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4360 Kennedy Drive East Moline

309-207-3271

1. Choose Between: \$8.95

Wrap

flour, spinach
or tomato basil

Salad

on a bed of
farm fresh greens

Quinoa Bowl

on a bed
of spinach

3. Choose Dressing

Lemon Herb Asian Zing

Basil Pesto Chili Lime

Stone Ground Honey Mustard

All dressings made in house

2. Choose your Toppings

Southwest Chicken	Chicken, Apple Feta	Chicken Cobb	Veggie Goddess	Un-tuna
Chicken, peppers, black beans, tomato, peppers, red onion, cilantro, avocado	Chicken, feta, apple, cucumber, red onion, Craisins	Chicken, bacon, egg, tomato, red onion, avocado	Cucumber, tomato, red onion, carrots, avocado, peppers, hummus *may add chicken or un-tuna for \$1.50	Cashew vegan mayo, chickpeas, celery, red onion, avocado cucumber, tomato, peppers

Soul Bowls \$6.50

Egg Frittatas	Asian	Mediterranean
2 egg frittatas on a bed of spinach, avocado slices & pico de gallo	Spiralized sweet potato, Asian Zing, chicken, Asian slaw, orange slices, Asian Zing dressing (may substitute any dressing)	Spiralized zucchini, chicken, tomato cucumber onion salad, feta cheese, kalamata olives, hummus, lemon herb dressing (may substitute any dressing)

Soup

Lazy Lasagna	Cup \$ 5.25	Bowl \$ 6.25	Large \$12.50
Soup of the Week	Cup \$ 4.75	Bowl \$5.75	Large \$11.50

Hours: Monday, Tuesday, Friday 9:00 – 5:30

Wednesday & Thursday 9:00 – 7:00

Saturday 9:00 – 3:00

<p>Juices 16 oz \$7.95</p> <p>Morning Meditation apple, carrot, beet, lemon, ginger</p> <p>Good Vibes pineapple, celery, cucumber, kale, spinach</p> <p>Renew your Soul celery, cucumber, pear, lime, spinach, cilantro</p> <p>Revive carrot, orange, apple, cilantro, lemon, ginger</p> <p>Refresh apple, cucumber, orange, grapefruit, lemon, cayenne, ginger</p> <p>Happiness carrot, orange, apple</p> <p>Snacks Almond or Peanut Butter Protein Bites \$2.80 for 3 *Happiness Muffins \$2.00 *Chocolate Beet Muffins \$2.00 *Shameless Turtle Brownies \$2.00 *Gluten Free & Vegan</p>	<p>Smoothies \$6.50 Add protein powder \$1.25 Made with real fruits and veggies</p> <p>Warrior coconut milk, dates, kale, pineapple</p> <p>Tropical Vacay coconut milk, orange, pineapple, pear</p> <p>A Little Fruity almond milk, strawberry & banana</p> <p>PB & J almond milk, strawberries, or blueberries, banana, pb2</p> <p>Butz-a-Druggin' dragon fruit, coconut milk, mango, honey Banana</p> <p>Funky Monkey almond milk, spinach, banana, cacao powder, pb2, cacao chips, dates</p> <p>A Date with Chocolate almond milk avocado, date, cacao powder</p> <p>Curb Your Cravings oats honey strawberry banana almond milk</p> <p>Bikini Colada mango, pineapple, strawberry, coconut, banana, coconut milk</p> <p>Green Goddess apple, pineapple, cucumber, celery, spinach, good vibes juice</p>	<p>CocaNilla coconut milk, coffee, coconut, vanilla, honey</p> <p>La Vita Mocha almond milk, coffee, cacao powder, dates, honey</p> <p>Acai Smoothie Acai puree, almond milk, strawberries, blueberries, banana, honey</p> <p>Smoothie Bowls \$7.95</p> <p>Acai Bowl Base: Acai, almond milk, banana, strawberry, blueberry & honey Topping: Granola or oats, banana, strawberry & blueberry (coconut flakes & honey at an additional cost)</p> <p>Butz-a-Druggin' Bowl Base: Pitaya, coconut milk mango, banana Toppings: Pineapple, banana, oats or granola Or choose your favorite 3 toppings</p> <p>Funky Monkey Bowl Chocolate almond milk, bananas, spinach, cacao powder, pb2, cacao chips Toppings: strawberries, blueberries, & chocolate peanut butter granola</p> <p>Peanut Butter & Banana or Avocado Toast—1 slice \$4.00 2 slice \$6.00</p> <p>Costa Rican Coffee & Tea 12 oz \$1.95 16 oz \$2.15</p> <p>Iced Coffee & Ice Tea 16 oz \$2.15 20 oz \$2.35 Add almond or coconut milk .50</p>
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