

ORGANIC COLD PRESSED JUICES (16 oz. bottled)

Our cold pressed juices have maximum nutrients with fresh living enzymes. May be pre-ordered in 32 oz. bottles. Delicious seasonal juices available.

SKINNY COOLER 10

ANTI-INFLAMMATORY, METABOLISM

pineapple + cucumber + mint + jalapeño

RADIANCE 11

DETOX, HYDRATE, ALKALIZE

cucumber + pear + spinach + rose water + lemon + shizandra + chlorophyll

WHAT'S UP DOC 10

IMMUNITY, EYE HEALTH, ANTI-AGING

carrot + orange juice + turmeric juice + ginger

SALAD SPINNER 11

DIGESTION, LIVER CLEANSE, CELLULAR REGENERATION

carrot + celery + cucumber + beet + apple + ginger + romaine + lime + turmeric

BALANCED GREEN 11

DIGESTION, ANTI-INFLAMMATORY, IMMUNITY

cucumber + celery + spinach + parsley + fennel + apple + lemon + mint

*1/4 apple or pear per 16 oz. Seasonally rotates with fuji apple or pear.

ELEVATE 10

HYDRATE, DETOX, DIGESTION

coconut water + cucumber + fennel + spinach + ginger + lime + chlorophyll

PURE GREEN 10

DETOX, LOW GLYCEMIC, ANTI-INFLAMMATORY

A low glycemic green juice with no fruit.

cucumber + celery + spinach + parsley + lemon + mint

BEAMING ZING WITH E3LIVE® 11

ENERGY, ALKALIZE, DETOX

cucumber + celery + kale + apple + E3live® RenewME + lime + ginger. *Less than 1/2 apple per bottle

RAW SPROUTED NUT MILKS & BLENDS

(16 oz. bottled)

Local raw almonds, sprouted and cold pressed for the most nutrient-dense, creamy almond milk. Our nut milk blends in a convenient grab & go.

Beaming Raw Sprouted Nut Milk

If you knew how we made it, you'd think we're nuts

CINNAMON ALMOND MILK 9

BONE & HEART HEALTH, CALICUM & MAGNESIUM, METABOLISM

freshly sprouted almond milk made with local organic almonds + vanilla + cinnamon + date

BEAMUCCINO 6 (8 oz.)

ENERGY

Cold pressed coffee has 70% less acid than regular coffee. freshly sprouted almond milk cinnamon + date + coconut nectar + cold brewed Stumptown® coffee + himalayan pink salt – YUM!

DAILY ENTRÉES, SALADS & SOUPS

Grab & Go!

Menu changes daily with new seasonal items.

Daily selections of entrées, salads and soups prepared fresh for convenient takeout. We source from local organic farms as available seasonally.

BUDDHA BOWL 10

warm soup + quinoa + kale + cashew nut topper (soups rotate daily)



DID YOU KNOW THERE ARE AT LEAST 3 pounds OF FRESH FRUIT AND VEGETABLES IN EACH OF OUR COLD PRESSED JUICES?



SUPERFOOD ELIXIRS

(16 oz. bottled)

Specialty elixirs filled with nutrient-dense superfoods.

ELECTROLYTE ELIXIR 8

METABOLISM BOOST, HYDRATION, IMMUNITY, DIGESTION

alkaline water + coconut water + lemon + MSM + ginger + camu camu + cayenne + natural stevia

ANTIOXIDANT ELIXIR 8

ANTI-INFLAMMATORY, ANTI-AGING, ALKALIZING

alkaline water + coconut water + ginger + lemon + local raw honey + turmeric + mint + cayenne

“LET FOOD BE
THY MEDICINE.”

— Hippocrates

HAD TOO MUCH FUN LAST NIGHT?

THE HANGOVER CURE

YIKES 8 (16 oz.)

HYDRATE, NAUSEA RELIEF, REVITALIZE
sparkling mineral water + apple cider vinegar + fresh ginger + local raw honey + B vitamins

POWER SHOTS

VITALITY SHOT 4.5

Achieve optimal wellness with a combination of nature's most powerful preventative medicines and age defying secrets.

METABOLIZED BOOST 4.5

Rev your metabolic engine for the ultimate fat burning.

COLD BUSTER 5.5

Your personal and portable nature's doctor on call.

NASTY BI*CH 4.5

While it isn't a spa getaway, this powerful boost will put you in your happy place.

DESSERTS

THE BEAMING GELATO COOKIE SANDWICH 7

VEGAN, GLUTEN & DAIRY FREE

The Beaming Cookie with Millie's Gelato. The ultimate "healthy" dessert!

MILLIE'S GELATO 6 (1/2 pint) / 11 (pint)

VEGAN, GLUTEN & DAIRY FREE

Created by local raw food chef and Beaming friend, Susan Sbicca. Millie's is handcrafted raw gelato made from the finest vegan ingredients. Multiple flavors available including seasonal specialties exclusive for Beaming.

SEASONAL DESSERTS

Indulge in our superfood desserts without the guilt. Try our Pumpkin Maca Pie (a fall/holiday favorite) and our refreshing Lime Tart (perfect for spring and summer time).

SUPERFOOD BAKED GOODS

Our superfood baked goods are all **gluten, dairy and soy free** made with nutrient-dense sprouted flours such as chia, hemp and flax making them low glycemic and full of omegas. We add Beaming Protein for additional protein and nutrients.

BANANA CHOCOLATE CHIP BREAD 6

(with vegan chocolate chips)

14g protein

gluten free sprouted super flour (almond, chia, hemp and buckwheat flours) + Beaming Protein with Greens + bananas + flax + coconut oil + hemp seeds + vegan chocolate chips

CARROT MUFFIN 5

7g protein

gluten free sprouted super flour (almond, chia, hemp and buckwheat flours) + Beaming Protein with Greens + chia + almond milk + carrots + apple sauce + coconut nectar + spices

SUPERFOOD SNACKS

SUPERFOOD PROTEIN BITE 2 for 5/3 ea

The perfect pre-workout energy boost or mid-afternoon snack. Protein-rich and nutrient-dense with over 25 superfoods. 130 calories; 6g protein



CASHEW LOVE BRITTLE 5.5

A deliciously perfect high energy superfood treat to be enjoyed any time of the day.

FLAX CRACKERS 3

A nutritious, crunchy blend of flax, pumpkin and sesame seeds, plus seasonal veggies, herbs, garlic, cayenne and himalayan pink salt.

CHOCOLATE AVOCADO MOUSSE

Freshly sprouted almond milk, avocado, cacao, vanilla, cinnamon, cashews, coconut nectar, seasonal berries, coconut shreds and our spiced maple walnuts.

SUPERFOOD PORRIDGE BAR 9

BUILD YOUR OWN; NUTRIENT-DENSE, HIGH PROTEIN MORNING OFFERINGS.

Co-created by Beaming x Breakfast Criminals (select cafes). Also offered as grab & go!

CHIA PUDDING PARFAIT 7.5

Seasonally rotates with different flavors. A delicious blend of sprouted almond milk with chia seeds and other tasty, nutrient-dense superfoods for the perfect breakfast or afternoon snack.

COCONUT YOGURT PARFAIT 7.5

House made fermented; layered with Beaming Superfood Granola and wild berry chia jam.

OVERNIGHT OATS PARFAIT 7.5

Layered with spiced walnuts and wild berry chia jam.



beaming®
PURE. ORGANIC. JOY.

ORGANIC SUPERFOOD CAFE

ORGANIC. PLANT-BASED. GLUTEN FREE. DAIRY FREE. SOY FREE.

Nutritionally powerful.
Powerfully delicious.™

A lifestyle of culinary superfoods and unique cleanse experiences.

ORGANIC SUPERFOOD SMOOTHIES (16 oz.)

Made-to-order! Customize your smoothie with any of our superfood boosters or choose from our recommended favorites. We start with our freshly prepared, organic almond milk made with sprouted raw almonds.

BEAMING BASIC 9 TRY IT LOW GLYCEMIC vanilla or chocolate

THE PERFECT BASE TO CREATE YOUR OWN!

freshly sprouted almond milk + banana + sprouted almonds + date + Beaming Protein

chocolate version includes raw cacao

BOOST: ADD WHAT YOU LOVE AND WHAT YOUR BODY NEEDS

IMMUNITY 12

IMMUNITY, VITAMIN C, ANTIOXIDANT

freshly sprouted almond milk + whole orange + strawberries + mango + goji berries + coconut butter + camu camu + baobab + coconut nectar + himalayan pink salt

BOOST: SUPERFOOD GREENS / SPINACH / BEE POLLEN

SEXY MAYAN 11 TRY IT LOW GLYCEMIC ENERGY, LIBIDO BOOST, PROTEIN-RICH

freshly sprouted almond milk + raw cacao + banana + date + Beaming Protein + maca + cayenne + cinnamon + nutmeg *spicy

BOOST: BEAMING SUPERFOOD BLEND RASPBERRIES / FIT MATRIX™

BOOTIE BURN 7

FAT BURNER, METABOLISM BOOST

whole grapefruit + pineapple + coconut nectar + alkaline water + chili flakes

BOOST: LOCAL BEE POLLEN / COCONUT BUTTER / CAMU CAMU

JULIUS BEAM 7

IMMUNITY, HYDRATION, VITAMIN C

freshly sprouted almond milk + whole orange + coconut nectar

BOOST: GOJI BERRIES / SPINACH / COCONUT BUTTER

EUPHORIA 11.5

ELEVATE MOOD, BEAUTY, ENERGY

freshly sprouted almond milk + coconut water + banana + cherries + date + coconut butter + Beaming Protein + chia powder + lucuma + MSM + GABA

BOOST: SPINACH / BLUEBERRIES / FIT MATRIX™

ROCKSTAR 12 TRY IT LOW GLYCEMIC

MUSCLE RECOVERY, ANTI-INFLAMMATORY, PROTEIN-RICH

freshly sprouted almond milk + coconut water + banana + date + coconut butter + Beaming Protein + E3live® Blue Majik + Fit Matrix™

BOOST: SPINACH / SUPERFOOD GREENS / BLUEBERRIES

BERRY DELISH 10

IMMUNITY, VITAMIN & MINERAL-RICH, ENERGY

coconut water or almond milk + almond butter + Beaming Protein + Superfruit Berry Blend + banana + strawberries + blueberries + goji berries

BOOST: SPINACH / MACA / CAMU CAMU

MINT CHIP 10 TRY IT LOW GLYCEMIC

ENERGY, IMMUNITY, PROTEIN-RICH

freshly sprouted almond milk + coconut water + banana + spinach + Beaming Protein + almond butter + date + coconut flakes + cacao nibs + mint

BOOST: RASPBERRIES / SUPERFOOD GREENS

SPECIALTY SMOOTHIES (16 oz.)

BEAM ME UP 14 30 MEGA SUPERFOODS

THE ULTIMATE SMOOTHIE FOR ADULTS: FOCUS, CLARITY, CONCENTRATION, ENERGY, LIBIDO

Beamuccino + banana + cacao nibs + cold brewed Stumptown® coffee + Aphrodisiac cacao energy blend + walnuts + Beaming Protein + E3live® BrainON + flax + chia + hemp seeds + goji berries + Beaming Superfood Blend

GET PREGGY 14

FERTILITY SMOOTHIE: HEALTHY & VIBRANT CELLS, HORMONE BALANCING

freshly sprouted almond milk + coconut water + Beaming Protein with Greens + avocado + blueberries + superfood greens + banana + maca + goji berries + flax powder + bee pollen + royal jelly + coconut butter

KNOCKED UP 14

GREAT FOR THE EXPECTANT MOTHER: OMEGA RICH FOR BRAIN DEVELOPMENT, CALCIUM FOR STRONG BONES AND IRON FOR HEALTHY BLOOD

freshly sprouted almond milk + coconut water + spinach + avocado + Beaming Protein with Greens + superfood greens + chia powder + hemp seeds + E3live® Blue Majik + banana + strawberries + goji berries + almond butter + date

MORE MILK 14

FULL OF GALACTAGOGUE FOODS (PRONOUNCED GAH-LAK-TAH-GOG) THAT CAN HELP JUMP START OR INCREASE PRODUCTION OF BREAST MILK

freshly sprouted almond milk + coconut water + almond butter + blueberries + banana + Beaming Protein with Greens + oats (uniquely soaked in mulberries, mesquite, maca and flax seeds) + sun chlorella powder + Brewers yeast + fenugreek



PREGNANCY TRIO

Created in collaboration with Lori Bregman, doula, life coach, healer and author of "The Mindful Mom to Be"

ORGANIC GREEN SMOOTHIES (16 oz.)

RECOMMENDED BOOSTS OR TOPPERS:

GRANOLA / LOCAL BEE POLLEN / BEAMING PROTEIN

LISA'S LEAN + GREEN 12

LOW GLYCEMIC, ENERGY, PROTEIN-RICH

freshly sprouted almond milk + coconut water + avocado + spinach + Beaming Protein with Greens + superfood greens + hemp seeds + nutmeg + chia powder + maca + cinnamon + himalayan pink salt

BOOST: BANANA / PROBIOTICS / FIT MATRIX™

VITALITY 12 TRY IT LOW GLYCEMIC

ANTI-AGING, ANTIOXIDANT, DETOX

freshly sprouted almond milk + pineapple + mango + banana + spinach + superfood greens + ginger + lemon + cilantro + turmeric

KALE-FORNIA 9.5

DETOX, ENERGY, ALKALIZING

coconut water + kale + banana + mango + broccoli + spinach + superfood greens + basil + coconut nectar + himalayan pink salt

COOL CUCUMBER 9.5

ANTI-INFLAMMATORY, ALKALIZING, VITAMIN-RICH

coconut water + kale + almonds + avocado + cucumber + grapes + spinach + mint + basil + himalayan pink salt

ADD A BOOST TO YOUR SMOOTHIE

\$1.5 each

ENERGY

Maca
Local Bee Pollen
Cacao Nibs
Coconut Butter
Beaming Superfood Blend

ENERGY & RECOVERY

E3live® Blue Majik
Fit Matrix™
Flax Oil
Superfood Greens
Aphrodisiac cacao energy blend

IMMUNITY

Acai
Superfruit Berry Blend
Beaming Superfood Blend
Camu Camu
Goji Berries
Probiotics
Baobab

OMEGAS & BRAIN HEALTH

Hemp Seeds
E3live® BrainON
Flax Oil

HORMONE HEALTH / LIBIDO

Maca
Aphrodisiac cacao energy blend

BEAUTY & ANTI-AGING

Goji Berries
Lucuma
MSM

PROTEIN

Beaming Protein with Greens
Beaming Protein
Hemp Seeds
Raw Almond Butter
Bee Pollen

FRUITS & VEGGIES

Avocado
Berries
Banana
Kale
Mango
Pineapple
Spinach

TRY YOUR SMOOTHIE LOW GLYCEMIC \$1.5

Replace banana and date in any of our smoothies with avocado and yacon or coconut. Yacon is a delicious caramel-like tasting natural superfood that is a zero on the glycemic index.

PLANT-BASED SUPERFOOD POWDERS & BLENDS

Unique superfood blends are perfect for an increased boost of nutrients and plant-based protein.

BEAMING SUPERFOOD PROTEIN

ENERGY, STAMINA, RECOVERY

chia + hemp + brown rice protein + pea protein + maca + lucuma + mesquite + vanilla + cinnamon + jerusalem artichoke + coconut sugar + himalayan pink salt + natural stevia plant

BEAMING SUPERFOOD PROTEIN WITH GREENS

ENERGY, STAMINA, RECOVERY

Beaming Superfood Protein with spirulina + chlorella + blue green algae

BEAMING SUPERFOOD BLEND

ENERGY, ANTIOXIDANT, DETOX

cacao powder + cacao nibs + maca + klamath blue-green algae + noni + acai + cordyceps mushrooms + mesquite + camu camu + vanilla + ginger + natural stevia plant + cinnamon + cayenne

SUPERFRUIT BERRY BLEND

IMMUNITY, ANTIOXIDANT, ANTI-AGING
pomegranate + goji berries + acai powder

FIT MATRIX™

Specialty blend of organic mushrooms for cellular rejuvenation, muscle recovery & energy.

APHRODISIAC CACAO ENERGY BLEND

ENERGY, LIBIDO BOOST, WOW FACTOR

damiana + horny goat weed + cacao + lucuma + mesquite + guarana + coconut sugar + vanilla + himalayan pink salt

ACAI BOWL 12

Made with organic, unsweetened, non-GMO Acai and blended with our freshly sprouted almond milk, coconut butter, himalayan pink salt, blueberries, banana and Beaming Superfood Protein.



PITAYA BOWL 12

Made with organic, unsweetened, non-GMO dragonfruit and blended with our freshly sprouted almond milk, coconut butter, himalayan pink salt, mango, pineapple, banana and Beaming Superfood Protein.

ANTIOXIDANT, ENERGY, IMMUNITY, VITAMIN C

served with: Beaming Granola + raw local honey + your choice of 1 fruit + 1 superfood

fruit: banana / blueberries / strawberries / raspberries

superfood: cacao nibs / coconut shreds / hemp seeds / bee pollen

TRY IT LOW GLYCEMIC

*additional toppers \$1.50 each

the antioxidant-rich superfruit!

- Coconut butter – fat burner
- Taste nutrients and flavor without all the extra sugar
- We start with organic, unsweetened non-GMO Acai or Pitaya
- Beaming Protein is already included for extra protein
- Unsweetened sprouted almond milk instead of apple juice

ORGANIC SMOOTHIES TO-GO (16 oz. bottled)

Our superfood smoothies in a convenient grab & go.

ROCKSTAR 6 (8oz)/12 (16oz)

MUSCLE RECOVERY, ANTI-INFLAMMATORY, PROTEIN-RICH

freshly sprouted almond milk + coconut water + banana + date + coconut butter + Beaming Protein + E3live® Blue Majik + Fit Matrix™

SEXY MAYAN 11

ENERGY, LIBIDO BOOST, PROTEIN-RICH

freshly sprouted almond milk + raw cacao + banana + date + Beaming Protein + maca + cayenne + cinnamon + nutmeg *spicy

LOW GLYCEMIC VANILLA

WITH SPINACH 11

LOW GLYCEMIC, PROTEIN-RICH, VITAMIN-RICH

freshly sprouted almond milk + spinach + avocado + Beaming Protein + almond butter + yacon

CHERRY BLOSSOM (8oz) 5

PROTEIN, ANTIOXIDANT, HAPPY DANCE

freshly sprouted almond milk + sprouted almonds + cherries + strawberries + banana + date + Beaming Protein

BEAMING SUPERFOOD CLEANSE PROGRAMS

More than a cleanse. A lifestyle.

Get ready to revitalize, reset and renew. Each of our superfood cleanse programs include a variety of our delicious cold pressed juices, superfood smoothies, superfood elixirs, snacks, soups and our delicious salads and entrées. The menu rotates daily leaving you nourished and satisfied and never deprived.

Three unique programs – Lean, Lifestyle and Active – one is right for you. Ask our Cleanse Concierge!

Available in 1, 3, 4, 5-day programs. 10 & 21-day customizable programs also available.

For program details, inquire in-store or online at livebeaming.com/shop.



lifestylecleanse

The ultimate reset.

leancleanse

Less can be more.

activecleanse

Premium fuel for optimal performance.

onedayreset

One day reboot.

10daycleanse

Imagine what 10 days could do.

21daycleanse

It takes 21 days to create new habits.

corporatcleanse

The ultimate team building.

weddingcleanse

Prepare for your special day.

live-beaming

ORGANIC SUPERFOOD CAFE

ORGANIC. PLANT-BASED. GLUTEN FREE. DAIRY FREE. SOY FREE.

COLD PRESSED JUICES • SUPERFOOD SMOOTHIES • POWER SHOTS

ENTREES • SALADS • SOUPS • HEALTHY SNACKS

GLUTEN & DAIRY FREE BAKED GOODS

UNIQUE CLEANSE EXPERIENCES

CATERING & DELIVERY AVAILABLE

+ SHOP OUR ONLINE SUPERFOOD STORE

VISIT US ONLINE OR CALL US TODAY! (800) 917-2580

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beaming kids approved
 available bottled

cocktail mixer
TRY IT LOW GLYCEMIC