



Delivery Menu

**Does not include HST*

“FOR NOW” MENU

(Shakes and Snacks to be enjoyed right away)

Smookees: \$8 (one size - 500ml)

1. Orchard Burst (a mouthwatering burst of apples, kiwi, & light greens)
 - a. Green Apple, Pure Pressed Pineapple Juice, Kale, Spinach, Mulberries, Hemp Hearts, Chia Seeds, Flax Seeds, Lemon Juice, Basil, Spirulina, Chlorella, Lemon Oil & Olive Oils.
2. Greenery (double greens, Low Glycemic, Diabetic Friendly)
 - a. Kale, Spinach, Green Apple, Mulberries, Hemp Hearts, Chia Seeds, Flax Seeds, Lemon Juice, Ginger, Basil Spirulina, Chlorella, Lemon Oil & Olive Oils, & Spring Water.
3. Berry Blast (a rich, delightful gulp of berries, beets, and all things nice)
 - a. Blueberries, Beets, Pure Pressed Pineapple Juice, Kale, Spinach, Hemp Hearts, Chia Seeds, Flax Seeds, Lemon Juice, Basil, Spirulina, Chlorella, & Olive Oil.
4. Juicy Greenery (a light tropical splash of fruit & extra veggies)
 - a. Green Apple, Pure Pressed Pineapple Juice, Kale, Spinach, Mulberries, Hemp Hearts, Chia Seeds, Flax Seeds, Lemon Juice, Ginger, Basil Spirulina, Chlorella, Lemon Oil & Olive Oil, & Spring Water.
5. Cherry Chiller (get your tastebuds ready for a refreshing cherry explosion)
 - a. Cherries, Blueberries, Kale, Spinach, Green Apple, Mulberries, Pineapple Juice, Lemon Juice, Lemon Oil, Spring Water, Basil, Flax Seed, Chia Seeds, Hemp Hearts, Spirulina, Chlorella and Olive Oil.

Customize Your Smoodee - 1 & 2 INCLUDED IN PRICE (add \$1.25 for extra choices)

1. Fruit/Veggies
 - a. Blueberries
 - b. Pineapple
 - c. Spinach
 - d. Cranberries
2. Ice
 - a. Regular
 - b. Lots
 - c. None

Customize Your Smoodee - (add \$1.25 for each)

1. Protein
 - a. All Natural Pumpkin Seed Protein
2. Energy
 - a. Matcha Tea and Maca Powders
3. Digestion



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- a. Chia Seeds, Lemon Juice, and Ginger
- 4. Immunity
 - a. Matcha Tea, Maca Powder and Lemon Juice
- 5. Anti-Inflammatory
 - a. Ginger, Cinnamon, and Turmeric
- 6. Fiber
 - a. Chia Seeds

Full Size Protein Shakes: \$8 (750ml)

Half Size Protein Shakes: \$5.5 (500ml)

- 1. Vanilla Spice
 - a. Unsweetened Almond Milk, Dates, Pumpkin Seed Protein Powder, Vanilla Extract, and Cinnamon.
- 2. Cocoa Creme
 - a. Unsweetened Almond Milk, Dates, Pumpkin Seed Protein Powder, Cocoa, and Cinnamon.
- 3. Anti-Inflammatory
 - a. Unsweetened Almond Milk, Dates, Pumpkin Seed Protein Powder, Vanilla Extract, Ginger, Turmeric, and Cinnamon.
- 4. Matcha Latte
 - a. Unsweetened Almond Milk, Dates, Pumpkin Seed Protein Powder, Matcha, and Maca.
- 5. Vanilla Cappuccino
 - a. Unsweetened Almond Milk, Dates, Pumpkin Seed Protein Powder, Vanilla Extract, Espresso and Cinnamon.
- 6. Cocoa Cappuccino
 - a. Unsweetened Almond Milk, Dates, Pumpkin Seed Protein Powder, Cocoa, Espresso, and Cinnamon.
- 7. Blueberry
 - a. Unsweetened Almond Milk, Dates, Pumpkin Seed Protein Powder, and Blueberries.
- 8. Strawberry
 - a. Unsweetened Almond Milk, Dates, Pumpkin Seed Protein Powder, and Strawberries.
- 9. Ginger Pineapple
 - a. Unsweetened Almond Milk, Dates, Pumpkin Seed Protein Powder, Ginger and Pineapple.

Customize Your Shake - INCLUDED IN PRICE

Ice

- a. Regular



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- b. Lots
- c. None

Customize Your Shake - (add \$1.25 for each)

- 1. Double Protein
- 2. Energy Blend
 - a. Matcha Tea and Maca Powders
- 3. Spinach
- 4. Coconut Oil
- 5. Extra Espresso Shot

Bottled Hydration Drinks

Original Hydras

Green Apple, Lemon Juice, Pineapple Juice, Kale, Spinach, Mulberries, Lemon Oil, Spring Water, Basil, Flax Seed, Chia Seeds, Hemp Hearts, Spirulina, Chlorella and Olive Oil.

\$5 500ml

\$14 (3) 500ml

\$24 (6) 500ml

Cherry Hydras

Cherries, Blueberries, Green Apple, Lemon Juice, Pineapple Juice, Kale, Spinach, Mulberries, Lemon Oil, Spring Water, Basil, Flax Seed, Chia Seeds, Hemp Hearts, Spirulina, Chlorella and Olive Oil.

\$6 500ml

\$16 (3) 500ml

\$30 (6) 500ml

Extreme Hydras

Pineapple, Matcha Tea, Green Apple, Lemon Juice, Pineapple Juice, Kale, Spinach, Mulberries, Lemon Oil, Spring Water, Basil, Flax Seed, Chia Seeds, Hemp Hearts, Spirulina, Chlorella and Olive Oil.

\$6 500ml

\$16 (3) 500ml

\$30 (6) 500ml

Food Menu

- 1. **Breakfast Burrito** **\$8**
Egg, Red Pepper, Spinach, Herbamare, Peppers, Salsa and Cheese.
 - a. Combo with Hydra **\$10**
 - b. Combo with Smoodee or Shake **\$12**



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- c. Combo with Coffee or Bottled Water \$9
- 2. **A+ House Made Waffle Sandwiches**
Each hand-made Waffle has Pumpkin Seed Protein, Cinnamon, Vanilla Extract, Baking Powder, Sea Salt, Coconut Powder, Coconut Oil, Chia Seeds, Spelt Flour, and Almond Milk. (**waffles alone have 20g of all-natural protein**)
 - a. Almond Butter and Jelly \$5.5
 - b. Maple Butter \$5.5
 - c. Grilled Cheese \$5.5
 - d. Chicken, Cheese, Veggies \$7.5
- 3. Protein Bites \$4
- 4. Banana Bread \$4
- 5. Fruit Straps (5 pieces) \$5

“FOR LATER” MENU

(Bottled, can last up to 9 or 11 days depending on the product)

Original Hydras

Green Apple, Lemon Juice, Pineapple Juice, Kale, Spinach, Mulberries, Lemon Oil, Water, Basil, Flax Seed, Chia Seeds, Hemp Hearts, Spirulina, Chlorella and Olive Oil.

\$5 500ml

\$14 (3) 500ml

\$24 (6) 500ml

\$15 2L Jug

Cherry Hydras

Cherries, Blueberries, Green Apple, Lemon Juice, Pineapple Juice, Kale, Spinach, Mulberries, Lemon Oil, Spring Water, Basil, Flax Seed, Chia Seeds, Hemp Hearts, Spirulina, Chlorella and Olive Oil.

\$6 500ml

\$16 (3) 500ml

\$30 (6) 500ml

\$19 2L Jug

Extreme Hydras

Pineapple, Matcha Tea, Green Apple, Lemon Juice, Pineapple Juice, Kale, Spinach, Mulberries, Lemon Oil, Spring Water, Basil, Flax Seed, Chia Seeds, Hemp Hearts, Spirulina, Chlorella and Olive Oil.

\$6 500ml

\$16 (3) 500ml

\$30 (6) 500ml



Delivery Menu

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\$19 2L Jug

Refresher Smoodees - Single Servings

Juicy Greenery (a light tropical splash of fruit & extra veggies)

Green Apple, Pure Pressed Pineapple Juice, Kale, Spinach, Mulberries, Hemp Hearts, Chia Seeds, Flax Seeds, Lemon Juice, Ginger, Basil Spirulina, Chlorella, Lemon Oil & Olive Oil, & Spring Water.

Cherry Chiller (get your taste buds ready for a refreshing cherry explosion)

Cherries, Blueberries, Kale, Spinach, Green Apple, Mulberries, Pineapple Juice, Lemon Juice, Lemon Oil, Spring Water, Basil, Flax Seed, Chia Seeds, Hemp Hearts, Spirulina, Chlorella and Olive Oil.

\$8 500ml

\$22 (3) 500ml

\$40 (6) 500ml

Smoodees 2L Jug - \$40

Orchard Burst (a mouthwatering burst of apples, kiwi, & light greens)

Green Apple, Pure Pressed Pineapple Juice, Kale, Spinach, Mulberries, Hemp Hearts, Chia Seeds, Flax Seeds, Lemon Juice, Basil, Spirulina, Chlorella, Lemon Oil & Olive Oils.

Greenery (double greens, Low Glycemic, Diabetic Friendly)

Kale, Spinach, Green Apple, Mulberries, Hemp Hearts, Chia Seeds, Flax Seeds, Lemon Juice, Ginger, Basil Spirulina, Chlorella, Lemon Oil & Olive Oils, & Spring Water.

Berry Blast (a rich, delightful gulp of berries, beets, and all things nice)

Blueberries, Beets, Pure Pressed Pineapple Juice, Kale, Spinach, Hemp Hearts, Chia Seeds, Flax Seeds, Lemon Juice, Basil, Spirulina, Chlorella, & Olive Oil.

Customize Your Jug - \$5

1. Energy
 - a. Matcha Tea and Maca Powders
2. Digestion
 - a. Chia Seeds, Lemon Juice, and Ginger
3. Immunity
 - a. Matcha Tea, Maca Powder and Lemon Juice
4. Anti-Inflammatory
 - a. Ginger, Cinnamon, and Turmeric
5. Fiber
 - a. Chia Seeds



Delivery Menu

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Protein Shakes **\$8 500ml**
\$22 (3) 500ml
\$39 (6) 500ml
\$26 2L Jug

1. Vanilla Spice
 - a. Unsweetened Almond Milk, Dates, Pumpkin Seed Protein Powder, Vanilla Extract, and Cinnamon.
2. Cocoa Creme
 - a. Unsweetened Almond Milk, Dates, Pumpkin Seed Protein Powder, Cocoa, and Cinnamon.
3. Anti-Inflammatory
 - a. Unsweetened Almond Milk, Dates, Pumpkin Seed Protein Powder, Vanilla Extract, Ginger, Turmeric, and Cinnamon.
4. Matcha Latte
 - a. Unsweetened Almond Milk, Dates, Pumpkin Seed Protein Powder, Matcha, and Maca.
5. Vanilla Cappuccino
 - a. Unsweetened Almond Milk, Dates, Pumpkin Seed Protein Powder, Vanilla Extract, Espresso and Cinnamon.
6. Cocoa Cappuccino
 - a. Unsweetened Almond Milk, Dates, Pumpkin Seed Protein Powder, Cocoa, Espresso, and Cinnamon.

Customize Your Jug - \$5

1. Double Protein
2. Energy Blend
 - a. Matcha Tea and Maca Powders
3. Spinach
4. Coconut Oil
5. Extra Espresso Shot