

Espresso-yoself Bar

Full coffee and tea bar serving only non-dairy options.

Espresso	\$3.00
Americano	\$2.75
Cappuccino	\$4.50
Latte	\$6.50
Seasonal Mylk Latte	\$8.00
Cortado	\$3.50
Drip Coffee	\$3.00
WELLth's Bulletproof	\$7.00
Coffee, ghee, MCT oil	
Cold Brew	\$3.50
Cold Brew in WELLth bottle (16 oz)	\$7.50
Chai Latte	\$4.50
Golden Latte	\$6.00
Nut mylk, turmeric, honey, cardamom, cinnamon, black pepper oil	
Matcha Latte	\$6.00
Matcha, nut mylk, raw local honey	
Matcha Tea	\$4.25
Matcha in hot water	
Steamed Mylk	\$4.50
Loose Leaf Teas	\$4.00
(ask to see list)	

Mylk Options

Oatly oat milk, homemade house mylk (walnuts, macadamia, cashew, Almond), house made almond mylk

Add Ons

Shot of Espresso		+ \$1.50
Bullet Proof Style		+ \$2.00
Add MCT oil, ghee or grass fed butter and coconut oil		
House Nut Mylk		+ \$1.00
Any Sun Potion Adaptogen		+ \$1.00
CBD (10mg, 20mg)	10mg	+ \$2.00
	20mg	+ \$3.00

Juices

Field of Greens	\$12.75
Celery, cucumber, kale, romaine, spinach, parsley	
Spicy Selfie	\$12.75
Celery, cucumber, spinach, parsley, lemon, ginger	
G-Eazy	\$12.75
Cilantro, cucumber, green apple, kale, lime, mint, parsley, romaine, spinach	
Big Papa	\$12.75
Celery, green apple, spinach, kale, parsley, dandelion	
Unicorn	\$11.95
Carrot, red apple, pineapple, ginger, red beet, lemon	
Strength	\$11.95
Carrot, orange, pineapple, ginger, turmeric	
Beets by Beth	\$11.95
Beets, apple, carrot, lemon, ginger, cucumber	
Beet It	\$11.95
Red beet, orange, pear, tarragon, mint, lime	
Beetle Juice	\$11.95
Red beet, carrot, tomato, lemon, cilantro, jalapeno, turmeric	
Tummy Tamer	\$11.95
Purple cabbage, black grape, ginger, orange, lime, red apple, carrot	
Shakira	\$11.95
Cucumber, pineapple, jalapeno	
Detox Punch	\$11.95
Celery, green apple, cilantro, ginger, lemon	
Pure Celery Juice	\$11.95
Organic celery	
Avatar	\$11.95
Coconut water, E3Live, lemon	
Pipe Cleaner	\$11.95
Red apple, lime, ginger, jalapeno	
Charcoal Lemonade	\$11.95
Alkaline water, activated charcoal, lemon, agave	



www.wellthyliving.com
organic • locally sourced • zero waste

Mylks

Matcha Mylk	\$11.95
House made cashew mylk, ceremonial grade matcha, dates, tahitian vanilla	
Craze	\$11.95
House made cashew mylk, cacao, dates, tahitian vanilla	

Hot Tonics

Cozy	\$7.50
House nut mylk, raw cacao, chaga, cordyceps, yin power, he shou wu, honey, cayenne, cinnamon (suggested add on: CBD)	
Einstein	\$7.50
House made mylk, he shou wu, rhodiola, tocos, pine pollen, honey (suggested add on: CBD, shot of espresso, ghee)	
Conquer	\$8.00
"You do you." House made nut mylk, your choice of 3 Sun Potion Adaptogens, honey	

Sun Potion Adaptogens

Cordyceps	- Athletic endurance, muscle tone, oxygenation of the body, immune system, sexual energy.
Yin Power	- Immunity, energy, hormonal balancing, stress relief, mental clarity, healthy circulation, libido, hair, skin and nails, cellular regeneration.
Lions Mane	- Memory, mental clarity, enhanced concentration, nervous system, balanced mood.
Ashwagandha	- Reduce effects of emotional, mental and physical stress. Hormone balancing.
Reishi	- Skin, anti-aging, stress relief, immune support.
Ashitaba	- Skin and digestive tonic.
He Shou Wu	- Increases antioxidants, nourish the blood, hair skin and nervous system, good for resistance to cold, hormone balancing.
Pine Pollen	- Increase libido, detoxify liver, hormonal balancing for both sexes.
Pearl	- Hair skin and nails.
Triphala	- Support organs of digestion + elimination, nourish and cleanse entire system.
Mucuna Pruriens	- Elevate mood, soothe nervous system, enhance mental function.

King Healer	12 oz \$10.50
Mushroom broth	24 oz \$18.00

Açaí Bowls

Brazilian Bowl ————— **\$11.00**
 (antioxidants, energy, immunity)

House made almond mylk, organic unsweetened non-GMO acai, banana, blueberries, strawberries, raspberries, almond butter

Topped with: banana + bee pollen + Colorado honey + gluten free granola + seasonal fruit

Jungle Green ————— **\$11.00**
 (hydrating, anti-aging, vitamin C, Omega 3)

House made almond mylk or coconut water + kale + spinach + mango + pineapple + almond butter.

Topped with: seasonal fruit + banana + bee pollen + Colorado honey + gluten free granola

Açaí Protein Bowl ————— **\$11.25**
 (anti-aging, omega 3, helps build lean muscle mass, muscle recovery)

House made almond mylk or coconut water + organic unsweetened non-GMO açaí + plant-based protein + banana.

Topped with: seasonal fruit + banana + almond butter + gluten free granola

(sub nut butter for seed butter +\$1.00)

Shots

1oz — **\$3.00** 3oz — **\$5.00**

Healer

Tumeric, pineapple, black pepper oil, lemon

Digestion

Apple cider vinegar, vegan probiotic liquid, lemon, aloe

Life Saver

Ginger, lemon, oregano oil, garlic, echinacea extract

Daily Wellness

Lemon, tumeric, black pepper oil, ginger

Smoothies & Protein Shakes

Mint Chip ————— **\$10.75**
 (energy + immunity + protein, improves hair/skin/nails)

Almond mylk + coconut water + spinach + plant-based protein powder + almond butter + dates + coconut flakes + cacao nibs + mint

Fountain of Youth ————— **\$9.75**
 (anti-aging, antioxidant overload, hydrating, hormone balancing)

Almond mylk + strawberries + blueberries + goji berries + coconut water + banana + cacao nibs + maca

Colorado Love ————— **\$10.95**
 (anti-aging, hormone balancing, helps build lean muscle mass, and post-workout replenishment)

Raw cacao nibs + banana + almond butter + maca + dates + coconut butter + almond mylk + bee pollen + royal jelly

Muscle Builder ————— **\$10.50**
 (helps build lean muscle mass, antioxidants, post-workout refuel)

Blueberries + almond mylk + banana + almond butter + plant-based protein powder

Brain Fuel ————— **\$12.75**
 (omega rich for brain development + calcium for strong bones + iron for healthy blood, good fat, improves hair/skin/nails, promotes better sleep, muscle recovery)

Almond mylk + coconut water + spinach + avocado + plant-based protein powder + spirulina + chia powder + hemp seeds + E3Live + banana + strawberry + goji berries + almond butter + date

Mojo ————— **\$12.75**
 (Hormone balancing, cellular regeneration, speeds up muscle recovery, improves hair/skin/nails, builds lean muscle mass)

Almond mylk + coconut water + plant-based protein powder + spirulina + avocado + blueberries + banana + goji berries + maca + flax powder + bee pollen + royal jelly + coconut butter + strawberries

Sexy Back ————— **\$11.50**
 (energy + libido + protein rich, curbs appetite, helps improve digestion and hair/skin/nails)

Almond mylk + raw cacao + banana + plant-based protein powder + maca + cayenne + cinnamon + nutmeg

Smoothies & Protein Shakes Cont.

Hydrate ————— **\$10.50**
 (shining hair/skin/nails, hydration, energy)

G-Eazy juice + coconut water + banana + almond butter + spinach

Immunity ————— **\$11.50**
 (immunity + vitamin C + antioxidant)

Almond mylk + whole orange + strawberries + mango + goji berries + coconut butter + camu camu + baobab + coconut nectar

COOL ————— **\$10.95**
 (energy, immunity, DNA support)

Banana, ice, spinach, hemp seeds, local honey, chaga mushroom, G-Eazy juice

Cafe Mocha Freeze ————— **\$9.50**
 (hormonal balance, antioxidants, anti-aging)

Coffee + Almond Mylk + Cacao powder + ice + maca

Tropical Goddess ————— **\$10.50**
 (antioxidant and immunity)

Mango + banana + pineapple + Unicorn juice + coconut yogurt

Berrie Smoodie ————— **\$10.50**
 (anti-aging, anti-inflammatory)

Strawberry + blueberry + banana + coconut yogurt + mint + maqui powder + vanilla extract

PB&Chocolate ————— **\$10.50**
 (muscle tone, antioxidants)

Banana + almond mylk + cacao powder + almond butter + honey + ice + vegan protein powder

Make your smoothie LOW GLYCEMIC + \$2.00

Replace banana and date in your smoothie with avocado and yacon.

**Yacon is a carmel tasting natural superfood that is a zero on the glycemic index.*

Add Ons + Benefits

Maca		+ \$1.00
Bee Pollen		+ \$1.00
Cacao Nibs		+ \$1.00
E3 Live		+ \$2.00
Flax		+ \$1.00
Avocado		+ \$2.00
Produce add on		+ \$1.50
Camu Camu		+ \$1.00
Goji Berries		+ \$1.50
Baobab		+ \$1.00
Plant Protein Powder		+ \$1.50
Sun Potion Adaptogens		+ \$1.00
CBD (10mg, 20mg)		
	10mg	+ \$2.00
	20mg	+ \$3.00
Collagen		+ \$1.50
Grass Fed Ghee		+ \$1.50
MCT oil		+ \$1.00
Almond Butter		+ \$2.00
Hemp Seeds		+ \$1.00
Spirulina		+ \$2.00
Tocos		+ \$1.00

Energy

Maca • Bee Pollen • Cacao Nibs • Sun Potion Adaptogens

Energy and Recovery

E3LIVE • Sun Potion Adaptogens *(specialty blend of organic mushrooms for cellular rejuvenation + muscle recovery + energy)* • Flax

Beauty (hair, skin, nails)

Tocos • Spirulina • Cacao Nibs • Cacao Powder • Maca • Camu Camu • Caobab • Goji Berries • Sun Potion Adaptogens

Immunity

Açaí • Camu Camu • Goji Berries • Baobab

Protein

Plant Protein • Hemp Seeds • Bee Pollen

Health/Libido/Hormone Balancing

Maca • Sun Potion Adaptogens

Fruits and Veggies

Avocado • Berries • Banana • Kale • Spinach • etc