rice Bowl Rice, beans, and broccolini with peanut or cheezy sauce.	**$9.00**
Quesadilla Buckwheat crepe filed with cheezy sauce and pico de gallo, with cashew sour cream drizzled on top.	**$9.00**
Fruit and Veg Plate Apple, banana, celery, strawberry slices with nut butter dip.	**$9.00**
Tacos Two tacos with potatoes, avocado, and cheezy sauce on a white corn tortilla.	**$8.00**

Kids' Menu - Smoothies

ITEM	PRICE
Tropical Smoothie Coconut water, blueberry, mango, and pineapple.	**$7.00**
Chocolate PB Smoothie Almond milk, banana, peanut butter, and cacao.	**$7.00**
Strawberry Smoothie Almond milk, banana, and strawberry.	**$7.00**

Super Smoothies

ITEM	PRICE
Blissful Refresh, Anti-inflammatory Coconut water, pineapple, mango, avocado, turmeric, topped with chia seeds.	**$10.00**
Detoxify (New Item!!!) Removes Toxins, Healthy Skin. Coconut water, aloe vera, lemon, mango, pineapple, bluebery, and activated charcoal.	**$11.00**
Lust Almond milk, banana, cacao, dates, cashews, maca, a sprinkle of cayenne, and topped with cacao nibs.	**$10.50**
Refresh Anti-inflammatory, Cleansing, Digestion Coconut water, cucumber, spinach, pineapple, celery, parsley, mint, avocado, al...	**$11.00**
Goddess Immunity, nutrient rice, low gi. Almond milk, blueberries, peanut butter, goji berries, chia seeds, hemp seeds. Boost: c...	**$10.50**
Love Post workout, energize, hydrate, calcium. Almond milk, coconut water, banana, kale, Trilogy protein, coconut butter, dat...	**$10.50**
Magic Matcha Energy, detox, anti-aging, weigh loss. Matcha green tea, spinach, lime, banana, mango. Boost: spirulina.	**$10.00**
Nature Fiber, detox, alkalize, immunity. Spinach, celery, avocado, parsley, kale, cucumber, apple, lemon, lime juice, ginger. B...	**$11.00**
Pleasure Pre workout, endurance, nourish. Almond milk, cinnamon, vanilla, cacao, peanut butter, banana, hemp seeds. Boost: goji b...	**$10.00**
Serenity Antioxidant, healthy skin, anti-aging. Acai, blueberry, banana, almond milk, Trilogy protein, goji berries. Boost: cocon...	**$10.50**
Tropical Pitaya Refresh, digestion, immunity. Coconut water, coconut butter, pitaya, pineapple, and mango. Boost: ginger.	**$10.00**
Heavenly Almond milk, coconut milk, pitaya, banana, strawberry, date, protein, almond butter.	**$11.00**

Cold Drinks

ITEM	PRICE
Cold Brew (16 oz)	**$6.25**
Kefir Soda Kefir Soda is a Probiotic Cold Pressed Juice with Water Kefir, and bursting with flavor! It is naturally non-alcoholic,...	**$5.50**
Kombucha on Tap Fermented probiotic drink. New flavors weekly.	**$6.75**

Hot Drinks

ITEM	PRICE
Hot Coconut Chai Our homemade chai made with pu erh black tea, star anise, peppercorns, cinnamon, coconut milk, and lightly sweetened wit...	**$4.00**
Hot Herbal Tea - Caffeinated Green Sencha White Pineapple Papaya	**$3.00**
Hot Herbal Tea - Caffeine Free *(Teas are subject to availability) Chamomile Peppermint Ginger Spice Roobios Lemon Balm Vanilla Peach Roobios Luminous...	**$3.00**

Kids' Menu - Sweet Things

ITEM	PRICE
Mini Acai Bowl Acai with granola, strawberries, bananas, and blueberries.	**$8.00**
PB and J Crepe Buckwheat crepe with peanut butter and jelly, served with a side of banana and strawberries.	**$8.00**

Breakfast

ITEM	PRICE
Avocado Toast Toasted gluten free bun (millet, buckwheat, amaranth, and quinoa) with avocado, pesto, hemp seeds, bruschetta, and sprou...	**$12.50**
Eggz Benedict Toasted buckwheat pita with avocado and tomato, topped with our very own cauliflower 'eggz' , hollandaise sauce, and egg...	**$13.50**
Trilogy Breakfast Sandwich (Eggplant Bacon) Gluten free bun loaded with our sweet potato hash, spinach, cheezy sauce, portabello mushrooms, eggplant bacon, and toma...	**$15.00**
Trilogy Breakfast Sandwich (Extra Aioli Sauce) Gluten free bun loaded with our sweet potato hash, spinach, cheezy sauce, portabello mushrooms, eggplant bacon, and toma...	**$15.00**
Trilogy Breakfast Sandwich (Extra Avocado) Gluten free bun loaded with our sweet potato hash, spinach, cheezy sauce, portabello mushrooms, eggplant bacon, and toma...	**$16.00**
Trilogy Breakfast Sandwich (Hot Sauce) Gluten free bun loaded with our sweet potato hash, spinach, cheezy sauce, portabello mushrooms, eggplant bacon, and toma...	**$14.00**
Trilogy Breakfast Sandwich (Sub Wedges for Salad) Gluten free bun loaded with our sweet potato hash, spinach, cheezy sauce, portabello mushrooms, eggplant bacon, and toma...	**$15.00**
Savory Breakfast Crepe Gluten-free buckwheat crepe filled with sweet potato hash, spinach, cheesy sauce, avocado, heirloom tomato, and a hint o...	**$11.50**
Trilogy Breakfast Sandwich Gluten free buckwheat crepe filled with spinach, cheezy sauce, sweet potato hash, avocado, and tomatoes.	**$13.90**
Quinrizo con Huevos Our quinoa 'chorizo' with cauliflower eggz, served with pico, avocado, sour cream with warm house tortillas and a side s...	**$12.90**
Trilogy Pancakes A trio of pancakes: topped with strawberries, banana, peanut butter, maple syrup, coconut flakes, and cacao nibs. You wo...	**$13.50**
Breakfast Burrito (Cashew Sour Cream) A gluten-free buckwheat wrap loaded with quinoa chorizo, cauliflower eggz, cheezy sauce, portobello mushrooms, fresh sp...	**$14.90**
Breakfast Burrito (Cheezy Sauce) A gluten-free buckwheat wrap loaded with quinoa chorizo, cauliflower eggz, cheezy sauce, portobello mushrooms, fresh sp...	**$14.90**
Breakfast Burrito (Hot Sauce) A gluten-free buckwheat wrap loaded with quinoa chorizo, cauliflower eggz, cheezy sauce, portobello mushrooms, fresh sp...	**$13.90**
Breakfast Burrito (Love Sauce) A gluten-free buckwheat wrap loaded with quinoa chorizo, cauliflower eggz, cheezy sauce, portobello mushrooms, fresh sp...	**$14.90**
Trilaquilles (Cashew Sour Cream) Our homemade cauliflower 'eggz' over handmade tortillas, pumpkin seed mole, and quinoa bean chili. Topped with avocado,...	**$14.90**
Trilaquilles (Cheezy Sauce) Our homemade cauliflower 'eggz' over handmade tortillas, pumpkin seed mole, and quinoa bean chili. Topped with avocado,...	**$14.90**
Trilaquilles (Hot Sauce) Our homemade cauliflower 'eggz' over handmade tortillas, pumpkin seed mole, and quinoa bean chili. Topped with avocado,...	**$13.90**

ITEM	PRICE
Trilaquilles (Love Sauce) Our homemade cauliflower 'eggz' over handmade tortillas, pumpkin seed mole, and quinoa bean chili. Topped with avocado,...	**$14.90**
Veggie Scramble Cauliflower eggz sautéed with grilled onions, portobello mushrooms, roasted peppers, black beans & garlic potatoes. Topp...	**$13.50**
Nutella and Banana Crepe Gluten-free buckwheat crepe filled with our healthy homemade nutella and sliced banana. Topped with cream and a drizzle...	**$11.00**
Amazing Acai Bowls We use unsweetened acai so our bowls are healthier than most.	**$11.00**
Chia Bowl Delicious coconut chia bowl, served with seasonal fresh fruit toppings. Ask server for today's yummy option.	**$6.90**
Coconut Yogurt Parfait Creamy, probiotic rich coconut yogurt served in a glass layered with homemade granola, berry compote and almond butter.	**$9.00**

Nibble, Taste, & Share

ITEM	PRICE
VegaNachos These are the yummiest nachos you will ever try! Organic blue corn chips covered in quinoa chili, cashew cheezy sauce, c...	**$15.00**

Earthly Entrées

ITEM	PRICE
Adorabowl Spiced red and green lentil dahl over brown rice with rich coconut yoghurt tzatziki, beets, red cabbage sauerkraut, and...	**$12.00**
Miso Bowl Ginger garbanzo bean miso sauce served with brown rice, roasted peppers, broccolini, cabbage, spinach, and fresh basil....	**$13.00**
Quinoa Bowl Quinoa steamed with onion, carrot, and celery sautéed with spinach, brocolini and butternut squash. Cooked warm and topp...	**$13.00**
Falafel Tacos (Eggplant Bacon) Baked falafel bites inside a warm gluten-free buckwheat pita with olive tapenade, chopped spinach, tomato basil salsa, a...	**$16.90**
Falafel Tacos (Extra Aioli Sauce) Baked falafel bites inside a warm gluten-free buckwheat pita with olive tapenade, chopped spinach, tomato basil salsa, a...	**$16.90**
Falafel Tacos (Extra Avocado) Baked falafel bites inside a warm gluten-free buckwheat pita with olive tapenade, chopped spinach, tomato basil salsa, a...	**$17.90**
Falafel Tacos (Hot Sauce) Baked falafel bites inside a warm gluten-free buckwheat pita with olive tapenade, chopped spinach, tomato basil salsa, a...	**$15.90**
Falafel Tacos (Sub Wedges for Salad) Baked falafel bites inside a warm gluten-free buckwheat pita with olive tapenade, chopped spinach, tomato basil salsa, a...	**$16.90**
Two Perfect Tacos (Cashew Sour Cream) Our housemade corn tortilla stuffed full with spicy quinoa chorizo, avocado, pico, and spicy almond love sauce. When we...	**$16.90**
Two Perfect Tacos (Cheezy Sauce) Our housemade corn tortilla stuffed full with spicy quinoa chorizo, avocado, pico, and spicy almond love sauce. When we...	**$16.90**
Two Perfect Tacos (Hot Sauce) Our housemade corn tortilla stuffed full with spicy quinoa chorizo, avocado, pico, and spicy almond love sauce. When we...	**$15.90**
Two Perfect Tacos (Love Sauce) Our housemade corn tortilla stuffed full with spicy quinoa chorizo, avocado, pico, and spicy almond love sauce. When we...	**$16.90**
Enchiladas Corn tortillas filled with portobello mushrooms, sautéed onions, and red bell pepper over brown rice. Covered in pumpkin...	**$15.00**

ITEM	PRICE
Enticing Eggplant Garlic roasted portobello mushrooms in rolls of grilled basil eggplant. Grilled with cheeze, served over maple mashed y...	**$16.00**
Radical Ravioli Tasty portobello mushroom and cauliflower ricotta raviolis served over a garlic white bean ragu, topped with our pine nu...	**$16.00**
Spaghetti Squash and 'meatballs' Warm roasted spaghetti squash with our tasty fennel marinara sauce. Topped with meatballs, chopped garlic tomatoes, and...	**$15.90**
Nourish Green Bowl Broccolini, kale, spinach, avocado, coconut cashews, collard greens, and sunflower sprouts sauteed in pesto. All served...	**$13.00**
Gaia Bowl Mango mint quinoa over mixed greens with turmeric hummus, cucumber, roasted red peppers, and avocado. Served with a warm...	**$15.00**
Trilogy Cheezeburger (Cashew Sour Cream) Tasty vegan burger made from brown rice, beans, and portobello mushrooms. Topped with grilled cheeze and caramalized oni...	**$15.90**
Trilogy Cheezeburger (Cheezy Sauce) Tasty vegan burger made from brown rice, beans, and portobello mushrooms. Topped with grilled cheeze and caramalized oni...	**$15.90**
Trilogy Cheezeburger (Hot Sauce) Tasty vegan burger made from brown rice, beans, and portobello mushrooms. Topped with grilled cheeze and caramalized oni...	**$14.90**
Trilogy Cheezeburger (Love Sauce) Tasty vegan burger made from brown rice, beans, and portobello mushrooms. Topped with grilled cheeze and caramalized oni...	**$15.90**
Trilogy Cheezeburger (Avocado) Tasty vegan burger made from brown rice, beans, and portobello mushrooms. Topped with grilled cheeze and caramalized oni...	**$15.90**
Trilogy Cheezeburger (Eggplant Bacon) Tasty vegan burger made from brown rice, beans, and portobello mushrooms. Topped with grilled cheeze and caramalized oni...	**$15.90**
Trilogy Cheezeburger (Portobello Mushrooms) Tasty vegan burger made from brown rice, beans, and portobello mushrooms. Topped with grilled cheeze and caramalized oni...	**$15.90**

Salads, Soup, Wraps & Rolls

ITEM	PRICE
Green Goddess Salad (eggplant bacon currently not available) Raw. Fresh spring greens and kale, chopped cucumber, grated beet, and carrot. Topped with avocado and eggplant bacon bit...	**$13.00**
Raw Wrap Raw coconut wrap filled avocado, kale, peppers, beets, red cabbage sauerkraut and coconut yoghurt tzatzkiki, with a heal...	**$14.50**
Tantalizing Kale Salad Chopped kale, purple cabbage, and celery, with a sprinkle of sunflower seeds, and maca spiced walnuts. Tossed in a cream...	**$14.50**
Wild West Salad (New Spring Menu Item!!!) Fresh spinach and arugula tossed in our creamy cilantro dressing. Chipotle roasted corn, black beans, red peppers, and c...	**$14.90**
Holy Sage Wrap Raw coconut wrap bursting with sage hummus, roasted butternut squash, avocado, caramelized onions, rosemary, spinach, re...	**$14.50**

Acai & Pitaya Bowls

ITEM	PRICE
Chocoholic A little bit naughty, but oh so nice! Blended with cacao and banana. Topped with peanut butter, granola, and banana.	**$12.00**
Low Carb Blended with avocado, blueberries, protein, and stevia. Topped with nuts, hemp seeds, and coconut flakes. Low carb, high...	**$12.00**
Superfood Blended with banana, goji berries, spinach, coconut oil, and almond milk. Topped with hemp seeds, almonds, strawberries,...	**$12.00**

ITEM	PRICE
Traditional Blended with coconut water, banana, blueberry, and apple. Topped with homemade granola, banana, and strawberries.	**$11.00**
Zingy Blended with a hint of ginger, blueberries, and banana, topped with strawberries, banana, coconut flake, and our homemad...	**$11.00**

Desserts and Baked Goods

ITEM	PRICE
Decadence Dark chocolate avocado mousse layered with creamy cashew chocolate mousse and enticing vanilla cream topped with fresh s...	**$12.00**
Lavish Crepe Buckwheat crepe filled with chocolate hazelnut spread and sliced banana drizzled with walnut date caramel sauce. Topped...	**$14.00**
Transcendent Brownie This amazing brownie is rich, moist and chocolatey. Served warm with a gloriously creamy vegan vanilla ice cream and sal...	**$12.00**
Indulgence Raw Cheezecake Raw. Exquisite raw vegam cheesecake. Crunchy nut crust, topped with a luxuriously smooth and creamy filling. Check out o...	**$11.00**
Majestic Raw. Amazing raw carrot cake, teasing the tastebuds with glorious hints of cinnamon, spices, and nuts, with a thick and...	**$11.00**
Transcendent This amazing brownie is rich, moist, and chocolaty. Served warm with a gloriously creamy vegan vanilla ice cream and sal...	**$11.00**

Kids' Menu - Meals & Snacks

ITEM	PRICE
Crepe Quesadilla Cheezy sauce with pico inside a warm buckwheat crepe.	**$8.00**
Fruit and Veg Plate Apple, banana, celery, strawberry slices with nut butter dip.	**$8.00**
Taco Single taco with avocado, sweet potato hash, and sour cream.	**$8.00**

Kids' Menu - Smoothies

ITEM	PRICE
Banana Smoothie Almond milk, banana, vanilla, and cinnamon.	**$6.00**
Chocolate PB Smoothie Almond milk, banana, peanut butter, and cacao.	**$6.00**
Strawberry Smoothie Almond milk, banana, and strawberry.	**$6.00**

Super Smoothies

ITEM	PRICE
Blissful Refresh, nourish, cleanse. Mango, avocado, orange, lemon, ginger. Boost: chia seeds.	**$10.50**
Lust Almond milk, banana, cacao, dates, cashews, maca, a sprinkle of cayenne, and topped with cacao nibs.	**$10.50**

ITEM	PRICE

Refresh — **$11.00**
Anti-inflammatory, Cleansing, Digestion Coconut water, cucumber, spinach, pineapple, celery, parsley, mint, avocado, al...

Goddess — **$10.50**
Immunity, nutrient rice, low gi. Almond milk, blueberries, peanut butter, goji berries, chia seeds, hemp seeds. Boost: c...

Love — **$10.50**
Post Workout, Energize, Hydrate, Calcium. Almond milk, coconut water, banana, kale, Trilogy protein, coconut butter, da...

Magic Match — **$10.00**
Energy, detox, anti-aging, weigh loss. Matcha green tea, spinach, lime, banana, mango. Boost: spirulina

Nature — **$11.00**
Fiber, detox, alkalize, immunity. Spinach, celery, avocado, parsley, kale, cucumber, apple, lemon, lime juice, ginger. B...

Pleasure — **$10.00**
Pre-workout, endurance, nourish. Almond milk, cinnamon, vanilla, cacao, peanut butter, banana, hemp seeds. Boost: goji b...

Serenity — **$10.50**
Antioxidant, healthy skin, anti-aging. Acai, blueberry, banana, almond milk, Trilogy protein, goji berries. Boost: cocon...

Tropical Pitaya — **$10.00**
Refresh, Digestion, Immunity. Coconut water, coconut butter, pitaya, pineapple and mango. Boost: Ginger

Heavenly — **$11.00**
Almond milk, coconut milk, pitaya, banana, strawberry, date, protein, almond butter.

Kids' Menu - Sweet Things

ITEM	PRICE

Ice Cream Sundae — **$6.00**
Two scoops of ice cream with raspberry sauce and pecan cookie crumbles.

PB and J Crepe — **$6.00**
Buckwheat crepe with peanut butter, banana, and mixed berry sauce.

Cold Drinks

ITEM	PRICE

Cold Brew (16 oz) — **$6.25**

Cold Brew (8 oz) — **$4.75**

Kombucha on Tap — **$6.75**
Fermented probiotic drink. New flavors weekly.

Kefir Soda — **$5.50**
Kefir Soda is a Probiotic Cold Pressed Juice with Water Kefir, and bursting with flavor! It is naturally non-alcoholic,...

Hot Drinks

ITEM	PRICE

Hot Herbal Tea - Caffeinated — **$3.00**
White Pineapple Papaya Green Sencha

Hot Herbal Tea - Caffeine Free — **$3.00**
Chamomile Peppermint Ginger Spice Roobios Lemon Balm Vanilla Peach Roobios Luminous Celestial

Body Essentials

ITEM	PRICE

Toilet Paper	**$1.00**

Sides

ITEM	PRICE
Brown Rice	**$3.00**
Burger Patty Veggie patty made with brown rice, rolled oats, black beans, and portabello mushrooms.	**$5.00**
Maple Mashes Yams	**$4.00**
Pita and Hummus Two buckwheat pitas with our delicious turmeric hummus on the side.	**$6.50**
Sauteed Broccolini	**$4.00**
Side Salad mixed greens, shredded carrot and beet, sliced cucumber with tomato vinaigrette dressing.	**$5.00**
Sweet Potato Wedges Baked sweet potato wedges with a side of sun dries tomato aioli sauce.	**$4.00**