

BEATRICE SOCIETY

Our menu features simple recipes made with whole, functional foods.

The ingredients found in each item are intentionally combined to support various health goals.



FOCUS
cognition and
brain health



HEAL
antioxidants and
anti-inflammatories



RELAX
stress and
anxiety relief



ENERGIZE
endurance and
sustained energy

SMOOTHIES

All vegan & Gluten-free

Focus 11

almond milk, avocado, blueberries, hemp hearts, raspberries, spinach, Optimi mushroom protein

With Lion's Mane for cognition

Heal 11

almond milk, almond butter, banana, chia seeds, cinnamon, dates, ginger, nutmeg, turmeric, Optimi mushroom protein

With Chaga to reduce inflammation

Relax 11

almond milk, banana, cacao, cinnamon, flax seed, almond butter, spinach, Optimi mushroom protein

With Reishi for relaxation

Energize 11

banana, coconut milk, coconut yogurt, flax, mango, turmeric, Optimi mushroom protein

With Cordyceps for energy

ADAPTOGEN ADD ONS 1

Enhance any drink with herbs that help the body adapt to physical and psychological stress

Ashwagandha anxiety relief

Ginkgo cognition & memory

Milk Thistle liver detox

TOASTS

Gluten-free toast available

Avocado Brunch 7 / 13

smashed avocado, olive oil, honey, chili

ADD EGG 2

Smoked Salmon 8 / 15

goat cheese, smoked salmon, dill, black sesame

Banana Crunch 6 / 11

crunchy peanut butter, banana, cinnamon, coconut flakes

Mediterranean 7 / 13

hummus, hard boiled egg, parsley, turmeric

ADD SLICED AVOCADO 1

Marrow Butter 6 / 11

cordyceps-infused bone marrow butter

ADD SLICED AVOCADO 5

BROTH

Bone Broth 8

local pasture raised/grass-fed broth by Young Bones

ADD CORDYCEPS 1

Vegan Mushroom Broth 7

superfood vegan broth made with chaga, reishi and shiitake mushrooms