



## MENU

### POWERS BOWL

#### Morning Bowl

\$10.95

*Natural greek yogurt, almond butter, strawberries, blueberries, kiwi, gluten free granola, honey.*

#### Tropical Acai

\$12.75

*Blended acai with bananas, gluten free granola topped with coconuts flakes, almond slices, bananas, strawberries and pineapples.*

### BREAK THE FAST

#### Avocado Bliss

\$9.95

*Slice of fresh avocado, season with a hint of lemon and sprinkle of sea salt finish with a drizzle of extra virgin olive oil.*

#### Pesto Chicken Sandwich

\$15.95

*Hormone free chicken fillet with goat cheese on top, cherry tomatoes, pesto sauce, fresh arugula.*

#### Globber's Delight

\$13.95

*Organic turkey fillet with fresh avocado, cherry tomatoes, topped with arugula and balsamic dressing.*



## SALADS

### Mrs Cesar

\$12.95

*Organic chopped kale, crutons, fresh parmesan cheese with cesar dressing.*

### The Garden Salad

\$13.95

*Organic fresh arugula, tomatoes, cucumber, red pepper, shredded carrot, black olives, fresh avocado with a olive greek dressing.*

### Quinoa Lover

\$15.95

*A bed of organic baby spinach, goat cheese crumbs, sunflower seeds, red beets, roasted sweet potatoes with a home made balsamic dressing.*

**ADDs: Turkey fillet \$7.75, Chicken \$6.75, Salmon \$9.75**



## MIX AND PICK BOWL

\$13.95

### 1. Pick your base

- Organic quinoa
- Cilantro rice
- Bed of greens

### 2. Pick your potatoes

- Roasted sweet potatoes
- Roasted potatoes with herbs

### 3. Pick your veggies

- 3 sauteed veggies
- 3 regular veggies

### 4. Pick your sauces

- Coconut Lime Cilantro
- Mushrooms Sauces
- Sweet Teriyaki

### 5. Pick your protein

- Turkey \$7.75
- Chicken \$6.75
- Salmon \$9.75

**ENJOY!**



## JUICES

	<b>16oz</b>	<b>24oz</b>
<b>Greener</b> <i>Kale, ginger, cucumber, celery, orange.</i>	\$8.00	\$10.00
<b>Happy Buddha</b> <i>Beets, carrot, orange.</i>	\$8.00	\$10.00
<b>Peace Out</b> <i>Kale, spinach, celery, pineapple, carrot.</i>	\$8.00	\$10.00
<b>Baby Glow</b> <i>Carrot, ginger, orange.</i>	\$8.00	\$10.00

## SMOOTHIES

	<b>16oz</b>	<b>24oz</b>
<b>Dates Mocha</b> <i>Almonds milk, espresso shot, dates, dark chocolate, banana, vanilla protein whey.</i>	\$10.00	\$12.00
<b>Berries Delish</b> <i>Strawberry, blueberry, pineapple, orange.</i>	\$8.00	\$10.00
<b>Adapt</b> <i>Coconut water, banana, pineapple, mango, spirulina, moringa.</i>	\$10.00	\$12.00
<b>Marley</b> <i>Kale, spinach, pineapple, lemon, dates, orange.</i>	\$8.00	\$10.00
<b>Greenfit</b> <i>Blueberry, banana, spinach, almond butter, almond milk, vegan vanilla protein.</i>	\$10.00	\$12.00

## GINGER SHOTS

2oz	\$3.75
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**ADDs:** spirulina, matcha, special protein, vegan protein, creatine, amino acid, probiotics, moringa, ginseng \$3

**Ginger, honey, chia seeds, berries, almond butter, dates, granola, nuts and seeds \$2**





## COFFEE BAR

*You have the choice to make it hot or cold*

Espresso	\$3.50
Machiato	\$3.75
Cortadito	\$3.75
Americano	\$4.00
Capuccino	\$4.50
Latte	\$4.50

ALMOND OR OATS \$0.50

## TEA BAR

*You have the choice to make it hot or cold*

Chamomille	\$3.75
Green	\$3.75
Berries	\$3.75
Matcha	\$4.50

## DESSEERTS

*Home made gluten free and sugar free*

Keto Strawberry Cheesecake	\$7.90
Keto Chocolate Cake	\$6.90
Muffins	\$4.20
Cookies	\$3.20

## DRINKS

Water	\$2.25
Coconut water	\$4.50
Sparkling water	\$2.40