

SUPERFOOD SMOOTHIES

SIGNATURE PROTEIN SMOOTHIES

<b>THE CURE</b> BY: DR. KATIE <i>Strawberries, Avocado, Vanilla Protein Powder (20g), Pineapple, Cucumbers, Celery, Pure Tart Cherry Juice, Psyllium Husk Powder (15g fiber), Mint Leaves, Mesquite Powder, Almond Milk Made In-House, Maple, Coconut Yogurt, Pitaya Powder</i> <b>Popular add-ons:</b> Kale, Cashew Butter, Peanut Butter, Chia Seeds, Immunity UPGRADE, Slim Down UPGRADE, Dates	<b>16.99</b>	<b>THE RECOVER-ME</b> BY: MONICA CONCHA <i>Banana, Pineapple, Vanilla Plant-Based Protein (15g), Almond Butter (made with only 100% dry roasted blanched almonds), Hemp Seeds, Chia Seeds, Oats, Date, Ginger, Turmeric, Himalayan Salt, Recovery UPGRADE (Ginger, Lucuma, Maca, and Turmeric), House-Made Almond Milk, House-Made Cacao Ganache</i>	<b>N 15.99</b>
<b>THE ENERGIZER</b> <b>N</b> <i>Banana, Chocolate Plant-Based Protein (15g), Peanut Butter, Gluten-Free &amp; Nut Free Granola, Blueberries, Himalayan Salt, Cinnamon, House-Made Almond Milk</i> <b>Popular add-ons:</b> Kale, Extra Chocolate Plant Protein, Energy & Focus Blend, Espresso Beans, SWAP for Cashew Butter (+1)	<b>13.99</b>	<b>THE PB CACAO POWERHOUSE</b> <b>N</b> <i>Banana, Raw Cacao, Chocolate Plant-Based Protein (15g), Ashwagandha, Peanut Butter, Cacao Nibs, Himalayan Salt, Oat Milk</i> <b>Popular add-ons:</b> Espresso Beans, Dates, SWAP for Cashew Butter (+1)	<b>13.99</b>
<b>THE MORNING SHOW</b> <b>N</b> <i>Cold-Brew Coffee, Banana, Chocolate Plant-Based Protein Powder (15g), Cinnamon, Espresso Beans, Date, Cacao Nibs, House-Made Almond Milk, Himalayan Salt</i> <b>Popular add-ons:</b> Peanut Butter, Almond Butter, Cashew Butter, Slim Down Blend	<b>12.99</b>	<b>THE MATCHA MACHINE</b> <b>N</b> <i>100% GRADE A Premium Matcha, Banana, Vanilla Plant-Based Protein (15g), Cinnamon, Pineapple, Green Spirulina, Maple, Peanut Butter (made only with 100% dry roasted blanched peanuts), Oat Milk, Himalayan Salt, BARVIDA Energy &amp; Focus UPGRADE: Matcha, Lions Mane, Cacao, Cordyceps, Maca, Lucuma</i> <b>Popular add-ons:</b> Kale, Dates, Coconut Flakes, Maca, SWAP for Cashew Butter (+1)	<b>12.99</b>

<b>THE LEAN GREEN</b> <i>Banana, Mango, Pineapple, Celery, Kale, Coconut Water, Monk Fruit, Mint, Dates</i> <b>Popular add-ons:</b> Vanilla Plant Protein (15g), Avocado, Slim Down Blend, Spirulina, Cashew Butter	<b>12.99</b>	<b>THE BERRY BEST</b> <i>Açaí, Banana, Strawberries, Blueberries, Cold-Pressed Apple Juice</i> <b>Popular add-ons:</b> Goji Berries, Chocolate Plant Protein (15g), Avocado, Cashew Butter	<b>10.99</b>
<b>THE MOOD MANAGER</b> <b>N</b> <i>Banana, Pineapple, House-Made Almond Milk, Blue Spirulina Powder, Almond Butter, Agave, Himalayan Salt, Vanilla, Maple, Cinnamon, Dates</i> <b>Popular add-ons:</b> Vanilla Plant Protein (15g), Relax Blend, SWAP for Cashew Butter	<b>13.99</b>	<b>THE PERFECT COMBO</b> <i>Strawberries, Banana, Vanilla Extract, Agave, Coconut Milk</i> <b>Popular add-ons:</b> Vanilla Plant Protein (15g), Peanut Butter, Almond Butter, Cashew Butter	<b>11.99</b>
<b>THE TROPICAL BREEZE</b> <i>Cold Pressed Orange Juice, Mango, Strawberries, Pineapple, Date</i> <b>Popular add-ons:</b> Vanilla Plant Protein (15g), Goji Berries, Charcoal <b>*Make it The Barbie Smoothie! (+2):</b> Add Pitaya & Vanilla Plant Protein (15g)!	<b>10.99</b>	<b>THE PURE GREEN</b> <i>Green Apple, Coconut, Kale, Avocado, Parsley, Green Spirulina, Lime, Ginger, Coconut Water</i> <b>Popular add-ons:</b> Vanilla Plant Protein (15g), Slim Down Blend, Matcha	<b>14.99</b>
<b>THE PB&amp;J</b> <b>N</b> <i>Cold-Pressed Apple Juice, Peanut Butter, Oats, Acai, Strawberries, Blueberries</i> <b>Popular add-ons:</b> Chocolate Plant Protein (15g), SWAP for Cashew Butter (+1)	<b>12.99</b>	<b>THE LIQUID GOLD</b> <b>N</b> <i>Banana, Mango, Pineapple, Coconut Milk, Coconut Yogurt, Maple, Almond Butter, Reishi, Ashwagandha, Chamomile, Camu Camu, Lion’s Mane, Cinnamon, Turmeric, Cardamom, Himalayan Salt, Trace Minerals, Probiotics, Dates</i> <b>Popular add-ons:</b> Chocolate Plant Protein (15g), SWAP for Cashew Butter	<b>20.00</b>
<b>THE MALIBU</b> <i>Strawberries, Banana, Cold-Pressed Apple Juice</i> <b>Popular add-ons:</b> Chocolate Plant Protein (15g), Vanilla Plant Protein, Cashew Butter	<b>8.99</b>		

ADD UPGRADE			
*ADD POWER BLENDS TO UPGRADE YOUR SMOOTHIE/COFFEE/ SMOOTHIE BOWL			
<b>ENERGY AND FOCUS</b> <i>Matcha, Lion’s Mane, Cacao, Cordyceps, Maca, Lucuma</i>	<b>2</b>	<b>SLIM DOWN</b> <i>Matcha, Maitake, Shitake, Cinnamon, Ashwagandha</i>	<b>2</b>
<b>RECOVERY</b> <i>Maca, Lucuma, Ginger, Tumeric</i>	<b>2</b>	<b>RELAX</b> <i>Reishi, Ashwagandha, Chamomile, Camu Camu, Lion’s Mane</i>	<b>2</b>
		<b>MUSCLE BUILDING</b> <i>Flax Meal, Lucuma, Rhodiola, Ginger Powder, Ashwagandha</i>	<b>2</b>
		<b>IMMUNITY</b> <i>Reishi, Chaga, Lion’s Mane, Astragalus, Camu Camu</i>	<b>2</b>

COFFEE & SUPERFOOD LATTES

<b>COFFEE - 16OZ</b> <i>SERVED HOT OR ICED   DECAF AVAILABLE</i>		<b>SUPERFOOD LATTES - 16OZ</b> <i>SERVED HOT OR ICED</i> <i>*Add any of our UPGRADES to turn into an adaptogenic latte!</i>	
<b>ESPRESSO (2 SHOTS)</b>	<b>3.50</b>	<b>MATCHA LATTE</b> <i>Matcha, Maca, Vanilla, Agave, Choice of Plant-Based Milk</i>	<b>5.95</b>
<b>AMERICANO</b>	<b>3.50</b>	<b>CHAI LATTE</b> <b>CF</b> <i>Cinnamon, Ginger, Cardamon, Vanilla, Maple, Choice of Plant-Based Milk</i> <i>*Add a shot of espresso for a Dirty Chai!</i>	<b>5.95</b>
<b>CAPPUCINO</b>	<b>4.50</b>	<b>GOLDEN TURMERIC LATTE</b> <b>CF</b> <i>Turmeric, Cayenne, Cardamon, Cinnamon, Himalayan Salt, Vanilla, Maple, Choice of Plant-Based Milk</i>	<b>5.95</b>
<b>LATTE</b>	<b>5.95</b>		
<b>COLD BREW</b>	<b>4.50</b>		
<b>SYRUPS</b>	<b>1</b>		
<b>GRACE FARM TEAS</b>	<b>4</b>		

PLEASE INFORM US IF YOU HAVE ANY FOOD ALLERGIES!

ALL INGREDIENTS ARE PLANT-BASED AND ARE CERTIFIED ORGANIC, LOCALLY SOURCED, WILD CRAFTED, OR GROWN 100% PESTICIDE FREE.

CF = CAFFEINE-FREE  
N = CONTAINS NUTS



AÇAÍ & SMOOTHIE BOWLS

<b>THE BILLIONAIRE BOWL</b> <b>40g protein</b> <i><b>BASE:</b> Brazilian Açaí, Chocolate Plant-Based Protein (*double serving), Raw Cacao Powder, Banana, Strawberries, Oat Milk, Agave</i> <i><b>TOPPINGS:</b> BARVIDA Antioxidant Mix (Mulberries, Golden Raisins, Cashews, and Goji Berries), Banana, Once Again Raw Unsweetened Cashew Butter, Copra Young Thai Raw Coconut Meat, Cacao Nibs, Goji Berries</i> <i><b>Popular add-ons:</b> Blueberries, Strawberries, Chopped Dates, Walnuts, Coconut Flakes, Agave Drizzle, Cacao Ganache, Gluten Free/ Nut Free Granola, SWAP for Peanut Butter/ Almond Butter</i>	<b>22.99</b>	<b>THE AÇAÍ ANTIOX</b> <i><b>BASE:</b> Açaí, Chia Seeds, Banana, Strawberries, Agave</i> <i><b>TOPPINGS:</b> Gluten-Free &amp; Nut Free Granola, Banana, Strawberries, Chia Seeds</i> <i><b>Popular add-ons:</b> Cashews, Goji Berries, Peanut Butter/ Almond Butter, Cashew Butter, Blueberries, SWAP Granola for Antioxidant Mix (Mulberries, Golden Raisins, Cashews, Goji Berries) +1.50</i>	<b>14.99</b>
<b>THE BLUE WAVE (DARIEN)/ THE RIVAL (NEW CANAAN)</b> <i><b>BASE:</b> Banana, Kale, Blue Spirulina, Vanilla Plant-Based Protein (15g), Hemp Seeds, Pumpkin Seeds, Agave, Coconut Milk</i> <i><b>TOPPINGS:</b> Gluten-Free &amp; Nut Free Granola, Strawberries, Blueberries, Goji Berries</i> <i><b>Popular add-ons:</b>, Peanut Butter/ Almond Butter, Cashew Butter, Pitaya Jam, Banana, Cacao Nibs, SWAP Granola for Antioxidant Mix (Mulberries, Golden Raisins, Cashews, Goji Berries) +1.50</i>	<b>15.99</b>	<b>THE PERFECT PITAYA</b> <i><b>BASE:</b> Pitaya (Dragon Fruit), Mango, Coconut Milk, Agave, Banana</i> <i><b>TOPPINGS:</b> Gluten-Free &amp; Nut Free Granola, Banana, Mango, Cacao Nibs</i> <i><b>Popular add-ons:</b> Almond Butter, Cashew Butter, Cacao Ganache, Blueberries, Pineapple, SWAP Granola for Antioxidant Mix (Mulberries, Golden Raisins, Cashews, Goji Berries) +1.50</i>	<b>14.99</b>
		<b>THE AÇAÍ POWER BOWL</b> <i><b>BASE:</b> Açaí, Banana, Strawberries, Apple Juice, Raw Cacao Powder, Plant-Based Chocolate Protein (15g), Agave</i> <i><b>TOPPINGS:</b> Strawberries, Banana, Agave Drizzle, Coconut flakes, Gluten-Free &amp; Nut-Free Granola (Bottom only)</i> <i><b>Popular add-ons:</b> , Chopped Dates, Goji Berries, Peanut Butter/ Almond Butter, Cashew Butter, Cacao Ganache, Blueberries, Walnuts, SWAP Granola for Antioxidant Mix (Mulberries, Golden Raisins, Cashews, Goji Berries) +1.50</i>	<b>15.99</b>

FOOD

GLUTEN-FREE TOAST +2.00

<b>AVOCADO TOAST</b> <i>Whole Wheat “Bread Alone” Sourdough Bread, Avocado Mash Made In-House (Avocados, Himalayan Salt, Black Pepper, Lemon), Cucumbers, Tomato Salsa Made In-House (Tomatoes, Garlic, Himalayan Salt, Black Pepper), Parsley, Seed Mix (Chia Seeds, Hemp Seeds, Pumpkin Seeds, Sunflower Seeds)</i> <i><b>Popular add-ons:</b> Pesto Spread (contains nuts), Avocado Slices, Cayenne</i>	<b>14.99</b>	<b>HOT CAPRESE SANDWICH N</b> <i>Whole Wheat “Bread Alone” Sourdough Bread, Homemade Pesto (contains nuts), Tomatoes, Vegan Mozzarella Cheese, Basil, Balsamic Glaze, Himalayan Salt, Pepper</i> <i><b>Popular add-ons:</b> Avocado Slices</i>	<b>13.99</b>
<b>BANANA NUT TOAST N</b> <i>Whole Wheat “Bread Alone” Sourdough Bread (substitute for gluten-free bread +2), Peanut Butter (made only with 100% dry roasted blanched peanuts), House-Made Pitaya Jam (dragon fruit, chia seeds, maple, and lemon), Banana, and Goji Berries</i> <i><b>Popular add-ons:</b> Blueberries, Cinnamon, Straw-berries, Maple, Chia Seeds, Coconut Flakes</i>	<b>12.99</b>	<b>OATMEAL</b> <i>Organic Rolled Oats, Cinnamon, Maple, Fresh Bananas, Fresh Blueberries, Toasted Coconut Flakes, Chia Seeds, Plant-Based Milk Of Your Choice (Steamed or Cold)</i> <i><b>Popular add-ons:</b> Chocolate Protein (15g) to BASE, Vanilla Protein to BASE, Strawberries, Peanut Butter, Almond Butter, Cinnamon, Goji Berries, Cacao Ganache</i>	<b>10.99</b>
<b>STRAWBERRY CACAO TOAST N</b> <i>Whole Wheat Sourdough Bread (substitute for gluten-free bread +2), Almond Butter (made only with 100% dry roasted blanched almonds), House-Made Cacao Ganache (raw cacao, maple, vanilla, coconut oil, himalayan salt), Strawberries, and Coconut Flakes</i> <i><b>Popular add-ons:</b> Blueberries, Cacao Nibs, Banana, Maple, Chia Seeds, Goji Berries</i>	<b>12.99</b>	<b>CINNAMON CRUNCH TOAST N</b> <i>(half toast)</i> <i>Whole Wheat “Bread Alone” Sourdough Bread (substitute for gluten-free bread for +1), Peanut Butter (made only with 100% dry roasted blanched peanuts), Gluten-Free &amp; Nut Free Granola, Cinnamon, and Maple</i> <i><b>Popular add-ons:</b> Banana, Strawberries, Blueberries, Cacao Ganache</i>	<b>8.99</b>

CLEANSE WITH BARVIDA

Organic Juice Cleanse

5 Cold-Pressed Juices

2 Wellness Shots

OR 6 Cold-Pressed Juices

\$65 per day

Organic Juice & Smoothie Cleanse

3 Cold-Pressed Juices

2 Superfood Smoothies

1 Wellness Shot

\$65 per day

During a juice cleanse, your body is flooded with vitamins, minerals, and nutrients. Because your body isn’t expending energy digesting solid foods, it can redirect that energy toward healing and rejuvenating itself from within, efficiently absorbing the nutrients where your body intuitively needs it most.

\*Results can include: more energy, better sleep, reduced hunger, increased mental clarity, better digestion, clearer/ glowing skin, weight loss, less bloating, increased concentration, increased mobility, decreased joint pain, etc.

\*1 day and 3 day cleanses are most popular!

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N = CONTAINS NUTS