



SMOOTHIES

*Mostly Organic Fruit and Housemade Almond Milk

THE AWESOME \$9

Coconut Water, Orange, Mango, Banana, Ginger, Lemon, Turmeric

GRATEFUL HEART \$9

Coconut Water, Apple, Cucumber, Celery, Lemon, Banana, Spinach

STRONG & RADIANT \$9

Coconut Water, Kale, Banana, Blueberries, Goji Berries, Agave

CHERRY CHAGA CHIP \$9

Almond Milk, Cherry, Strawberry, Banana, Chaga, Hemp Seeds, Dates, Cacao Nibs

SIMPLY STRAWBERRY \$9

Almond Milk, Strawberries, Banana, Hemp Seeds, Dates, Almond Butter

THE SAINT \$9

Almond Milk, Cacao, Dates, Bananas, Peanut Butter Powder, Vanilla Stevia

TROPI-CALI \$9

Strawberries, Orange, Banana, Mango, Coconut Water

LIFELINE \$10.5

Myrtle & Cypress Cold Brew, Almond Milk, Banana, Dates, Almond Butter, Cinnamon

MATCHA HIGH LIFE \$9.5

Matcha, Barley Grass, Spirulina, Tocotrienols, Almond Milk, Banana, Ice, Agave



SMOOTHIE BOWLS

COMPLETE ME ACAI BOWL \$14

Almond Milk (HM), Bananas, Acai, Almond Butter, Fresh Fruit, Granola, Almond Butter Drizzle, Honey, Coconut (sub agave)

GOOD LIFE BLENDED BOWL \$14

Almond Milk, Banana, Cherries, Blueberries, Housemade granola, coconut, almond butter drizzle, fresh fruit, & honey (sub agave)

CHOCO-BANANA BLISS BOWL \$14

Oat Milk, Bananas, Almond Butter, Cinnamon, Chocolate Granola, Pick Me Up Bites, Brazil Nut Crumble, Fresh Fruit, Almond Butter Drizzle, Honey, Cacao Nibs (sub Agave)



NOURISHING CAFE DRINKS

ADAPTOGENIC LATTE \$5.5

Myrtle & Cypress Single Origin Brew, Steamed Almond Milk, Wild Mushroom Tonic, Stevia

COLD BREW LATTE \$5

Myrtle & Cypress Cold Brew, Choice of Milk, Ice, Maple Syrup (Size: Large)

MUDWTR LATTE \$5

Mudwtr Chai, Hot Water, English Toffee Stevia, Agave Splash of Milk

COFFEE \$3.5

Regular or Decaf, Splash of Milk, Choice of sweetener (Size: medium)

TEA: HOT OR ICED \$2.5 / \$3 WITH MILK

CHAGA CHAI \$3.5

Houseblend Chaga, Cardamom Spice Blend, Oatmilk, Agave, Stevia

MASALA OR GOLDEN CHAI \$5

Blue Lotus Chai Latte, Hot Water, Steamed Milk, Choice of sweetener

MATCHA HIGH LIFE \$5.5

Matcha, Barley Grass, Spirulina, Almond Milk

ESPRESSO (DBL) \$3

AMERICANO S \$3/ L \$5

LATTE \$4.5

CAFE CON LECHE \$4.5

MYLK OPTIONS: SWEETENER OPTIONS:

- housemade almond
- oat milk
- coconut milk
- Stevia
- Honey
- Maple Syrup
- Agave



ORG COLD-PRESSED JUICE

*In the Grab & Go Cooler

CRYSTAL BLUE

BRIGHTER DAY

SHAKEN, NOT STIRRED

MIRACLE WORKER

ORANGE YOU AMAZING

IMMUNITY:

RHYZE & SHINE

NOT FOR AMATEURS



rooted table
KITCHEN • JUICERY

MONDAY TO SATURDAY

8 AM TO 4 PM