



# PARAVIDA Wellness

REAL Food for Life!

## FUNCTIONAL BEVERAGE MENU

### SMOOTHIES

(12oz / 16oz / 20oz)

- Island Breeze** **\$6.95/7.95/8.95**  
Coconut water, pineapple, banana, kale, coconut oil
- Green Iron** **\$7.25/8.25/9.25**  
Coconut water, pineapple, mangoes, spinach, spirulina
- Buzzy Bee** **\$6.95/7.95/8.95**  
Orange juice, strawberry, banana, ginger, bee pollen, goji berry
- Green Protein Monster** **\$6.95/7.95/8.95**  
Almond milk, banana, dates, spinach, peanut butter, cacao, hemp seeds
- Berry Me** **\$6.95/7.95/8.95**  
Orange juice, strawberry, pineapple, ginger, goji berry, turmeric
- PB and J** **\$6.50/7.50/8.50**  
Almond milk, banana, peanut butter, strawberry, pea protein
- Wake up** **\$5.95/6.95/7.95**  
Cold brew coffee, almond milk, banana, peanut butter, honey, raw cacao
- Blue Monkey (low sugar)** **\$6.95/7.95/8.95**  
Almond milk, almond buters, cucumber, spinach, blueberries, cinnamon
- Summer Splash** **\$6.95/7.95/8.95**  
Watermelon, cucumber, strawberry, coconut water, lime
- Tuity Fruity** **\$6.95/7.95/8.95**  
Pineapple, orange juice, peach
- Berrylicious** **\$6.95/7.95/8.95**  
Banana, strawberries, blueberries, spinach, coconut water
- True Green** **\$6.95/7.95/8.95**  
Kale, cucumber, celery, spinach, green apple, coconut water

### ACAI BOWLS

- The OG Acai Bowl** **\$9.95**  
Acai blend of almond mylk, organic acai puree, organic strawberry and organic banana. Topped with ParaVida granola, strawberries, banana and drizzled with raw local honey
- Dat Hass Tho Acai Bowl** **\$9.95**  
Acai blend of almond mylk, organic acai puree, avocado, organic spinach and banana. Topped with ParaVida granola, diced cucumber, strawberry, walnuts and drizzled with raw local honey
- The Tropics Acai Bowl** **\$10.95**  
Acai blend of almond mylk, organic acai puree, organic mango, organic pineapple. Topped with ParaVida granola, strawberry, blueberry, coconut flakes and drizzled with raw local honey

**ADD ONS** **\$.99ea**

Pea protein, Hemp Protein, Bee Pollen, Goji Berries, Chia seeds, Hemp seeds  
Raw Honey, Cacao, Coconut Oil, Peanut Butter, Spirulina, Matcha Turmeric, Vanilla, Ginger

## COLD PRESSED BOTTLED JUICES (16oz) \$9.95

### **Moderator**

Pineapple, orange ginger, turmeric, goji berry

### **Defense**

Cucumber, green apple, pineapple, lemon, lime, ginger

### **Strength**

Spinach, carrot, beet, green apple, lemon, turmeric

### **The Cure**

Celery, cucumber, pineapple, lemon, turmeric, ginger, cayenne

### **The Grrr...een**

Cucumber, celery, lemon, kale, spinach, parsley, ginger

### **The Roots**

Carrot, beet, celery, green apple, lemon, ginger

### **Taste of Summer**

Watermelon, cucumber, celery, beet, lime

## SHOTS (4oz) \$4.75

### **Dead beet**

Beet, Jalapeno, lime

### **Organ pumper**

Carrot, pineapple, turmeric, ginger, lemon, black pepper

### **Celery Lemonade**

Celery, lemon juice

## INFUSED ALKALINE WATERS

**Bottled Alkaline Water (16oz/32oz)** \$2.00 / \$2.95

**Good Morning** \$3.50

Apple cider vinegar, lemon, water, ginger, honey, cayenne

**Black Lemonade** \$3.50

Alkaline water, lemon, activated charcoal, maple syrup

**Pretty Lemonade** \$7.50

Alkaline water, lemon, Pure Marine Collagen Peptide, maple syrup

**Spiced Cashew Mylk** \$6.95

Cashews, alkaline water, cinnamon, dates

## Fresh Made Juices

**The Healer** \$6.75

Carrots, Cucumber, Beets, Lime, Ginger

**Orange Punch** \$6.75

Carrots, Oranges, ginger, lemon

**Ginger up** \$6.75

Cucumber, Orange, Lime, Ginger

**Iced Green Tea** \$2.75

Carrots, Oranges, ginger, lemon

**Flavored Kombucha** \$3.75

**Nitro Cold Brew Coffee** \$3.50

