

SUPERFOOD SMOOTHIES

SIGNATURE PROTEIN SMOOTHIES

**THE CURE** BY: DR. KATIE **17.99**  
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  
**Popular add-ons:** Kale, Cashew Butter, Peanut Butter (made only with 100% Dry Roasted Blanched Peanuts), Chia Seeds, Immunity UPGRADE, Slim Down UPGRADE, Dates

**THE ENERGIZER N** **13.99**  
Banana, Chocolate Plant-Based Protein (15g), Peanut Butter (made only with 100% Dry Roasted Blanched Peanuts), Gluten-Free & Nut Free Granola, Blueberries, Himalayan Salt, Cinnamon, House-Made Almond Milk  
**Popular add-ons:** Kale, Extra Chocolate Plant Protein, Energy & Focus Blend, Espresso Beans, SWAP for Cashew Butter (+1)

**THE MORNING SHOW N** **13.99**  
Cold-Brew Coffee, Banana, Chocolate Plant-Based Protein Powder (15g), Cinnamon, Espresso Beans, Date, Cacao Nibs, House-Made Almond Milk, Himalayan Salt  
**Popular add-ons:** Peanut Butter (made only with 100% Dry Roasted Blanched Peanuts), Almond Butter (made only with 100% Dry Roasted Blanched Almonds), Cashew Butter, Slim Down Blend

**THE LEAN GREEN** **13.99**  
Banana, Mango, Pineapple, Celery, Kale, Coconut Water, Monk Fruit, Mint, Dates  
**Popular add-ons:** Vanilla Plant Protein (15g), Avocado, Slim Down Blend, Spirulina, Cashew Butter

**THE MOOD MANAGER N** **14.99**  
Banana, Pineapple, House-Made Almond Milk, Blue Spirulina Powder, Almond Butter (made only with 100% Dry Roasted Blanched Almonds), Agave, Himalayan Salt, Vanilla, Maple, Cinnamon, Dates  
**Popular add-ons:** Vanilla Plant Protein (15g), Relax Blend, SWAP for Cashew Butter

**THE TROPICAL BREEZE** **11.99**  
Cold Pressed Orange Juice, Mango, Strawberries, Pineapple, Date  
**Popular add-ons:** Vanilla Plant Protein (15g), Goji Berries, Charcoal  
**\*Make it The Barbie Smoothie! (+2):** Add Pitaya & Vanilla Plant Protein (15g)!

**THE PB&J N** **13.99**  
Cold-Pressed Apple Juice, Peanut Butter (made only with 100% Dry Roasted Blanched Peanuts), Oats, Acai, Strawberries, Blueberries  
**Popular add-ons:** Chocolate Plant Protein (15g), SWAP for Cashew Butter (+1)

**THE MALIBU** **8.99**  
Strawberries, Banana, Cold-Pressed Apple Juice  
**Popular add-ons:** Chocolate Plant Protein (15g), Vanilla Plant Protein, Cashew Butter

**THE RECOVER-ME** BY: MONICA CONCHA **N 16.99**  
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

**THE PB CACAO POWERHOUSE N** **14.99**  
Banana, Raw Cacao, Chocolate Plant-Based Protein (15g), Ashwagandha, Peanut Butter (made only with 100% Dry Roasted Blanched Peanuts), Cacao Nibs, Himalayan Salt, Oat Milk  
**Popular add-ons:** Espresso Beans, Dates, SWAP for Cashew Butter (+1)

**THE MATCHA MACHINE N** **13.99**  
Ceremonial Grade 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 & Focus, Date UPGRADE: Matcha, Lions Mane, Cacao, Cordyceps, Maca, Lucuma  
**Popular add-ons:** Kale, Dates, Coconut Flakes, Maca, SWAP for Cashew Butter (+1)

**THE BERRY BEST** **10.99**  
Açaí, Banana, Strawberries, Blueberries, Cold-Pressed Apple Juice  
**Popular add-ons:** Goji Berries, Chocolate Plant Protein (15g), Avocado, Cashew Butter

**THE PERFECT COMBO** **11.99**  
Strawberries, Banana, Vanilla Extract, Agave, House-Made Almond Milk  
**Popular add-ons:** Vanilla Plant Protein (15g), Peanut Butter (made only with 100% Dry Roasted Blanched Peanuts), Almond Butter (made only with 100% Dry Roasted Blanched Almonds), Cashew Butter

**THE PURE GREEN** **14.99**  
Green Apple, Coconut, Kale, Avocado, Parsley, Green Spirulina, Lime, Ginger, Coconut Water  
**Popular add-ons:** Vanilla Plant Protein (15g), Slim Down Blend, Matcha

**THE LIQUID GOLD N** **20.99**  
Pineapple, Mango, Banana, Chocolate Plant Protein (15g), Cocojune Cultured Coconut Yogurt, Almond Butter (100% Dry Roasted Blanched Almonds), Vegan MaryRuth Organics Liquid Probiotics, Date, Reishi (immune support), Ashwagandha (stress relief), Chamomile (digestive health), Camu Camu (skin health), Lions Mane (brain health), Turmeric (inflammation reduction), Cardamon (digestive aid), Cinnamon, Himalayan Salt, Maple, House-Made Almond Milk  
**Popular add-ons:** SWAP for Cashew Butter

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

HOT & ICED DRINKS

All beverages 16 OZ

Plant-Based Milk Options: House-Made Almond Milk, Oat Milk, and Coconut Milk (subject to change)

DECAF ESPRESSO AVAILABLE | ADD ANY OF OUR HOUSE-MADE UPGRADES +2

<b>ESPRESSO (2 SHOTS)</b>	<b>3.50</b>	<b>MATCHA LATTE</b>	<b>6.50</b>
<b>AMERICANO</b>	<b>3.50</b>	Ceremonial Grade Matcha, Maca, Vanilla, Agave, Choice of Plant-Based Milk	
<b>CAPPUCINO</b>	<b>5.00</b>	<b>CHAI LATTE CF</b>	<b>6.50</b>
<b>LATTE</b>	<b>5.95</b>	Cinnamon, Ginger, Cardamon, Vanilla, Maple, Choice of Plant-Based Milk	
<b>COLD BREW</b>	<b>4.50</b>	*Make it a Dirty Chai: Add Espresso Shot +1.75	
<b>SYRUPS</b>	<b>1</b>	<b>GOLDEN TURMERIC LATTE CF</b>	<b>6.50</b>
<b>GRACE FARM TEAS</b>	<b>4</b>	Turmeric, Cayenne, Cardamon, Cinnamon, Himalayan Salt, Vanilla, Maple, Choice of Plant-Based Milk	

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

BARVIDA®  
ORGANIC • VEGAN • ECO-FRIENDLY



AÇAÍ & SMOOTHIE BOWLS

<b>THE BILLIONAIRE BOWL</b> <i>40g protein</i> <b>BASE:</b> Brazilian Açaí, Chocolate Plant-Based Protein (*double serving), Raw Cacao Powder, Banana, Strawberries, Oat Milk, Agave <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 <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 (made only with 100% Dry Roasted Blanched Peanuts)/ Almond Butter (made only with 100% Dry Roasted Blanched Almonds)	<b>22.99</b>	<b>THE AÇAÍ ANTIOX</b> <b>BASE:</b> Açaí, Chia Seeds, Banana, Strawberries, Agave <b>TOPPINGS:</b> Gluten-Free & Nut Free Granola, Banana, Strawberries, Chia Seeds <b>Popular add-ons:</b> Cashews, Goji Berries, Peanut Butter (made only with 100% Dry Roasted Blanched Peanuts)/ Almond Butter, Cashew Butter, Blueberries, SWAP Granola for Antioxidant Mix (Mulberries, Golden Raisins, Cashews, Goji Berries) +1.50	<b>15.99</b>
<b>THE RIVAL</b> <b>BASE:</b> Banana, Kale, Blue Spirulina, Vanilla Plant-Based Protein (15g), Hemp Seeds, Pumpkin Seeds, Agave, House-Made Almond Milk <b>TOPPINGS:</b> Gluten-Free & Nut Free Granola, Strawberries, Blueberries, Goji Berries <b>Popular add-ons:</b> , Peanut Butter (made only with 100% Dry Roasted Blanched Peanuts)/ Almond Butter (made only with 100% Dry Roasted Blanched Almonds), Cashew Butter, Pitaya Jam, Banana, Cacao Nibs, SWAP Granola for Antioxidant Mix (Mulberries, Golden Raisins, Cashews, Goji Berries) +1.50	<b>15.99</b>	<b>THE AÇAÍ POWER BOWL</b> <b>BASE:</b> Açaí, Banana, Strawberries, Apple Juice, Raw Cacao Powder, Plant-Based Chocolate Protein (15g), Agave <b>TOPPINGS:</b> Strawberries, Banana, Agave Drizzle, Coconut flakes, Gluten-Free & Nut-Free Granola (Bottom only) <b>Popular add-ons:</b> , Chopped Dates, Goji Berries, Peanut Butter (made only with 100% Dry Roasted Blanched Peanuts)/ Almond Butter (made only with 100% Dry Roasted Blanched Almonds), Cashew Butter, Cacao Ganache, Blueberries, Walnuts, SWAP Granola for Antioxidant Mix (Mulberries, Golden Raisins, Cashews, Goji Berries) +1.50	<b>15.99</b>

FOOD

GLUTEN-FREE TOAST +2.00

<b>AVOCADO TOAST</b> 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) <b>Popular add-ons:</b> Pesto Spread (contains nuts), Avocado Slices, Cayenne	<b>14.99</b>	<b>HOT CAPRESE SANDWICH N</b> Whole Wheat “Bread Alone” Sourdough Bread, Homemade Pesto (contains nuts), Tomatoes, Vegan Mozzarella Cheese, Basil, Balsamic Glaze, Himalayan Salt, Pepper <b>Popular add-ons:</b> Avocado Slices	<b>13.99</b>
<b>NUT BUTTER TOAST N</b> <b>Choice of:</b> Peanut Butter, Almond Butter, Cashew Butter (All are made with 100% Dry Roasted Blanched nuts)  Whole Wheat Sourdough Bread (substitute for gluten-free bread +2), Cacao Ganache Made in-house (raw cacao, maple, vanilla, coconut oil, himalayan salt), Bananas, Blueberries, Coconut Flakes  <b>Popular add-ons:</b> Cinnamon, Fresh Strawberries, Cacao Nibs, Maple, Agave, Goji Berries	<b>12.99</b>	<b>OATMEAL</b> Rolled Oats, Cinnamon, Maple, Fresh Bananas, Fresh Blueberries, Toasted Coconut Flakes, Chia Seeds, Plant-Based Milk Of Your Choice (Steamed or Cold) <b>Popular add-ons:</b> Chocolate Protein (15g) to BASE, Vanilla Protein to BASE, Strawberries, Peanut Butter (made only with 100% Dry Roasted Blanched Peanuts), Almond Butter (made only with 100% Dry Roasted Blanched Almonds), Cinnamon, Goji Berries, Cacao Ganache	<b>10.99</b>

CLEANSE WITH BARVIDA	
<b>Organic Juice Cleanse</b> 5 Cold-Pressed Juices 2 Wellness Shots <b>OR</b> 6 Cold-Pressed Juices  \$65 per day	<b>Organic Juice &amp; Smoothie Cleanse</b> 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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