

JUICE

O | V | GF

GREENS

- SPECIAL GREEN

\$11
- apple, kale, collards, cabbage, cucumber, ginger, lemon, mint
- STRONG GREEN

\$10
- kale, chard, collards, cabbage, celery, parsley, lemon, himalayan salt
- COOLING HERB

\$10
- cucumber, celery, fennel, apple, parsley, mint
- GREEN GRAPEFRUIT

\$12
- pineapple, grapefruit, fennel, kale, spirulina
- JUST CELERY

\$10
- celery

ROOTS

- ZINGER

8oz \$6 16oz \$11
- apple, ginger, lemon
- SWEET CARROT

\$10
- carrot, apple, orange, lime
- SPICY CARROT

\$12
- carrot, raw coconut meat, raw coconut water, cayenne
- TURMERIC TONIC

\$12
- apple, grapefruit, red hawaiian turmeric, himalayan salt, black pepper
- SWEET BEET

\$11
- beet, apple, ginger, lemon
- STRONG BEET

\$10
- beet, celery, parsley, lime

SIMPLE

- JUST APPLE

16oz \$10 8oz \$5.5
- ADD E3LIVE +\$2
- JUST CARROT

16oz \$8 8oz \$4.5
- ADD E3LIVE +\$2
- JUST ORANGE

16oz \$11 8oz \$6
- ADD E3LIVE +\$2

ASK ABOUT OUR
SEASONAL SPECIALS,
FULL CLEANSE & MINI
CLEANSE BUNDLES!

ELIXIRS

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- REPLENISH & CHILL

\$9.5
- Blue Majik algae, doTERRA copaiba essential oil, lemon, ginger, himalayan salt, filtered h2o
- PITAYA PROBIOTIC

\$9
- pitaya, doTERRA wild orange essential oil, live probiotics, lemon, maple, filtered h2o
- CHARCOAL LEMONADE

\$9
- activated charcoal, maple, doTERRA grapefruit essential oil, lemon, cayenne, filtered h2o

SHOTS

4oz O | GF

- V IMMUNITY

\$6
- ginger
- V RESTORE

\$6.5
- red hawaiian turmeric, ginger, orange, black pepper
- V RECHARGE

\$5.5
- E3LIVE, wheatgrass, orange
- VG WELL BEING

\$5.5
- Blue Majik algae, lemon, cayenne, raw honey, doTERRA oregano essential oil, filtered h2o

BLENDS

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- MAGIC MYLK

\$12
- raw almonds, raw cashews, dates, Blue Majik algae, vanilla bean, filtered h2o, himalayan salt, optional add doTERRA peppermint essential oil
- VANILLA COCONUT SHAKE

\$14
- raw coconut meat, raw coconut water, vanilla bean
- STRAWBERRY PITAYA MYLK

\$12
- raw almonds, raw cashews, strawberry, pitaya, dates, maple, filtered h2o, himalayan salt
- ALMOND LATTE

\$10.5
- One Line Coffee cold brew, raw almonds, raw cashews, cinnamon, vanilla bean, dates, filtered h2o, himalayan salt contains caffeine

BEVERAGES

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- SEKOIA HOT TEA

16oz

\$3
- BOXED WATER

\$2
- ONE LINE COLD BREW

16oz

\$6

SMOOTHIES

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- TROPIC GREEN

\$ 10

mango, spinach, pineapple, cold pressed orange juice, wheatgrass, spirulina
- MUSCLE MAGIC

\$ 10

banana, raw coconut meat, sacha inchi protein, *Blue Majik* algae, steel cut oats, maca, maple syrup, housemade cashew mylk*
- SWIRLED PB & J

\$ 10

raw coconut meat, banana, housemade cashew mylk*, maple syrup, peanut butter, hemp hearts, dates, himalayan salt, swirled with *housemade* strawberry chia jam
- MIGHTY BEET

\$ 10

cold pressed beet, cherries, strawberries, pomegranate, blueberries, raspberries, cold pressed ginger, cold pressed lemon, chia seeds
- CACAO CRAVE

\$ 10

banana, cacao powder, cacao nibs, peanut butter, hemp protein, cinnamon, maple syrup, steel cut oats, housemade cashew mylk*
- CLEAN GREEN

\$ 10

kale, spinach, parsley, cucumber, chard, collards, cabbage, celery, lemon, ginger, himalayan salt, spirulina, live probiotics
- COCONUT COFFEE

\$ 10

coconut meat, banana, coconut water, *One Line Coffee* cold brew, sacha inchi protein, coconut sugar, cardamom, maple syrup *contains caffeine*
- BITTY BERRY SMOOTHIE [KIDS]

\$5.5

strawberries, blueberries, banana, and cold pressed apple juice for your little ones!

ADAPTOGEN LATTES

O | GF

can be served hot or iced | add coffee to any latte for \$1
for a nut free latte, sub tocos rice creamer for cashew mylk

- VG MATCHA HEMP LATTE

\$6.5

ceremonial grade japanese matcha, hemp hearts, spirulina, raw honey, cinnamon, housemade cashew mylk* *contains caffeine*
- V VANILLA MUSHROOM COFFEE

\$7.5

reishi, lion's mane, vanilla bean, coffee, coconut sugar, housemade cashew mylk* *contains caffeine*
- V GOLDEN LION LATTE

\$6.5

turmeric, ginger, lion's mane, cinnamon, coconut sugar, black pepper, housemade cashew mylk*
- V REISHI HOT CHOCOLATE

\$6.5

reishi, raw cacao, cinnamon, cayenne, coconut sugar, himalayan salt, housemade cashew mylk*
- V BLUE PEPPERMINT LATTE

\$7

Blue Majik algae, ashwagandha, coconut sugar, peppermint essential oil, housemade cashew mylk*

PROTEIN BITES & SALADS

Check out our **SEASONAL SPECIALS MENU** for our rotating selection of Protein Bites, *Blackbird Eats* salads & other healthy treats!

BOWLS

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- *choose your bowl, then add toppings
- SUPERBERRY

\$9

strawberries, blueberries, acai, banana, maca, peanut butter, housemade cashew mylk*
- MANGO MATCHA

\$9

mango, banana, spinach, ceremonial grade japanese matcha, housemade cashew mylk* *contains caffeine*
- THE MAGIC

\$10

raw coconut meat, banana, *Blue Majik* algae, dates, housemade cashew mylk*
- PEPPERMINT CHIP

\$10

raw coconut meat, banana, spirulina, cacao nibs, peppermint essential oil, maple syrup, housemade cashew mylk*
- BUCKEYE

\$8

banana, peanut butter, cacao, sacha inchi protein, himalayan salt, housemade cashew mylk*
- BITTY BERRY BOWL [KIDS]

\$5.5

strawberries, blueberries, banana, housemade cashew mylk* for your little ones!

BOWL TOPPINGS

- sliced banana, shaved coconut, hemp hearts, cacao nibs, chia seeds, bee pollen

\$.50
- Pistacia Vera* muesli, *housemade* strawberry chia jam, *housemade* goji seed mix, peanut butter, raw honey

\$ 1

ADD-INS

- cayenne, *doTERRA* essential oils

\$.25
- cacao, flaxseed, steel cut oats

\$.50
- spinach, ceremonial grade matcha, *Blue Majik* algae, live probiotics, hemp protein, sacha inchi protein, acai, spirulina, maca, peanut butter, ashwaganda, lion's mane, reishi

\$ 1
- cold pressed ginger, wheatgrass powder

\$ 1.25
- E3LIVE+BrainON*

\$ 2
- cold pressed red hawaian turmeric

\$ 2.5

MYLK LAB OATMEALS

Toppings can be added upon request \$4