

UNVEIL NUTRITION

BREAKFAST

PROTEIN BREAKFAST HASH BOWL

chickpea, potato, zucchini, pepper and bean hash paired with mushroom "beef", seasoned kale and chipotle mayo

CHOCOLATE BANANA OATS

chocolate overnight oats paired with half banana, walnuts, almonds and two peanut butter stuffed dates

NEW: CHICKPEA, BACON AND HASH BROWN

sautéed chickpeas, crispy portobello "bacon" strips and grilled veggies paired with hash brown and chipotle mayo

ENTREES

NEW: SUMMER MANGO CUCUMBER BOWL

mango strips, cucumber slices, thin bell pepper, bean sprouts, and cabbage shreds and chickpeas, topped avocado lime crème, spicy tajin, hemp seeds and side of quinoa

LOW CARB PROTEIN CHILI

lentil bean base chili and hearty stewed tomatoes paired with green beans and a pinch of sour cream

NEW: ROPA VIEJA

Cuban style jackfruit pork paired with jasmine rice, beans, pico de gallo, maduro and side salad

NEW: VEGGIE HUMMUS DETOX BOWL

cheesy grilled zucchini strips, tomato, red onion, seasoned kale, cabbage and carrot slices topped with fresh hummus and lemon vinaigrette

NEW: SESAME TANGERINE SALAD

seasoned kale, arugula and cabbage blend paired with juicy tangerine, jackfruit chicken topped with fried wontons, cashews, almond slivers, and hemp seeds

LENTIL MEATBALLS + ZUCCHINI PASTA

juicy protein meatballs paired with spiralized zucchini noodles topped with marinara and parmesan

FRIED BUTTERMILK "CHICKEN" SANDWICH

crispy oyster mushroom topped with juicy tomato, lettuce, onion, cole slaw and sriracha mayo paired with side salad

CHIPOTLE LENTIL BOWL

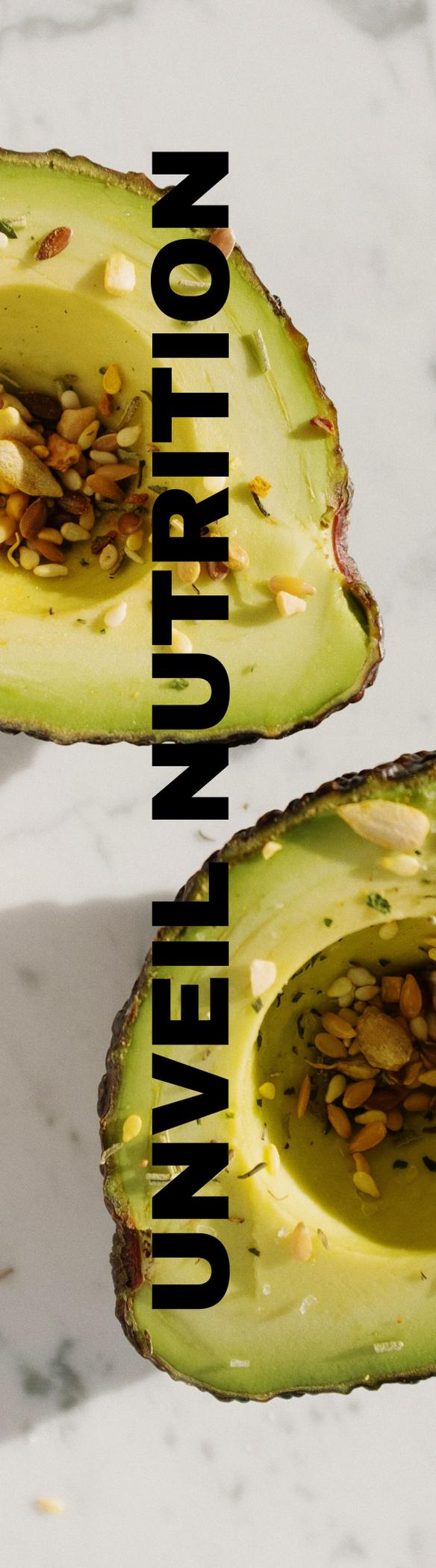
chipotle lentils, brown rice, topped with pico de gallo, avocado cream, cilantro lime sauce paired with grilled veggies, corn and lettuce shreds

STICKY SESAME CAULIFLOWER BITES

breaded sesame cauliflower paired with jasmine rice and stir fry veggies

VEGGIE PORTABELLA BURGER

juicy portabella burger topped with tomato, pickle, lettuce, mayo and ketchup paired with zucchini fries and baked sweet potato cubes



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RAW BREAKFAST

MORNING JUICE

freshly juiced orange, pineapple, lemon and ginger

CHOCOLATE BANANA OATS

chocolate overnight oats paired with half banana, walnuts, almonds and two peanut butter stuffed dates

THE HULK

green juice- kale, apple, key lime, arugula, cucumber, ginger and zucchini

16 OZ SEA MOSS JAR

use daily in smoothies for a massive boost of iron and other minerals that feed cells

RAW ENTREES

NEW: PAD THAI

zucchini noodles paired with bean sprouts, red pepper, carrot + purple cabbage topped with spicy peanut butter sauce, jackfruit chicken strips and toasted peanut crumbles

DETOX HUMMUS BOWL

sautéed kale, zucchini, cucumber strips, and grape tomatoes paired with fresh hummus and lemon wedge

CUCUMBER SUSHI ROLLS

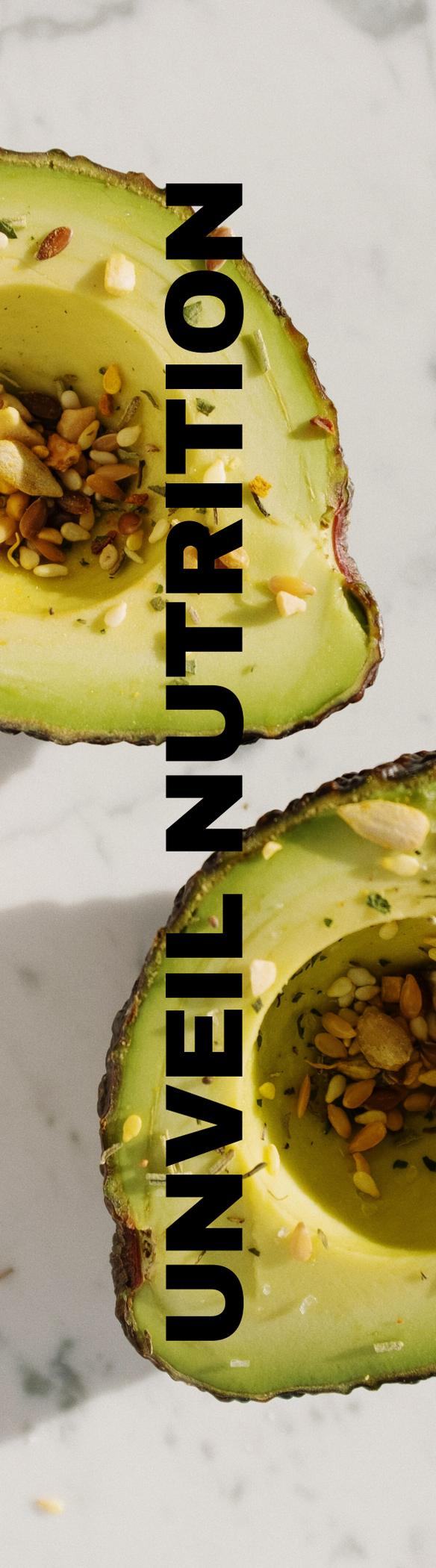
cucumber rolls stuffed with rainbow veggies paired with chipotle mayo

AVOCADO OR PESTO ZUCCHINI NOODLES

zucchini noodles paired with your choice of avocado creme or pesto and fresh chickpeas

MANGO CABBAGE WRAPS

cabbage wraps stuffed with fresh mango, cucumber, radish, and bell peppers, topped with hemp seeds and mango lime dressing



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SNACKS

**new: morning juice-
orange, pineapple, lemon, ginger \$7**

**the hulk-
kale, apple, key lime, arugula, cucumber, ginger and zucchini \$7**

or 3 for 18\$

\$10 Cinnabon, snickers and chia pudding box

\$5 Two snickers bars

\$10 Vegan Nutella jar

\$10 Cookie pack

IMMUNITY BOOST SUPPLEMENTS

\$25: 16 oz Sea Moss Superfood Gel

\$10: (10 Pack) Elderberry and Dandelion Detox Tea

**\$5: 2 Immunity Boost Shots: Ginger, Kale, Key Lime
And Orange Immunity Shot**

\$25: 1 Month Supply Herbal Blend Capsules

**\$40: 1 Month Supply Super Greens Powder- Avocado
seed, Kale, Arugula, Watercress, Dandelion,
Oregano, and Basil**

**\$40: 1 Month Supply Protein Poppers- Hemp seed,
Walnut, Quinoa and Chickpea blend**