

**GOOD MORNING**  
what are you thriving on?

*our mission* is to

ongoingly cultivate an environment designed to nourish, inspire, and awaken all people to their fullest expression of magnificence. We say that a future of flourishing as a normal state of human affairs is a direct function of a community's generous and unstoppable stand for one another's vitality. And so, our utmost focus and commitment is the fulfillment of what it means for all people to truly THRIVE. We uphold and tend the paradigm that the Earth is exceedingly generous, bold and bountiful; that its simple harvest is the most potent and intelligent source of energy and medicine; that it dissolves the cloud cover of fog and fatigue caused by the harmful and chronic distortion of food from its true and raw form; and that it provides access to a shocking, enlivening, and previously unthinkable experience of Joy and Buoyancy, Beauty and Shine. We open our doors as an invitation for all people to shift into this paradigm. It is a distinct honor and privilege to operate a business in service to what's possible for the health of all people on the planet. We love that you are here, and look forward to being of service. Welcome to Thrive!

*break-fast bowls* :: not the usual suspects

**chia bowl** \$8  
Chia seeds, thrivalicious Almond Milk, cinnamon, fresh organic fruits, raisins, and medjool dates. Chia seeds are a muscle and tissue builder and have extensive **hydration** properties. Chia is THE BEST source for OMEGA-3 and is extremely high in fiber, calcium, vitamins, minerals, high-quality protein, and slowly processed carbohydrates. FILLING!

**incan bowl** \$8  
Be like an Incan warrior and enjoy a bowl of warm quinoa topped with fresh Almond Milk, fresh organic fruits, cinnamon, medjool dates, and raisins. Quinoa contains a balanced set of essential amino acids for humans, making it an unusually complete plant source of protein.

**berry coconut yogurt** \$7  
A generous helping of our raw, dairy-free yogurt created with coconut meat, coconut water, strawberries, marionberries, cashews, medjool dates, and jerusalem artichoke sweetener. Topped with fresh fruit. And a sprig of mint.

**rice pudding** \$8  
Made with only the best natural, raw ingredients. Our rice pudding boasts a flavor similar to classic rice pudding, but contains none of the traditional Kozy Shack ingredients like cow's milk, cream, eggs, or brown sugar. Instead, this magical bowl is made with fresh, thrivalicious almond milk, coconut meat, fresh vanilla bean, dates, cinnamon, agave, coconut oil, and sea salt. Contains quinoa, red Bhutanese rice, chia seeds, and raisins. Magically delicious.

**E3Live BrainON®**

E3Live® is 100% Aphanizomenon flos-aquae blue-green algae (AFA for short) that is an all-organic wild-harvested aqua-botanical considered by renowned health authorities to be nature's most beneficial superfood.

Physiologically, E3Live® helps restore overall body/mind balance in numerous ways. Its field of action simultaneously includes the immune, endocrine, nervous, gastro-intestinal and cardio-vascular systems. Nutritionally, E3Live® provides 64 easily absorbed vitamins, minerals and enzymes and has more biologically active chlorophyll than any known food.

**BrainON® can balance your mood and increase your focus and attention, so you can shine every day in demanding situations.**



1 oz \$3 per shot

*smoothies* 9 12 16 24

**coconutty** \$6 \$7 \$8 \$10  
Our flagship smoothie. Young coconut meat and its refreshing water hacked open, with cashews, maple syrup, and dates. True, simple, blissful. Add-ons available for \$1 each:  
• Chocolate • Vanilla Bean  
• Coconut Butter • De-caf Coffee

**nourish** \$6 \$7 \$8 \$10  
This perfect green machine is designed for one purpose alone: to dominate your body temple with micro-magic and cellular efflorescence. Made with kale, berries, banana, celery, avocado, dates, almond milk, and more!

**rapture** \$6 \$7 \$8 \$10  
Hit the spot with an infusion of antioxidants and natural alchemy. Açai and blueberries balanced with ginger, fresh vanilla bean, pineapple, and coconut water. De-stresses the body with electrolytes and ionic wizardry.

**celestial sea** \$6 \$7 \$8 \$10  
A heavenly almond-coconut delight paired with glorious greens. Young coconut blended with fresh mint, almond butter, cacao, kale, and dates. This is a protein lover's dream.

*juices* 9 12 16 24

**alive** \$4 \$5 \$6 \$8  
Experience aliveness when you drink juiced apples, carrots, parsley, and spinach.

**longevity** \$4 \$5 \$6 \$8  
A fresh juice made with apples, cucumbers, beets, and carrots.

**magenta love** \$5 \$6 \$7 \$9  
The sexiest juice you'll ever drink. Beautiful purple splendor made from apples, cucumber, beet, and a bite of ginger.

**refresh** \$4 \$5 \$6 \$8  
Guzzle a glass of green juice and your body will thank you. Cucumber, celery, kale, spinach.

**total bliss** \$5 \$6 \$7 \$9  
Bliss out on the juice of celery, carrots, ginger, and apples.

**squeeze me** \$4 \$5 \$6 \$8  
Delicious, squeezed oranges. Simply perfect.

**zrii** :: light, luster, splendor, & prosperity

Zrii™ is an Ayurvedic nutritional drink supplement endorsed by the Chopra Center. This tasty shot contains seven key elements that when consumed together can be great source for increased energy and renewed vitality. These elements are amalaki, ginger, turmeric, tulsi, schizandra, jujube, and haritaki. For centuries, Amalaki, which grows in the fertile soil at the base of the Himalayas, has been considered one of the most effective sources for promoting cellular rejuvenation, enhancing immune function, and increasing health and vitality.

**¡MUY IMPORTANTE!**

Contains a flash-pasteurized blend of pear, grape, pomegranite, and apple juice.



1 oz \$3 per shot

**thrive**  
eat • drink • live

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{ **AMAZINGLY ORGANIC** }  
a commitment to your health & longevity