

SOOTHING HOT ELIXIRS - 8.99

VANILLA ECSTASY

Enjoy made in house energizing, soothing, superfoods elixir. Made with organic Maca, Vanilla Bean, Ceylon Cinnamon, Cacao Powder, Cayenne Pepper, Sea Salt and Almond Milk.

FIERY HEMP

Made with Hemp Seeds, Cayenne Pepper, Ginger Root, Sea Salt, Dates, Raw Honey, Spring Water.

MAYAN ZESTY CHOCOLATE

Made with Cacao Paste, Cacao Powder, Chili Paste, Ceylon Cinnamon, Vanilla Paste, Almond or Coconut Milk

RECOVERY LATTE

Made with Burdock Root, Cordyceps (medicinal mushrooms), Raw Honey

RESISTANT WARRIOR

Made with Fresh Squeezed Cold Pressed Organic Orange Juice, Ceylon Cinnamon, Raw Honey, Ginger Root, Mint

GOLDEN AID

Made with Lemon Juice, Turmeric, Raw Honey, Cayenne Pepper, Ginger

GOLDEN MYLK

Made with Turmeric, Ceylon Cinnamon, Ginger, Black Pepper, Coconut Milk, Raw Honey, Coconut Oil, Sea Salt

POWER BOWLS 9.99

- NUTRITIOUS, DELICIOUS BOWL WITH SUPERFOODS. ALL ORGANIC, NO ICE, NO SUGAR ADDED -

BERRY HAPPINESS

Mixed Berries, Bananas, Almond Milk. Topped with organic granola, fresh berries, banana, raw honey

TROPICAL PARADISE

Mix Fruits, Coconut Water, Bananas. Topped with Granola, Fresh Fruits, Honey.

CACAO LUSH

Nut Butter, Bananas, Cacao Nibs, Almond Milk. Topped with Granola, Cacao Nibs, Bee Pollen, Banana

BERRY HAPPINESS

Mixed Berries, Bananas, Almond Milk. Topped with organic granola, fresh berries, banana, raw honey

COFFEE DELIGHT

Organic Espresso, Bananas, Mix Berries, Almond Milk. Topped with Granola, Nuts, Fresh Berries, Raw Honey

GREEN FORTUNE

Mixed Greens, Mint Leaves, Bananas, Almond Milk. Topped with Granola, Cacao Nibs, Banana, Chia Seeds



ORGANIC SMOOTHIES - 6.99

- NO ICE ADDED, NO
SYRUPS, NO SUGAR
ADDED, ALWAYS
ORGANIC -

BODY WELLNESS SMOOTHIE

*Spinach, Kale, Mixed Fruits,
Ginger, Cayenne Pepper,
Lemon, Raw Honey*

FITBOX

*Blueberries, Bananas, Ceylon
Cinnamon, Chia, Nut Butter,
Almond Milk, Vanilla Bean
Paste*

MARVELOUS MOCHA

*Cacao, Espresso, Dates,
Bananas, Nut Butter, Almond
Milk*

SUNSHINE BEACH

*Strawberry, Bananas, Grass
Fed Whey Vanilla Protein*

BERRY DELIGHT

*Mixed Berries, Bananas, Nut
Butter, Almond Milk*

ORGANIC WRAPS - 8.99

- ALWAYS ORGANIC AND
NATURAL, NO NITRATES
IN MEATS -

HONEY TUNA WRAP

*White Albacore Tuna,
Mayo, Spinach, Dried
Cranberries, Drizzled
with Honey.*

SPRING TURKEY WRAP

*Smoked Turkey, Mixed
Greens, Feta Cheese,
Almond Slices, Raspberry
Vinaigrette*

OLD FASHION BEEF SALAMI WRAP

*Beef Salami, Homemade
Sauerkraut, Cranberries, Dijon
Mustard, Tomatoes, Mixed
Greens*

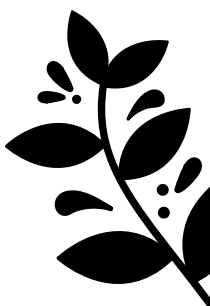
CAPRESE WRAP

*Spinach, Vegan Mozzarella,
Tomatoes, Red Peppers, Pine
Nuts, Balsamic Vinaigrette*

SOUP OF THE DAY

*Always Organic and Natural,
Made in House*

OXYGEN COCKTAIL - 3.99



SANDWICHES - 9.99

- ALWAYS ORGANIC AND
NATURAL, NO NITRATES
IN MEATS -

SICILIAN CHICKEN CLUB

Chicken Breast, Cheese, Olives,
Tomatoes, Lettuce, Freshly
Baked Ciabatta Bun, Sauce

OCEAN WISE FISH BURGER

Fish Burger, Pickles, Lettuce,
Tomatoes, Sauce, Freshly
Baked Ciabatta

CALIFORNIA CLUB

Mozzarella Cheese, Cheddar
Cheese, Rosemary Ham,
Lettuce, Turkey, Tomatoes,
Mayo, Mustard, Freshly Baked
Croissant

POWER POCKET

Rice, Nori, Carrots, Bell
Pepper, Beets, Tomatoes,
Spinach, Onions.



Joy and Vitality Centre

Healthy Body ~ Mind ~ Spirit

KETOGENIC MENU - 7.99 AND UP

- 25% OF PROTEIN, 5%
OF CARBS AND 70% OF
HEALTHY FATS - ALL
ORGANIC AND NATURAL -

KETO LASAGNA

Cauliflower, Ground Beef,
Eggs, Cheese, Tomatoes,
Onion

KETO QUICHE

Cheese, Ground Beef,
Mixed Vegetables, Bell
Peppers

KETO SQUASH

Cheese, Squash, Ground Beef,
Mixed Vegetables, Egg

KETO CABBAGE ROLLS

Cabbage, Ground Beef, Sour
Cream, Cauliflower

KETO BUN

Almond Flour, Coconut Flour,
Psyllium Husk, Butter, Garlic,
Salt

KETO SMOOTHIE

Avocado, Nut Butter, Chia, Cacao
Powder, Vanilla Protein

BULLETPROOF COFFEE BULLETPROOF MATCHA BULLETPROOF GOLDEN MYLK

KETO SOUP

KETO WRAP OR SANDWICH -
6 KIDS OF WRAPS AND
SANDWICHES

