

# 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


<b>Ashwagandha</b>	anxiety relief
<b>Ginkgo</b>	cognition & memory
<b>Milk Thistle</b>	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

**Apple Crumble** **8 / 15**  
goat cheese, sliced apples, organic walnut cinnamon granola

**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**

**Berries & Cream** **8 / 15**  
blueberry-infused mascarpone, sliced strawberries, basil, black pepper

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## 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

## IN THE FRIDGE

**Blueberry Chia Jar** **7.5**  
**Peanut Butter Oat jar** **8.5**

**Greenhouse Juice** **7.5**  
**Greenhouse Kombucha** **5.5**  
**Greenhouse Shots** **4**

**Well Juice** **6**  
**Well Shots** **3.5**

**Geez Louise Prebiotic Water** **3.99**  
**San Pellegrino** **2.65**  
**Daydream Sparkling Adaptogen Water** **4.99**

## SNACKS

**Roasted Baru "Nuts"** (Classic / BBQ) **9**  
Baru Nuts are higher in protein, fiber, & antioxidants than almonds and other familiar nuts, while being lower in fat & calories

**Mixed Greek Olives** **6**

**Snack Board** **18**  
Baru nuts, olives, and sourdough served with goat cheese, hummus, olive oil, and bone marrow butter

Mushroom extracts by **optimi** 