

EST. 2023



NATURE'S CUUR



SMOOTHIE CAFE & SMOKE SHOP

PIZZA

CHICKEN BACON RANCH 12.50

12" Flatbread pizza with ranch spread, mozzarella cheese, topped with chicken and bacon bits

BARBEYOU CHICKEN 12.50

12" Flatbread pizza with BBQ spread, cheddar jack cheese, topped with chicken and pineapple

MORNING ZA 12.50

12" Flatbread pizza with the choice of mayo or garlic butter spread, scrambled eggs, bacon and cheddar jack cheese

VEGGIE 10.50

12" Flatbread pizza with marinara sauce, mozzarella cheese, green peppers, onions and tomatoes.

REGGIE 10.50

12" Flatbread pizza with marinara sauce, and mozzarella cheese.

CAULIFLOWER CRUST

Gluten Free Crust option for all pizza.

SANDWICHES

CHICKEN BACON RANCH 11.50

Thinner flatbread with ranch spread, mozzarella cheese, topped with tomato, lettuce, chicken and bacon bits

CAESAR CHICKEN 11.50

Thinner flatbread with caesar dressing, mozzarella cheese, tomato, lettuce and onion.

BUFFALO CHICKEN 11.50

Thinner flatbread with buffalo sauce, mozzarella cheese, lettuce, onion and chicken.

WAKEY WAKEY 7

Thin flatbread with the choice of mayo or garlic butter spread, scrambled eggs, bacon and cheddar jack cheese. Add Avocado +2

MORNIN' VEG 7

Thin flatbread with the choice of mayo or garlic butter spread, scrambled eggs, bacon and cheddar jack cheese

SALADS

CHICKEN BACON RANCH 11.50

Bed of lettuce with mozzarella cheese, chicken, bacon bits, tomato and onion. Packaged with 2 sides of ranch.

BUFFALO CHICKEN 11.50

Bed of lettuce with mozzarella cheese, buffalo chicken, tomato and onion. Packaged with 2 sides of ranch.

CAESAR CHICKEN 11.50

Bed of lettuce with mozzarella cheese, chicken, tomato and onion. Packaged with 2 sides of caesar dressing

EXTRAS

SAUCES

Barbeque	Buffalo
Ranch	Balsamic
Caesar	Mayo

VEGGIES 1

Tomato	Green	Scallions
Onion	Peppers	Jalapeno

MEAT2

Chicken	Bacon
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BOWLS

PB BANANA 7.25

Peanut butter, banana, vanilla greek yogurt and frozen yogurt & granola

STRAWNANA 7.25

Banana, strawberries, vanilla greek yogurt, frozen yogurt & granola

NC PARFAIT 5.50 NEW!

Vanilla Greek Yogurt, Granola, fruit is subject to change based on season

TOAST

AVOCADO TOAST 5.50

Flatbread toast with fresh avocado spread, diced tomato, and everything bagel seasoning.

PB NANA TOAST 5.50

Flatbread toast with creamy peanut butter, topped with banana slices.

TOPPINGS 1

Fruit	Flax Seeds
Coconut	Chia Seeds
Granola	Honey
	Peanut Butter

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JUICE BASED

PINEAPPLE EXPRESS

SM 7.25 | LG 9.25

Pineapple Juice, Pineapple Sorbet, Mango, Pineapple, Banana

STRAWNANA QUEEN

SM 7.25 | LG 9.25

Orange Juice, Vanilla Frozen Yogurt, Strawberry, Banana, Strawberry Syrup

MAIN SQUEEZE

SM 7.25 | LG 9.25

Orange Juice, Raspberry Sorbet, Bananas, Mixed Berries (Blueberries, Raspberries, Strawberries)

BLUE RAZZ JAZZ

SM 7.25 | LG 9.25

Pomegranate juice, raspberry sorbet, vanilla frozen yogurt, blueberries

BIG BRAIN

SM 7.25 | LG 9.25

Pomegranate Juice, Vanilla Greek Yogurt, Mixed Berries, Banana, Kale, Avocado

MILK BASED

STRAWBERRY SCREAM

SM 7.25 | LG 9.25

Almond or Soy Milk, Vanilla Frozen Yogurt, Strawberry, Banana

SIDE PIECE

SM 7.25 | LG 9.25

Almond or Soy Milk, Vanilla Frozen Yogurt, Peanut Butter, Banana, Vanilla Syrup

ORANGE CREAMSICLE

SM 7.25 | LG 9.25

Almond or Soy Milk, Orange Sorbet, Banana, Orange, Vanilla Syrup

WATER BASED

B BANANAS

SM 7.25 | LG 9.25

Water*, Vanilla Greek Yogurt, Banana, Kale

B CLEAN

SM 7.25 | LG 9.25

Water*, Vanilla Greek Yogurt, Banana, Mixed Berries, Kale

*Almond or soy milk available for .75 upcharge

ENHANCERS ADD-ONS

THC | CBD 5

Alternative wellness blend with mellow and chill effects that will have you back asking for more

CBD 5

Alternative wellness that is NOT impairing. CBD blend can be used to treat pain, anxiety and as an anti-inflammatory.

KRATOM 5

South East Asian Evergreen Leaf. Effects are similar to espresso; no jitters, all productivity.

KAVA 10

Crop of the Pacific Islands, Kava is gives you the affects of wine without the hangover.

HEALTH & WELLNESS 1

Beauty	Smart Brain
Stress Relief	Energy
Recovery	Immunity
Probiotic	Flax Seeds
Sexual Enhancer	Chia Seeds
Muscle Builder	



BOBA JUICE

LYCHEE

SM 4.75 | LG 6.00

Lychee jelly and lychee bursting pearls in a water base.

STRAWBERRY

SM 4.75 | LG 6.00

Strawberry jelly and strawberry bursting pearls in a water base.

TROPICAL

SM 4.75 | LG 6.00

Tropical jelly and rainbow bursting pearls in a water base.

CHOCOLATE

SM 4.75 | LG 6.00

NEW!

Gourmet chocolates syrup, almond milk & bursting chocolate pearls with a drizzle of chocolate syrup

MANGO

SM 4.75 | LG 6.00

NEW!

Mango jelly and passion fruit bursting pearls in a water base

ASK FOR AVAILABILTY

ALLERGIES

Feel free to substitute any part of your smoothie with an ingredient of equal or lesser value. No Dairy? Try Avocado!