

BEATRICE SOCIETY

SUPER FOODS / PLANT-FORWARD

SMOOTHIES

\$10



All smoothies are vegan
& gluten free

16 oz

FOCUS

almond milk, avocado, blueberries, hemp hearts,
lions mane, vegan vanilla protein, raspberries

HEAL

almond milk, almond butter, ashwaganda,
banana, chia seeds, cinnamon, dates, ginger,
nutmeg, turmeric, vegan vanilla protein

PERFORM

almond milk, almond butter, avocado, chaga,
cordyceps, flax seed, kale, vegan chocolate
protein, spinach, banana

RELAX

almond milk, banana, cacao powder, vegan
chocolate protein, cinnamon, flax seed, almond
butter, reishi, spinach

COMFORT

avocado, banana, vegan chocolate protein,
coconut milk, hemp hearts, spinach

CLEANSE

avocado, almond butter, almond milk, banana,
flax seed, kale, spinach, blueberries

ESCAPE

banana, coconut milk, coconut yogurt, vegan
vanilla protein, flax seed, mango, turmeric

ADD FUNCTIONAL MUSHROOMS

1

Cordyceps (energy)
Lion's Mane (cognition)
Reishi (relaxation)

TOASTS

Gluten-free toast available

AVOCADO BRUNCH

11

smashed avocado, olive oil, honey,
chili flakes, sea salt

ADD EGG

2

SMOKED SALMON

14

goat cheese, lemon, smoked salmon,
dill, black sesame

BANANA CRUNCH

10

crunchy peanut butter, banana slices,
cinnamon, coconut flakes, sea salt

MEDITERRANEAN

11

hummus, hard boiled egg, parsley,
sea salt, turmeric

BONE BROTH

\$7.50

12 oz

Pasture raised broth by Young Bones.
Pairs very well with cordyceps!

ADD CORDYCEPS

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