

Specialty beverages

Chaga Hot Chocolate

| | | | |
|---------|----------------|-----|----------------|
| 4g | 24g | 2g | 130 |
| PROTEIN | CARBO-HYDRATES | FAT | TOTAL CALORIES |

Vegan Bulletproof

| | | | |
|---------|----------------|-----|----------------|
| 0g | 2g | 17g | 161 |
| PROTEIN | CARBO-HYDRATES | FAT | TOTAL CALORIES |

Collagen Latte

| | | | |
|---------|----------------|-----|----------------|
| 1g | 1g | 3g | 35 |
| PROTEIN | CARBO-HYDRATES | FAT | TOTAL CALORIES |

Golden Milk Latte

| | | | |
|---------|----------------|-----|----------------|
| 1g | 1g | 3g | 35 |
| PROTEIN | CARBO-HYDRATES | FAT | TOTAL CALORIES |

Blue Majik Latte

| | | | |
|---------|----------------|-----|----------------|
| 1g | 3g | 3g | 43 |
| PROTEIN | CARBO-HYDRATES | FAT | TOTAL CALORIES |

Matcha Latte

| | | | |
|---------|----------------|-----|----------------|
| 1g | 3g | 3g | 43 |
| PROTEIN | CARBO-HYDRATES | FAT | TOTAL CALORIES |

Activated Charcoal Latte

| | | | |
|---------|----------------|-----|----------------|
| 1g | 1g | 3g | 35 |
| PROTEIN | CARBO-HYDRATES | FAT | TOTAL CALORIES |

Beet Latte

| | | | |
|---------|----------------|-----|----------------|
| 1g | 5g | 3g | 51 |
| PROTEIN | CARBO-HYDRATES | FAT | TOTAL CALORIES |

Bowls

Cheerful

| | | | |
|---------|----------------|-----|----------------|
| 39g | 41g | 36g | 644 |
| PROTEIN | CARBO-HYDRATES | FAT | TOTAL CALORIES |

Festive

| | | | |
|---------|----------------|-----|----------------|
| 24g | 11g | 9g | 221 |
| PROTEIN | CARBO-HYDRATES | FAT | TOTAL CALORIES |

Empowered

| | | | |
|---------|----------------|-----|----------------|
| 39g | 83g | 32g | 776 |
| PROTEIN | CARBO-HYDRATES | FAT | TOTAL CALORIES |

Grateful - SM

| | | | |
|---------|----------------|-----|----------------|
| 8g | 17g | 5g | 145 |
| PROTEIN | CARBO-HYDRATES | FAT | TOTAL CALORIES |

Adventurous

| | | | |
|---------|----------------|-----|----------------|
| 2g | 23g | 10g | 190 |
| PROTEIN | CARBO-HYDRATES | FAT | TOTAL CALORIES |

Passionate

| | | | |
|---------|----------------|-----|----------------|
| 6g | 30g | 14g | 270 |
| PROTEIN | CARBO-HYDRATES | FAT | TOTAL CALORIES |

Grateful - LG

| | | | |
|---------|----------------|-----|----------------|
| 17g | 32g | 9g | 277 |
| PROTEIN | CARBO-HYDRATES | FAT | TOTAL CALORIES |

Inspired - LG

| | | | |
|---------|----------------|-----|----------------|
| 30g | 63g | 21g | 561 |
| PROTEIN | CARBO-HYDRATES | FAT | TOTAL CALORIES |

Inspired - SM

| | | | |
|---------|----------------|-----|----------------|
| 24g | 47g | 18g | 446 |
| PROTEIN | CARBO-HYDRATES | FAT | TOTAL CALORIES |

Lucky - SM

| | | | |
|---------|----------------|-----|----------------|
| 26g | 56g | 27g | 571 |
| PROTEIN | CARBO-HYDRATES | FAT | TOTAL CALORIES |

Lucky - LG

| | | | |
|---------|----------------|-----|----------------|
| 37g | 79g | 37g | 797 |
| PROTEIN | CARBO-HYDRATES | FAT | TOTAL CALORIES |

Remarkable

| | | | |
|---------|----------------|-----|----------------|
| 13g | 24g | 14g | 274 |
| PROTEIN | CARBO-HYDRATES | FAT | TOTAL CALORIES |

Smoothie bowls

Brilliant

| | | | |
|---------|----------------|-----|----------------|
| 4g | 95g | 5g | 441 |
| PROTEIN | CARBO-HYDRATES | FAT | TOTAL CALORIES |

Powerful

| | | | |
|---------|----------------|-----|----------------|
| 4g | 67g | 10g | 374 |
| PROTEIN | CARBO-HYDRATES | FAT | TOTAL CALORIES |

Loved

| | | | |
|---------|----------------|-----|----------------|
| 5g | 82g | 8g | 420 |
| PROTEIN | CARBO-HYDRATES | FAT | TOTAL CALORIES |

Fabulous

| | | | |
|---------|----------------|-----|----------------|
| 4g | 83g | 12g | 456 |
| PROTEIN | CARBO-HYDRATES | FAT | TOTAL CALORIES |

Smoothies

Limless (Mental Alertness)

| | | | |
|---------|----------------|-----|----------------|
| 5g | 52g | 15g | 363 |
| PROTEIN | CARBO-HYDRATES | FAT | TOTAL CALORIES |

Peaceful (Stress Relief)

| | | | |
|---------|----------------|-----|----------------|
| 0g | 11g | 11g | 143 |
| PROTEIN | CARBO-HYDRATES | FAT | TOTAL CALORIES |

Playful

| | | | |
|---------|----------------|-----|----------------|
| 35g | 62g | 31g | 667 |
| PROTEIN | CARBO-HYDRATES | FAT | TOTAL CALORIES |

Great (Post workout)

| | | | |
|---------|----------------|-----|----------------|
| 13g | 67g | 12g | 428 |
| PROTEIN | CARBO-HYDRATES | FAT | TOTAL CALORIES |

Beautiful (Anti - Aging)

| | | | |
|---------|----------------|-----|----------------|
| 2g | 64g | 1g | 273 |
| PROTEIN | CARBO-HYDRATES | FAT | TOTAL CALORIES |

Liberated (Digestion Aid)

| | | | |
|---------|----------------|-----|----------------|
| 4g | 55g | 2g | 254 |
| PROTEIN | CARBO-HYDRATES | FAT | TOTAL CALORIES |

Sustainable, fresh, organic, and hella tasty!

ALLERGY GRID / MAY 2018

| ALLERGENS | | | | | | | | | | | | | |
|-----------------|-------|-----|------|---------|------|--------|------|-----------|-----|--------|------|-------|----------|
| Breakfast | Dairy | Egg | Beef | Poultry | Pork | Gluten | Fish | Shellfish | MSG | Sesame | Nuts | Sugar | Caffeine |
| Warm | | | | | | | | | | | | | |
| Cheerful | | ✓ | | | | | | | | ✓ | | | |
| Festive | | ✓ | | | | | | | | | | | |
| ALLERGENS | | | | | | | | | | | | | |
| Smoothie Bowls | Dairy | Egg | Beef | Poultry | Pork | Gluten | Fish | Shellfish | MSG | Sesame | Nuts | Sugar | Caffeine |
| Brilliant | | | | | | | | | | | | | |
| Loved | | | | | | | | | | | | | |
| Fabulous | | | | | | | | | | | | | |
| Powerful | | | | | | | | | | | | | |
| ALLERGENS | | | | | | | | | | | | | |
| Smoothies | Dairy | Egg | Beef | Poultry | Pork | Gluten | Fish | Shellfish | MSG | Sesame | Nuts | Sugar | Caffeine |
| Liberated | | | | | | | | | | | | | |
| Limitless | ✓ | | | | | | | | | | | | |
| Great | | | | | | | | | | | | | |
| Playful | | | | | | | | | | | | | |
| Beautiful | | | ✓ | | | | | | | | | | |
| Peaceful | | | | | | | | | | | | | |
| ALLERGENS | | | | | | | | | | | | | |
| Signature | Dairy | Egg | Beef | Poultry | Pork | Gluten | Fish | Shellfish | MSG | Sesame | Nuts | Sugar | Caffeine |
| Passionate | | | | ✓ | | | | | | | | | |
| Empowered | | | | | | | | | | | | | |
| Adventurous | | | | | | | | | | | | | |
| Lucky | | | | | | | | | | | | | |
| Remarkable | | | | | | | | | | | | | |
| Grateful | | | | | | | | | | | | | |
| Inspired | | | | | | | | | | | | | |
| ALLERGENS | | | | | | | | | | | | | |
| Garnish | Dairy | Egg | Beef | Poultry | Pork | Gluten | Fish | Shellfish | MSG | Sesame | Nuts | Sugar | Caffeine |
| Pea Shoots | | | | | | | | | | | | | |
| Nori | | | | | | | | | | | | | |
| Soy Nuts | | | | | | | | | | | | | |
| Togarashi | | | | | | | | | | | | | |
| Sesame Seeds | | | | | | | | | | | | | |
| ALLERGENS | | | | | | | | | | | | | |
| Creative | Dairy | Egg | Beef | Poultry | Pork | Gluten | Fish | Shellfish | MSG | Sesame | Nuts | Sugar | Caffeine |
| Base | | | | | | | | | | | | | |
| Sushi Rice | | | | | | | | | | | | | |
| Black Rice | | | | | | | | | | | | | |
| Quinoa | | | | | | | | | | | | | |
| Kale | | | | | | | | | | | | | |
| Arugula | | | | | | | | | | | | | |
| Cabbage | | | | | | | | | | | | | |
| Noodles | | | | | | | | | | | | | |
| Protein | | | | | | | | | | | | | |
| Raw Tuna | | | | | | | | | | | | | |
| Raw Salmon | | | | | | | | | | | | | |
| Baked Salmon | | | | | | | | | | | | | |
| Roasted Chicken | | | | | | | | | | | | | |
| Hard Boiled Egg | | | | | | | | | | | | | |
| Egg Scramble | | | | | | | | | | | | | |
| Tofu | | | | | | | | | | | | | |
| ALLERGENS | | | | | | | | | | | | | |
| Topping | Dairy | Egg | Beef | Poultry | Pork | Gluten | Fish | Shellfish | MSG | Sesame | Nuts | Sugar | Caffeine |
| Chickpeas | | | | | | | | | | | | | |
| Corn | | | | | | | | | | | | | |
| Corn Nuts | | | | | | | | | | | | | |
| Crispy Shallots | | | | | | | | | | | | | |
| Cucumber | | | | | | | | | | | | | |
| Dried Currants | | | | | | | | | | | | | |

| ALLERGENS | | | | | | | | | | | | | |
|-------------------------|-------|-----|------|---------|------|--------|------|-----------|-----|--------|------|-------|----------|
| Topping | Dairy | Egg | Beef | Poultry | Pork | Gluten | Fish | Shellfish | MSG | Sesame | Nuts | Sugar | Caffeine |
| Edamame | | | | | | | | | | | | | |
| Gochujong Broccoli | | | | | | | | | | | | | |
| Grapes | | | | | | | | | | | | | |
| Jalapeno | | | | | | | | | | | | | |
| Kimchi | | | | | | | | | | | | | |
| Pickled Ginger | | | | | | | | | | | | | |
| Radish | | | | | | | | | | | | | |
| Sweet Onion | | | | | | | | | | | | | |
| Sweet Potato | | | | | | | | | | | | | |
| Toasted Sunflower Seeds | | | | | | | | | | | | | |
| Tortilla Chips | | | | | | | | | | | | | |
| Wakame | | | | | | | | | | | | | |
| ALLERGENS | | | | | | | | | | | | | |
| Sauces | Dairy | Egg | Beef | Poultry | Pork | Gluten | Fish | Shellfish | MSG | Sesame | Nuts | Sugar | Caffeine |
| Chipotle Cashew | | | | | | | | | | | | | |
| Herb Tahini | | | | | | | | | | | | | |
| Soy Lime Vinaigrette | | | | | | | | | | | | | |
| Yuzukusho | | | | | | | | | | | | | |
| Sweet + Spicy Shoyu | | | | | | | | | | | | | |
| Sriracha | | | | | | | | | | | | | |
| Spicy Fish Sauce | | | | | | | | | | | | | |
| ALLERGENS | | | | | | | | | | | | | |
| Beverages | Dairy | Egg | Beef | Poultry | Pork | Gluten | Fish | Shellfish | MSG | Sesame | Nuts | Sugar | Caffeine |
| Beet Latte | | | | | | | | | | | | | |
| Blue Majik Latte | | | | | | | | | | | | | |
| Bone Broth | | | | | | | | | | | | | |
| Charcoal Latte | | | | | | | | | | | | | |
| Garden Milk | | | | | | | | | | | | | |
| Vegan Bulletproof | | | | | | | | | | | | | |
| ALLERGENS | | | | | | | | | | | | | |
| Cold | Dairy | Egg | Beef | Poultry | Pork | Gluten | Fish | Shellfish | MSG | Sesame | Nuts | Sugar | Caffeine |
| Coconut Water | | | | | | | | | | | | | |
| Flow Water | | | | | | | | | | | | | |
| Ginger Green | | | | | | | | | | | | | |
| Lemonade | | | | | | | | | | | | | |
| Orchard | | | | | | | | | | | | | |
| Tropical | | | | | | | | | | | | | |
| ALLERGENS | | | | | | | | | | | | | |
| Tea | Dairy | Egg | Beef | Poultry | Pork | Gluten | Fish | Shellfish | MSG | Sesame | Nuts | Sugar | Caffeine |
| 100% Sencha | | | | | | | | | | | | | |
| Cherry | | | | | | | | | | | | | |
| Chocolate Orange | | | | | | | | | | | | | |
| Coconut Dream | | | | | | | | | | | | | |
| English Breakfast | | | | | | | | | | | | | |
| Lemon Oolong | | | | | | | | | | | | | |
| Masala Chai | | | | | | | | | | | | | |
| Matcha | | | | | | | | | | | | | |
| Orange Pekoe | | | | | | | | | | | | | |
| Peppermint | | | | | | | | | | | | | |
| Strawberry Kiwi | | | | | | | | | | | | | |
| Vanilla Caramel | | | | | | | | | | | | | |
| ALLERGENS | | | | | | | | | | | | | |
| Coffee | Dairy | Egg | Beef | Poultry | Pork | Gluten | Fish | Shellfish | MSG | Sesame | Nuts | Sugar | Caffeine |
| Adventurous | | | | | | | | | | | | | |
| Gratitude | | | | | | | | | | | | | |
| Love | | | | | | | | | | | | | |
| Senza | | | | | | | | | | | | | |
| Almond Milk | | | | | | | | | | | | | |
| Oat Milk | | | | | | | | | | | | | |

EAT GOOD. LOVE LIFE.

✓ WE USE HAND-PICKED INGREDIENTS FROM RESPONSIBLE SOURCES

Maca

Benefits: Maca is a root vegetable that has properties shown to enhance mood, energy and balance hormone levels.

Hemp hearts

Benefits: Hemp hearts are rich in healthy fats and essential fatty acids which can work to reduce inflammation within the body.

Oat milk

Benefits: Oat milk is a great choice for anyone who is allergic or intolerant to dairy, gluten and/or nuts, as well as those looking to limit saturated fat in their diets.

Mint

Benefits: Mint promotes digestion and can work to soothe the stomach of inflammation.

Kefir

Benefits: Kefir works to colonize the gut with beneficial bacteria.

Ginger

Benefits: Ginger has potent anti-inflammatory effects that can relax the muscles within your gut lining and help food move through your digestive tract smoothly.

Turkish fig

Benefits: Turkish figs are high in fibre, which aid in reducing excess estrogen in the body.

Cranberry juice

Benefits: Cranberries are rich in antioxidant properties that protect the cells from damage caused by unstable molecules called free radicals that contribute to aging, inevitably making the skin look younger.

Coconut water

Benefits: Coconut water contains a similar electrolyte profile to human blood, which makes it an ideal beverage choice to replace fluids and help remove toxins from the body.

Flax oil

Benefits: Flax oil is packed with omega-3s, fatty acids that can aid decreasing inflammation and improving mood.

Camu camu

Benefits: Camu camu has the highest level of vitamin C than any other food, making it the best superfood to strengthen your immune system.

Chia seeds

Benefits: Not only are chia seeds high in dietary fibre, but they also create a gelatin-like substance in the stomach that can work as a prebiotic that supports the growth of probiotics in the gut.

Dates

Benefits: Dates are high in fibre, which may be beneficial for preventing constipation and controlling blood sugar levels.

Matcha

Benefits: Matcha is loaded with antioxidants that can aid in fortifying the immune system and detoxifying the body.

Chaga

Benefits: Chaga mushroom can work to boost the immune system, fight inflammation and protect cells from free radicals.

Sunflower seeds

Benefits: Sunflower seeds are rich in essential fatty acids that encourage the formation of collagen and elastic, inevitably improving skin health.