

Menu

Organic Ingredients

Provide your own vessel and get \$.25 off any drink



Studios For Wholeness



Ask What's Organic Today

KEFIR & SMOOTHIES

"DIVINE" (NO KEFIR) SMOOTHIES

12 oz. \$6.50 16 oz. \$8.00

"NUT" (COCONUT) KEFIR SMOOTHIES

12 oz. \$8.75 16 oz. \$10.00

"VIDA" (WATER) KEFIR SMOOTHIES

12 oz. \$8.25 16 oz. \$9.50

"MOO" (MILK) KEFIR SMOOTHIES

12 oz. \$7.50 16 oz. \$9.00

GREEN GODDESS— Spinach, Banana, Raw Honey

BERRY BURST— Blueberries, Strawberries, Banana, Raw Honey

TROPICAL— Coconut, Mango, Pineapple, Banana, Raw Honey

SMOOTHIE ADD-INS FOR \$1.75

Hemp seeds, acai, pea isolate protein, super food blend (quinoa flakes, cacao nibs, chia seeds, milled flax, hemp seeds, coconut flakes, buckwheat), coconut oil, peanut butter, almonds, cacao, turmeric, Ceylon cinnamon, any other kefir ingredients

COLD TEAS & BEVERAGES



ICED VIDA 16 oz \$5.50 20 oz \$7.25

Pure finished kefir water



GODDESS TEA 16 oz. \$4.50 20 oz. \$5.95

Organic black tea, organic sugar (cane juice), organic Ceylon cinnamon, organic clove



GINGER TEA 16 oz. \$5.75 20 oz. \$7.25

Fresh ginger root (organic when available), Organic Ceylon cinnamon, raw honey



CAYENNE LEMONADE 16 oz. \$5.50 20 oz. \$6.95

Organic lemon juice, organic cayenne pepper, real grade B organic maple syrup



CULLIGAN ICED WATER (PH OF 8.0) 16 oz. \$1.00

HOT TEA (WANT IT ICED? JUST ASK!)



TURMERIC TEA 12 oz. \$4.50 16 oz. \$5.95

Organic ground turmeric, organic cold pressed unrefined coconut oil, black pepper



MADMUSHY TEA 12 oz. \$5.50 16 oz. \$6.95

Organic (whole fruiting body) mushroom blend of Reishi, Maitake, Cordyceps, Shiitake, Lion's Mane, Turkey Tail, Chaga (equal parts)



= 100% Vegan NO honey.



= 100% Vegan WITH honey.

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FOOD

FORBIDDEN JACK-WAH TACOS

Half \$8.00 Full \$11.50

Jackfruit, organic quinoa (cooked in vegetable broth), forbidden rice, organic beans, and organic baby lettuces served in an organic flour taco tortilla with pico, salsa, and corn chips

FORBIDDEN JACK-WAH SALAD \$11.50

Jackfruit, organic quinoa (cooked in vegetable broth), forbidden rice, organic beans, and organic baby lettuces served over a mound of baby lettuces with pico, salsa, and organic corn chips

FORBIDDEN BBQ PULLED JACK SLIDER

Half \$8.00 Full \$11.50

Jackfruit, peppers, onion, handmade BBQ sauce on a forbidden bun topped with handmade broccoli and kale coleslaw served with chips

FORBIDDEN JACK-CHICK GOURMET SAMMY

Half \$8.00 Full \$11.50

Jackfruit, grapes, cashews, organic celery and onion in a handmade dressing served on a forbidden bun with chips

FORBIDDEN JACK-CHICK GOURMET SALAD

\$11.50

Jackfruit, grapes, cashews, organic celery and onion in a handmade dressing served on a mound of baby lettuces with chips

KALE SANDWICH WRAP Half \$8.00 Full \$11.50

Organic kale, organic quinoa (cooked in vegetable broth), organic carrots, sliced almonds, organic apples, vegan "cheese", citrus balsamic dressing in an organic whole wheat wrap or over a bed of quinoa

HUMMUS & CHIPS \$8.00

Hummus: chick peas, organic tahini, organic cold pressed extra virgin olive oil, lemon juice, organic spices, pine nuts

Chips: organic pretzels

FORBIDDEN SUSHI \$10.00

Organic raw veggies, forbidden black rice, nori, tezu

SWEET TREAT

BRENDA'S BOHEMIAN BALLS \$5.50

(100% raw) Organic oats, organic ground flaxseed, organic chia seeds, raw organic silvered almonds, raw honey organic peanut butter, organic dates, organic cacao, organic Ceylon cinnamon