



Casual Fine Dining at the Beach! Smoothies & Mocktails!

Specialty Smoothies

Go Green

Spinach, cucumber, pineapple, flax seeds, moringa. Flax seeds are high in fiber & omega 3 fatty acids. And yes, we are Spartans....go green! \$8

Peanut Butter & Chocolate

Creamy peanut butter, chocolate, banana & oat milk. Think of it like a healthier version of a peanut butter cup! \$9

Moringa Magic

Moringa is a plant rich in antioxidants & anti-inflammatory properties. This delicious smoothie is made with Moringa, banana & mango. \$8

Cucumber Cleanse

A refreshing mix of cucumber, mint & beets. Cucumber promotes hydration and naturally cools the body. Perfect in this heat! \$7

Banana & Ginger

Blended with a touch of honey and your choice of cow, soy, oat, coconut or almond milk. Ginger has numerous health benefits including anti-inflammatory properties & can help with indigestion. \$7

Beet Blast

Beets contain antioxidants and electrolytes which help support heart & brain function. Try this amazing mix of beet, celery, pineapple, ginger & lime. \$7

Basil Bomb

This fragrant herb is an anti-oxidant and tastes great when mixed with celery, pineapple & orange juice. \$7

Some Kind of Wonderful

Good morning! Coffee, banana, peanut butter & coconut milk. \$9

Clockwise Orange

Carrots, pineapple, celery & apple. Great for those of us who need readers for everything! \$7

Sodas

Regular

Coca Cola - Coca Cola Zero - Fresca - Sprite - Ginger Ale - Tonic - Club Soda \$4

Mineral Water

Small \$4
Large \$6

Mineral Sparkling Water

Perrier Small \$4
Perrier Large \$7
San Pellegrino Blood Orange \$5

Mocktails

Smokey Mary

Iced tea, fresh pineapple, lime juice, strawberry jelly & a splash of club soda served with a garnish of smoked rosemary....smells so good! \$6

Orange Blossom Mule

Orange juice, ginger beer & orange blossom essential oil. The benefits of orange blossom can be attributed to its natural nutrients. It can tone the skin, soothe and relax the nerves. Drink up! \$6

Sangria de Jamaica

Jamaica, (pronounced ha-my-cah) infused syrup, orange & lime juice with seasonal fruit floaters. Also known as hibiscus and loaded with anit-oxidants. \$7

Virgin Mojito

Tastes just as good without the rum. Choose your favorite flavor: strawberry, watermelon, pineapple, passionfruit or mixed berries. \$7

Virgin Piña Colada

The perfect tropical treat made with fresh pineapple and coconut milk so it's not too sweet. \$7

The Red

This drink blends watermelon & papaya with beet juice. Papaya is high in vitamin C and anti-oxidants. \$6

Fiesta de Berries

Strawberries, blackberries & raspberries mixed with fresh pineapple. We invited everyone to the party! \$9

Kombucha

Boho

Juniper berries, ginger & jamaica flower \$7

Island Roots

Turmeric, ginger, lemon & black pepper \$7

Purple Rain

Chamomile, lavender, blue bell (in the lily family) \$7

What is Kombucha?

Kombucha is an ancient fermented tea that may have many health benefits, such as improving digestion, boosting the immune system, lowering cholesterol levels, and supporting cardiovascular health.