

beaming®

ORGANIC SUPERFOOD SMOOTHIES (16 oz.)

MARINA GREENS

\$9.50

cold-pressed orange and lime juice, coconut water, aloe, kale, spinach, avocado, spirulina

PEACE, LOVE & KALE

\$9.95

coconut water, coconut meat, kale, spinach, date, cinnamon

BERRY BLAZE

\$9.95

coconut water, blueberry, banana, raspberry, strawberry, acai, goji berry

SUNSET BEACH

\$10.50

cold-pressed orange, carrot, pineapple, turmeric, ginger and lime juice, house-made almond mylk, mango, pineapple, strawberry

BLUE MOON

\$10.50

house-made almond mylk, blue spirulina, coconut meat, cashews, date, vanilla, himalayan salt

MISSION MOCHA

\$9.50

TRY IT LOW-GLYCEMIC

cold-brew coffee, house-made almond mylk, coconut meat, banana, date, raw cacao powder and nibs

STRAWBERRY MACA

\$9.95

house-made almond mylk, strawberry, coconut meat, cashews, date, vanilla, maca, himalayan salt

THE EPIC

(formerly Beaming Basic)

\$8.95

VANILLA, CHOCOLATE OR GREENS

TRY IT LOW-GLYCEMIC

house-made almond mylk, banana, almond butter, date, vanilla protein*, himalayan salt (Chocolate includes cacao. Greens includes spinach.)

LEAN + GREEN

\$10.95

house-made almond mylk, coconut water, avocado, spinach, vanilla protein*, superfood greens, hemp seeds, chia seeds, maca, cinnamon, himalayan salt

MINT CHIP

\$9.95

TRY IT LOW-GLYCEMIC

house-made almond mylk, coconut water, banana, coconut meat, spinach, vanilla protein*, almond butter, date, coconut flakes, cacao nibs, mint

ROCKSTAR

\$10.95

TRY IT LOW-GLYCEMIC

house-made almond mylk, coconut water, banana, date, coconut butter, vanilla protein*, blue spirulina, adaptogenic mushroom blend

BUFF BEATNIK

\$10.50

TRY IT LOW-GLYCEMIC

house-made almond mylk, blueberry, banana, spinach, almond butter, date, vanilla protein*, hemp seeds, cinnamon

*our signature vanilla protein is grain-free and vegan

TRY YOUR SMOOTHIE **LOW-GLYCEMIC**

\$1.50

Replace banana and date with avocado and yacon.

Yacon is a sweet-tasting superfood that's a zero on the glycemic index.

SUPERFOOD BOOSTERS

UPGRADE YOUR SMOOTHIE WITH A BOOST BLENDED IN

PROTEIN

Hemp Seeds _____ \$1.00
Vanilla Protein* _____ \$1.50

HEALTHY FATS

Almond Butter _____ \$1.25
Coconut Butter _____ \$1.00

GREENS

Kale _____ \$1.00
Spinach _____ \$1.00

DETOX

Activated Charcoal _____ \$1.50

ENERGY

Bee Pollen _____ \$1.25
Blue Spirulina _____ \$2.00
Cacao Nibs _____ \$1.00
Cacao Powder _____ \$1.00
Maca _____ \$1.00
Matcha _____ \$2.00

BEAUTY

Vegan Collagen Support _____ \$2.00

GUT SUPPORT

Chia Seeds _____ \$1.00
Probiotics _____ \$1.00

IMMUNITY

Superfood Greens Powder _____ \$1.25

STRESS RELIEF

Adaptogenic Mushroom Blend _____ \$1.50

ORGANIC SUPERFOOD BOWLS

STEP 1: CHOOSE A BASE

ACAI SUPERBERRY **\$11.25**

pure unsweetened acai, house-made almond mylk, blueberry, banana

ALMOND BUTTER ACAI **\$11.75**

pure unsweetened acai, house-made almond mylk, almond butter, blueberry, banana

GREEN **\$9.95**

kale, spinach, banana, mango, avocado, coconut water, probiotic coconut yogurt

DRAGON **\$10.50**

pitaya, banana, pineapple, coconut water, probiotic coconut yogurt

STEP 2: CHOOSE A TOPPING STYLE

CLASSIC

GF superfood granola**, banana, seasonal berries, coconut shavings, local honey drizzle

PROTEIN

GF superfood granola**, banana, seasonal berries, cashews, cacao nibs, hemp seeds, local honey drizzle

PALEO

almonds, cashews, cacao nibs, coconut shavings, hemp seeds, bee pollen, seasonal berries, local honey drizzle

**granola contains nuts and coconut

OPTIONAL STEP 3: ADD A BOOST

(additional charge)

ON TOP

| | | | |
|--------------------|--------|----------------------|--------|
| Almond Butter_____ | \$1.25 | Goji Berries_____ | \$1.25 |
| Bee Pollen_____ | \$1.25 | Hemp Seeds_____ | \$1.00 |
| Cacao Nibs_____ | \$1.00 | Puffed Quinoa_____ | \$1.25 |
| Cashews_____ | \$1.00 | Toasted Almonds_____ | \$1.00 |

BLENDED IN

| | |
|---------------------------------|--------|
| Activated Charcoal_____ | \$1.50 |
| Adaptogenic Mushroom Blend_____ | \$1.50 |
| Almond Butter_____ | \$1.25 |
| Probiotics_____ | \$1.00 |
| Vanilla Protein*_____ | \$1.50 |

*our signature vanilla protein is grain-free and vegan

PALEO PROTEIN WAFFLES

ALMOND BUTTER + BANANA **\$6.95**

toasted GF waffle***, banana, almond butter, probiotic coconut yogurt, hemp seeds, local honey drizzle

BERRIES + CREAM **\$6.95**

toasted GF waffle***, seasonal berries, almond cream cheese, toasted almonds, local honey drizzle

***waffle contains almond and coconut

BREAKFAST BOWLS

HOT PROTEIN OATS **\$7.25**

GF oats cooked with sprouted almond mylk, EPIC protein and coconut, topped with banana, seasonal berries, probiotic coconut yogurt and a local honey drizzle

COCONUT YOGURT PARFAIT **\$7.95**

probiotic coconut yogurt layered with banana, seasonal berries, Beaming granola and a local honey drizzle

GLUTEN-FREE TOAST

AVOCADO **\$5.50**

avocado mash, microgreens, black sesame seeds, GF sourdough

GOLDEN **\$5.50**

turmeric hummus, avocado mash, pickled red onion, microgreens, crunchy seeds, GF sourdough

CLEAN SOUPS

SOUP OF THE DAY **\$6.25**

SOUP + TOAST **\$10.95**

choose any of our hand-crafted GF toasts to accompany your soup

COLD DRINKS (16 oz.)

MEXICAN COLD BREW **\$4.95**

organic cold brew coffee with notes of cinnamon, vanilla and cacao poured on nitro

SEASONAL COLD BREW **\$4.95**

seasonally rotating organic, superfood infused, cold brew coffee poured on nitro

GINGER RAIDER **\$4.95**

vegan kefir soda blended with ginger, lemon, apple and lemongrass

SEASONAL KOMBUCHA **\$4.95**

seasonally rotating variety of superfood infused kombucha