

SANDWICHES

The Berkley \$6.99

Vegan cream cheese with fresh organic veggies, including Avocado

Middle Eastern \$6.99

Our delicious organic hummus served with fresh organic veggies

Chicken Salad \$8.99

All Natural Non-GMO Chicken, Vegenaise, Walnuts, & Celery, with choice of toppings

Egg Salad \$6.99

Organic free-range egg salad with all the fixings

Tuna Salad \$8.99

Our lowfat Tongol Tuna served with your choice of organic veggies

Smoked Turkey \$8.99

Hormone free and preservative free turkey with your choice of organic veggies

Sandwich Toppings

*Vegenaise, Tomato, Onion, Sprouts,
Spinach, Cucumber, Mustard.
Avocado available for \$1.00 additional.*

SALADS

Chicken Salad *mkt pricing*

Egg Salad \$13.99/16

Tuna Salad \$15.99/16

Kale Salad \$15.99/16

See our Deli Case
for more salad options as
new recipies are created daily.

SOUPS

We offer a unique variety of soups that change frequently. Typically we have two types available; one meat-based & one vegetarian.

Each day could be something new!

Small (8 oz) \$4.49 | Large (16 oz) \$5.99

PIZZA

*Organic Vegan or Meat Pizza
\$4.49/slice or \$24.99/whole 12" pie*

Our *Fresh Juices*

are always made with

**ORGANIC
Vegetables
& Fruits**



Our *Smoothies*

are always made with

**ORGANIC
Fruits, Vegetables, & Juices**

*We do not use cow milk,
soy milk, or syrups*



Temple Terrace

6870 East Fowler Ave. | 813.980.2005

Café Hours

Mon-Fri: 9 am - 5 pm

Sat: 9 am - 4 pm

Sun: 12 pm - 4 pm

Delivery Available Through

GRUBHUB

&

Uber **Eats**

Juices Smoothies Pizza **Menu** Salads Sandwiches Soups



Brandon

114 N. Kings Ave. | 813.657.2555

Café Hours

Mon-Fri: 9 am - 5 pm

Sat & Sun: Currently Closed

Café Delivery Available Through

GRUBHUB

Taphouse Hours

Thu & Fri: 7 pm - 10 pm

~ also ~

Have a special event to plan?
The Taphouse is available to rent!

All Organic SMOOTHIES

REFRESHING FAVORITES

Banana Whamma

Bananas, Pineapple Juice, Coconut Juice

Mango Tango

Apple Juice, Mango Juice, Peaches, Bananas

Florida Fresh Smoothie

Orange Juice, Oat Milk, Banana, Peach, Raspberry

Peach Basket

Peaches, Blueberries, Pineapple Juice, Papaya Juice

Purple Passion

Apple Juice, Blueberries, Strawberries, Bananas

Berry Bountiful

Raspberries, Blueberries, Strawberries, Apple Juice

Blue BeeSting

Blueberries, Bananas, Pineapple Juice, Honey or Agave Nectar

Bunny Blues

Fresh Carrot Juice, Blueberries, Bananas

Strawberry Fields

Apple Juice, Strawberries, Bananas

Strawberry Colada

Pineapple & Coconut Juice, Bananas, Strawberries

\$8.49
16oz

Acai Adventure

Unsweetened Almond Milk, Acai, Flax Seed, Protein, one Fruit

Windmill Swirl

Unsweetened Almond Milk, Carob or Chocolate Chips, Peanut or Almond Butter, Bananas

Green Pastures

Apple Juice, Spirulina, Kale, Papaya Juice, Bananas

Farm Fresh Kale

Kale, Spinach, Lemon Juice, Banana, Apple Juice

Chocolate Moringa Tree

Unsweetened Almond Milk, Bananas, (Cacao, Carob, or Chocolate Chips), Moringa Powder, and Moringa Leaves when available

Heavy Metal Detox

Bananas, Blueberries, Orange Juice, Barley Grass, Spirulina, plus Detox Formula Supplement (with 11 ingredients)

\$8.99
16oz

Chocolate Keto

Cacao, Avocado, Peanut or Almond Butter, Unsweetened Almond Milk, MCT Oil

\$11.99
16oz

SPECIAL RECIPES

Smoothie ADD-INS

Customize your smoothie by supplementing with any add-in below. Or add any single ingredient for 99¢.

Energy \$1.99

Add Matcha Green Tea &/or Bee Pollen to increase energy

Cleansing/Immune \$1.99

Add a packet of Green Vibrance for detox and immune health

Inflammation Reducer \$1.50

Add Ginger and Turmeric to aid in reducing inflammation

Virility \$1.50

Add Maca and Ginseng for energy and virility

Brain Booster \$1.99

Add a shot of Neuro Nectar to boost brain function

Superfood EFA \$1.50

Add Chia or Hemp Seeds to supplement your Essential Fatty Acids

Weight Gain \$2.50

Add Whey or Plant Protein and Almond or Peanut Butter to help gain weight

Gut Restore \$1.99

Add Glutamine and PreBiotics to nourish the microbiome

Recovery \$1.99

Add Whey or Plant Protein to supplement extra protein

Weight Loss \$1.50

Add Sunflower Lecithin and L-Carnitine to help break down fat

Immune Builder \$1.50

Add Elderberry, Colloidal Silver, and Vitamin C w/ Blueberry to boost immune system

Cardio/Circulation \$1.99

Add Beet Powder and Lecithin Powder (+ tsp of Cayenne by request) for heart health

HEALTH BOOSTERS

Enjoy alone or as an add-in to your favorite smoothie or juice!

Wheat Grass Shot

1oz \$2.99 / 2oz \$4.49

Ginger Lemon Shot

1oz \$2.49 / 2oz \$3.99

Turmeric Ginger Orange Shot

2oz \$3.99

Lemon or Apple Slice

\$.50

CBD

16.5mg \$1.99

Colloidal Silver

\$.50

Organic Fresh VEGETABLE JUICES

HOUSE BLENDS

Apple Carrot Rejuvenator

Carrots, Apple, Celery, Beet, Ginger, Parsley

Apple Celery Ginger Kick

Apple, Celery, Ginger

Carrot Ginger Blast

Carrots, Celery, Cucumber, Ginger

Green Lemonade

Lemons, Celery, Kale, Apples, Ginger

\$8.99
16oz

Beet & Green Supreme

Beets, Broccoli, Cabbage, Cucumber, Kale, Parsley, Celery, Carrots, Ginger

\$9.99
16oz

SINGLES

Carrot



Celery



Cucumber



(Adjusted for Market Pricing as needed.)

\$7.49
16oz

or... BUILD YOUR OWN

Step 1: Choose Your Base

Apple - Carrot - Beet - Celery



Step 2: Add Additional Items

Pick up to 3: \$8.99 | Pick up to 6: \$9.99

Apple



Beet



Broccoli



Cabbage



Carrot



Celery



Cucumber



Garlic



Ginger



Kale



Lemon



Parsley



Turmeric

