

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
*3/4 of a pear per 16 oz.

WHAT'S UP DOC 10 🍹🌿

IMMUNITY, EYE HEALTH, ANTI-AGING
carrot + orange + turmeric + ginger

SALAD SPINNER 11 🌿

DIGESTION, LIVER CLEANSE, CELLULAR REGENERATION
carrot + celery + cucumber + beet + apple + ginger + romaine + lime + turmeric

PURE GREEN 10 🌿

A low glycemic green juice with no fruit.
DETOX, LOW GLYCEMIC, ANTI-INFLAMMATORY
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

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

CHARCOAL LEMONADE 8 🌿

LOW GLYCEMIC. LOW CALORIES. FLUSH TOXINS.
alkaline water + lemon juice + monkfruit sweetener + activated coconut charcoal

POWER SHOTS

VITALITY POWER SHOT 4.5 🌿

ANTI-INFLAMMATORY, DIGESTION
Turmeric + lemon + ginger

COLD BUSTER POWER SHOT 5.5 🌿

IMMUNITY, METABOLISM, VITAMIN-RICH
Orange juice + cayenne + ginger + oregano oil + astragalus + camu camu

beaming

KIDS

SMOOTHIES

- Beaming Basic with any fruit
- Beaming Basic with Chocolate
- Cherry Blossom 🌿
- Julius Beam
- Blue-phoria
- Rockstar with Blueberries
- Berry Delish
- Mint Chip
- Low Glycemic Vanilla with Strawberries 🌿
- Low Glycemic Vanilla with Spinach 🌿

ACAI BOWL PITAYA BOWL

Add your favorite toppings!

SNACKS & BAKED GOODS

- The Beaming Cookie
- Chocolate Avocado Mousse
- Banana Chocolate Chip Bread
- The Beaming Gelato Cookie Sandwich

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

SUPERFOOD SNACKS

SUPERFOOD PROTEIN BITE 2 for 5/3ea

ENERGY, IMMUNITY, ANTIOXIDANT-RICH
coconut butter + almond butter + Beaming vanilla protein powder 🌿 + pumpkin seeds + hemp seeds + goji berries + lucuma + agave + chia + vanilla + maple syrup + yacon + cinnamon + Himalayan pink salt



CASHEW LOVE BRITTLE 5.5

ENERGY, ANTIOXIDANT & VITAMIN-RICH
cashew + coconut sugar + almond + raw cacao + Beaming Superfood Blend + vanilla + Himalayan pink salt

CHOCOLATE AVO MOUSSE 7.5 ♥

freshly sprouted almond milk + avocado + cacao + vanilla + cinnamon + cashews + coconut nectar + seasonal berries + coconut shreds + 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).

CHIA PUDDING PARFAIT 7.5

ENERGY, ANTIOXIDANT, FIBER & OMEGA-RICH
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

7g protein
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.

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 Vanilla Protein Powder 🌿 for additional protein and nutrients.

BANANA CHOCOLATE CHIP BREAD 6 ♥

14g protein
gluten free sprouted super flour (almond, chia, hemp and buckwheat flours) + Beaming green protein powder 🌿 + bananas + flax + coconut oil + hemp seeds + vegan chocolate chips

SUPERFOOD COFFEE & KEFIR

On Tap!

Made locally by Superfood & Company

SUPERFOOD COFFEE® 5

SERVED IN A 16OZ CUP OVER ICE
A Superfood Infused Cold Brew Coffee poured on nitro.

KEFIR SODA 5

SERVED IN A 16OZ CUP OVER ICE
A Probiotic Cold Pressed Juice cultured with water kefir.

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)

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).

PUMPKIN MACA PIE 7.5

ENERGY, HEART HEALTH, VITAMIN + MINERAL RICH
pumpkin + cashew + almonds + maple syrup + coconut oil + spices + vanilla + coconut whip cream + Himalayan pink salt

LIME TART 7.5

BEAUTY, HEART HEALTH, IMMUNITY
avocado + cashew + coconut + lime + wild berry chia jam

"LET FOOD BE THY MEDICINE."

— Hippocrates

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.

CAESAR KALE SALAD 12

ENERGY, HEART HEALTH, PROTEIN-RICH
kale + goji berries + cranberries + pine nuts + fennel + hemp seeds + spiced maple walnuts + basil cashew dressing

ULTIMATE THAI SALAD 12

ALKALIZE, DETOX, DIGESTION
napa cabbage + spinach + romaine + carrot + jicama + cucumbers + bell peppers + sesame seeds + basil + mint + cilantro + teriyaki sesame almonds + sesame ginger dressing

ASK US ABOUT OUR SEASONAL WRAPS!

CAULIFLOWER SOUP 11

BONE HEALTH, IMMUNITY, HEART HEALTH
napa cabbage + sweet potato + coconut meat + cauliflower + cashew + nutmeg + garlic + shallots + celery + olive oil + salt + pepper

ZUCCHINI SOUP 11

BRAIN HEALTH, HEART HEALTH, VITAMIN-RICH
zucchini + celery + shallots + garlic + olive oil + salt + pepper

BUDDHA BOWL 10

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

ASK US ABOUT OUR SEASONAL SOUPS!

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



♥ beaming kids approved 🌿 beaming vanilla protein powder 🌿 beaming superfood blend
✔ fit matrix 🌿 beaming green protein powder 🌿 superfood greens

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 boosts or choose from our recommended favorites.

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 vanilla protein powder 

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 + 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 vanilla protein powder  + maca + cayenne + cinnamon + nutmeg *spicy

BOOST: BEAMING SUPERFOOD BLEND  / FIT MATRIX™ 

BOOTIE BURN 7

FAT BURNER, METABOLISM BOOST

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

BOOST: BEE POLLEN / COCONUT BUTTER / CAMU CAMU

BERRY DELISH 10

IMMUNITY, VITAMIN & MINERAL-RICH, ENERGY

coconut water + almond butter + Beaming vanilla protein powder  + banana + strawberries + blueberries + goji berries + superfood smoothie blend

BOOST: SPINACH / MACA / CAMU CAMU

ORGANIC GREEN SMOOTHIES (16 oz.)

LISA'S LEAN + GREEN 12

LOW GLYCEMIC, ENERGY, PROTEIN-RICH

freshly sprouted almond milk + coconut water + avocado + spinach + Beaming green protein powder  + superfood greens  + hemp seeds + nutmeg + yacon + chia powder + maca + cinnamon + himalayan pink salt

BOOST: BANANA / PROBIOTICS / FIT MATRIX™ 

VITALITY 12

ANTI-AGING, ANTIOXIDANT, DETOX

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

BOOST: GRANOLA / BEE POLLEN / BEAMING VANILLA PROTEIN POWDER 

GET PREGGY 14

FERTILITY SMOOTHIE: HEALTHY & VIBRANT CELLS, HORMONE BALANCING

freshly sprouted almond milk + coconut water + Beaming green protein powder  + 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 green protein powder  + chia powder + hemp seeds + E3live® Blue Majik + banana + strawberries + goji berries + almond butter + date

BLUE-PHORIA 12 TRY IT LOW GLYCEMIC ELEVATE MOOD, BEAUTY, ENERGY

freshly sprouted almond milk + Beaming vanilla protein powder  + coconut water + banana + blueberries + date + coconut butter + chia powder + lucuma + MSM + GABA

BOOST: SPINACH / 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 vanilla protein  + E3live® Blue Majik + Fit Matrix™ 

BOOST: SPINACH / SUPERFOOD GREENS  / BLUEBERRIES

MINT CHIP 10 TRY IT LOW GLYCEMIC ENERGY, IMMUNITY, PROTEIN-RICH

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

BOOST: BEE POLLEN / SUPERFOOD GREENS 

BEAM ME UP 14 30 MEGA SUPERFOODS

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

Beamuccino + banana + cacao nibs + cold brewed Stumptown® coffee + raw cacao + walnuts + Beaming vanilla protein powder  + E3live® RenewMe + yacon + flax + chia + hemp seeds + goji berries + Beaming superfood blend 

JULIUS BEAM 7

IMMUNITY, HYDRATION, VITAMIN C

freshly sprouted almond milk + whole orange + coconut nectar + himalayan pink salt

BOOST: GOJI BERRIES / SPINACH / COCONUT BUTTER

KALE-FORNIA 9.5

DETOX, ENERGY, ALKALIZING

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

BOOST: GRANOLA / BEE POLLEN / BEAMING VANILLA PROTEIN POWDER 

COOL CUCUMBER 9.5

ANTI-INFLAMMATORY, ALKALIZING, VITAMIN-RICH

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

BOOST: GRANOLA / BEE POLLEN / BEAMING VANILLA PROTEIN POWDER 

MORE MILK 14

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

freshly sprouted almond milk + coconut water + almond butter + blueberries + banana + Beaming green protein powder  + oats (uniquely soaked in mulberries, mesquite, maca and flax seeds) + sun chlorella powder + Brewers yeast + fenugreek Topped with cacao nibs & granola.



PREGNANCY TRIO

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

ADD A BOOST TO YOUR SMOOTHIE

\$1.5 each

ENERGY

Maca
Bee Pollen
Cacao Nibs
Coconut Butter
Beaming Superfood Blend 

ENERGY & RECOVERY

E3live® Blue Majik
Fit Matrix™ 
Flax Powder
Superfood Greens 

IMMUNITY

Acai
Beaming Superfood Blend 
Camu Camu
Goji Berries
Probiotics

OMEGAS & BRAIN HEALTH

Hemp Seeds
E3live® Renew Me
Flax Powder

HORMONE HEALTH / LIBIDO

Maca

BEAUTY & ANTI-AGING

Goji Berries
Lucuma
MSM

PROTEIN

Beaming Green Protein Powder 
Beaming Vanilla Protein Powder 
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. 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 VANILLA PROTEIN POWDER 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 GREEN PROTEIN POWDER 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

FIT MATRIX™

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

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 / goji berries

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 Vanilla Protein  is already included for extra protein
- Unsweetened sprouted almond milk instead of apple juice

BOTTLED SMOOTHIES AND NUT MILK BLENDS

Our superfood smoothies in a convenient grab & go.

ROCKSTAR 12 (16oz) MUSCLE RECOVERY, ANTI-INFLAMMATORY, PROTEIN-RICH

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

BEAMUCCINO 6 (8 oz.) ENERGY, ANTIOXIDANT-RICH

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!

CHERRY BLOSSOM (8oz) 6 PROTEIN, ANTIOXIDANT, HAPPY DANCE

freshly sprouted almond milk + sprouted almonds + cherries + strawberries + banana + date + Beaming vanilla protein 

LOW GLYCEMIC VANILLA WITH SPINACH 11 (16oz)

LOW GLYCEMIC, PROTEIN-RICH, VITAMIN-RICH
freshly sprouted almond milk + spinach + avocado + Beaming vanilla protein  + almond butter + yacon

LOW GLYCEMIC VANILLA WITH BLUEBERRY 11 (16oz)

LOW GLYCEMIC, PROTEIN-RICH, VITAMIN-RICH
freshly sprouted almond milk + blueberries + avocado + Beaming vanilla protein  + almond butter + yacon

LOW GLYCEMIC VANILLA WITH STRAWBERRY 11 (16oz)

LOW GLYCEMIC, PROTEIN-RICH, VITAMIN-RICH
freshly sprouted almond milk + strawberries + avocado + Beaming vanilla protein  + almond butter + yacon

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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