

# HEALTHY EATS



## Avocado Toast

- Original Toast**.....\$7.00  
w/ tomato and cilantro
- Vegan Locs**.....\$9.00  
w/ vegan cream cheese, capers & onions

## FB Breakfast

- Pancakes**..... \$6.00  
Fluffy vegan pancakes
- Vegan Meat**.....\$4.00  
Fluffy vegan pancakes
- Vegan Eggs**.....\$3.00  
Cholesterol-Free, Egg-Free and Dairy-Free

## Quesadillas

- Chipotle Ranch**..... \$7.00  
Toasted tortilla with veggies cheese & chipotle ranch. Meat additional charge.
- 3 Cheese**.....\$9.00  
Toasted tortilla with 3 cheeses. Meat additional charge.
- Black Bean**.....\$9.00  
Toasted tortilla with black beans & veggies. Meat additional charge.
- Tuna Melt**..... \$9.00  
Toasted bread with homemade chickpea tuna.
- ALT**.....\$9.00  
Toasted bread avocado, lettuce & tomato.

## Paninis

## Salads & More

- Veggies & Berries Burst**.....\$7.00  
Veggies with berries. Meat additional charge.
- Black bean**..... \$7.00  
veggies and black beans Meat additional charge.
- Vegan Bully Burger**..... \$7.00  
Vegan patty with choice of side.
- Polish Boi**..... \$7.00  
Vegan sausage with choice of side.
- Fried Broccoli Wings**..... \$7.00  
Fried broccoli wings with fries.

CHOOSE IT YOUR WAY

- Beef**.....\$9.00
- Chicken**.....\$8.00
- Tuna**.....\$7.00
- Veggie**.....\$6.00

## Wraps

### Avocado Ranch

Veggies with avocado ranch sauce. Meat additional charge

### Buffalo

Veggies tossed in buffalo sauce. Meat additional charge.

### Chipotle Ranch

Veggies with chipotle ranch sauce. Meat additional charge

### Hummus

Veggies topped with hummus. Meat additional charge.

### Spinach Mushroom

Veggies with sauteed spinach and mushrooms. Meat additional charge.

**Get \$1 off when adding a smoothie**



# SMOOTHIES

## Fruity

### King Hawaiiin

Strawberry, pineapple, peach & mango.

### Tropical Delight

Pineapple, mango & banana

### Breezy

Orange, banana & strawberry.

### All American

Strawberry & banana

### Beachie

Carrot, pineapple, banana & Mango

### Fresh Start

Apple, pineapple and strawberry

### Fruit Krave

Orange, pineapple & mango

### Miami Vice

Strawberry & pineapple

### Cali Love

Strawberry, blueberry, blackberry, raspberry & banana.

### Tropics

Pineapple, strawberry & banana.

### Sunni

Pineapple, orange, & strawberry.

### Bucki

Banana, mango, pineapple.

### Sunrise

Pineapple, orange & strawberry.

## Green

### Fawaky Green

Kale, spinach, pineapple, apple & banana.

### Avocado & Cream

Spinach, avocado, banana almond milk & agave

### Fawaky Tax

Pineapple, mango and wheatgrass.

### Ray Greens

Pineapple, mango and spinach.

PROTEIN

CHOOSE YOUR SIZE: **\$6 | 16OZ** OR **\$8 | 24OZ**

### Chunky Monkey

Peanut Butter, vegan chocolate, banana & almond milk.

### PB&J

Strawberry, blueberry, raspberry, banana, peanut butter & milk.

### Beet Moss

Peanut butter, banana, sea moss, beets, ginger & almond milk.

**VB**  
VEGAN LAB

# MAKE IT A BOWL

CHOOSE UP TO

## 4 TOPPINGS

STRAWBERRIES, BLUEBERRIES, BANANA, SEEDS, GRANOLA & COCONUT FLAKES

MAKE IT A SMOOTHIE BOWL



# FRESH PRESSED JUICE

## Skin Helper

Apple, pineapple & cucumber.

## Fawaky Green

Kale, spinach, pineapple & apple.

## Immune Booster

Carrot, apple, celery, beet & spinach

## Cholestorol Butter

Ginger, garlic, spinach

## ABC

Apple, beets & carrots

## All Green

Cucumber, celery, apple spinach & kale.

## Fawaky Flush

Pineapple, apple & ginger

## Epic Green

Apple, cucumber, ginger, kale & spinach.

## Green Energy

Celery, cucumber, spinach, apple & ginger

## Fawaky Cleanse

Lemon, lime, cayenne pepper & agave.

## Cleansing Tonic

Apple, beets, carrots & ginger.

## Splitz Up

Celery, spinach, beets and carrot.

## Diabetic Helper

Cucumber, carrot, celery & spinach.

## Fresh Cucumber

Celery, lime, apple & cucumber.

## Fresh Lemonade

Apple, lemon, water & agave

## Shooters

Lemon	2oz	\$4
Lime	2oz	\$4
Ginger	2oz	\$4
Tumeric	2oz	\$4
Flu Shot	2oz	\$4
Elderberry	2oz	\$4



**DON'T FORGET YOUR MOSS!**

CHECK OUT OUR ASSORTED FLAVORS OF SEA MOSS

# BOOSTERS

ADD A BOOSTER TO ANY JUICE OR SMOOTHIE FOR \$0.75

Ginseng  
Ginkgo  
Vitamin C

Plant Protein  
Sea Moss  
Spirulina

Elderberry  
Bladderwrack  
Macca Root