

# NAP YORK



## SMOOTHIES

12 oz | 16 oz \$5.75 | \$6.75

### GREEN OMEGA ESSENTIAL

kale, mango, banana, lemon, spirulina, pea protein, and hemp seed smoothie to boost healthy omegas

### BANANA PROTEIN SATISFACTION

banana, almond butter, vanilla, maca, coconut water, coconut sugar, and protein  
Add Cold Brew \$1

### GOJI DIGESTION SAVER

gojiberry, cantaloupe, banana, orange juice, and coconut sugar

### COCOA MAGNESIUM CALMNESS

cocoa powder, banana, vanilla, maca, coconut water, and coconut sugar

### MATCHA MINERAL METABOLIZER

Japanese matcha, coconut meat, coconut water, and coconut sugar

### BERRY ANTIOXIDANT REPAIR

strawberry, raspberry, blueberry, gojiberry, açai, banana, coconut water, and coconut sugar

### PITAYA IRON OXYGENERATOR

pitaya, banana, strawberry, vanilla, coconut water, and coconut sugar



## FRESH GREEN JUICES

12 oz | 16 oz \$5.75 | \$6.75

### SERENE GREEN

fresh cucumber, green apple, kale, lemon, and ginger juice

### VITAMIN GREEN

fresh kale, celery, cucumber, apple, and orange juice

### HYDRO-GREEN

fresh cucumber, Asian pear, and green apple juice



## HEALTH BOOSTERS

2 oz \$3.25

### BULLETPROOF BOOSTER SHOT

orange, lemon, ginger, turmeric, cayenne, and black pepper

### HEART BEET BOOSTER

beet, lemon, blueberry

### ULTRA ALKALIZER BOOSTER

cucumber, kale, lemon, spirulina, and probiotic powder



## COFFEE & TEA

12 oz | 16 oz

NAP YORK TEA \$2.75 | \$3.25

COFFEE \$2.25 | \$2.75

DECAF COFFEE \$2.25 | \$2.75

AMERICANO \$2.25 | \$2.75

CAPPUCINO \$3.25 | \$3.75

LATTE \$3.25 | \$3.75

MATCHA COCOA LATTE \$3.25 | \$3.75

CHAI LATTE \$2.50 | \$2.75

REAL HOT CHOCOLATE \$3.25 | \$3.75



 **BREAKFAST**

**SUNRISE ENERGY SMOOTHIE BOWL** \$7.25

berry antioxidant repair smoothie topped with fresh seasonal fruit and granola

**ALMOND BLUEBERRY OATRAGEOUS OVERNIGHT OATS** \$4.50

old-fashioned rolled oats, almond milk, chia seeds, coconut sugar and ground flax seeds, topped with blueberries and almond butter

**CHOCOLATE FIBERLICIOUS CHIA SEED PUDDING** \$3.45

almond milk, chia seeds, cacao powder, maple syrup, vanilla, cinnamon, and salt

**GOLDEN DAWN WHIPPED TURMERIC CHIA PUDDING** \$3.25

cashew milk, chia seeds, coconut sugar and ground turmeric topped with chopped mango, unsweetened coconut flakes, and black pepper

**YOGURT PARFAIT CUP** \$3.50

organic greek yogurt, seasonal berries sprinkled with granola

 **BAKERY****COOKIES**

**BREAKFAST ENERGY** \$3.50

**VEGAN CHOCOLATE CHIP WALNUT** \$3.50

**VEGAN OATMEAL RAISIN** \$3.50

**MUFFINS**

**VEGAN BANANA BLUEBERRY** \$3.50

**VEGAN HARVEST** \$3.50

**VEGAN STRAWBERRY PEACH** \$3.50

**BARS**

**5 INGREDIENT RASPBERRY HAZELNUT** \$3.50

**GRANOLA FRUIT** \$3.50

**GRASSROOTS** \$3.50

**VEGAN CHOCOLATE CHUNK BROWNIE** \$3.50

**PEANUT BUTTER CUP POWER BALLS** \$3.50





## LUNCH

### GREEKIN' GOOD CAULIFLOWER RICE BOWL

cauliflower rice, chopped parsley, mint, Kalamata olives and sundried tomatoes, shredded English cucumber, crumbled feta cheese, red wine

\$4.85

### MMMEXICAN BUDDHA BOWL

cilantro lime cauliflower rice, black bean corn salad, cabbage slaw, crumbled cotija cheese, fresh pico de gallo, toasted pepitas, sliced avocado

\$7.50

### ITALIAN ZOODLE SALAD

zucchini and carrot noodles, sliced provolone cheese, salami, chopped sundried tomatoes, chopped marinated artichoke hearts and red wine vinaigrette

\$5.45

### ALL HAIL THE CASHEW KALE CAESAR

stemmed, chopped curly kale, cashew hemp parmigiana cheese, sliced avocado, hemp caesar dressing

\$7.50

### BOSIE KALE SALAD

Kale leaves, cucumber, tomatoes, and pomegranate, with cilantro dressing

\$7.50

### EMPIRE STATE OF LOX SANDWICH

pumpernickel bread, smoked salmon, plain cream cheese, thinly sliced fresh tomato, thinly sliced red onion, everything bagel seed mix, baby arugula

\$7.25

### T3P SANDWICH

multigrain bread, sliced roasted turkey, basil pesto, olive and sundried tomato tapenade, sliced provolone cheese, baby arugula

\$6.75

### T3P COLLARD WRAP

sliced roasted turkey, basil pesto, olive and sundried tomato tapenade, sliced provolone cheese, baby arugula, wrapped in a giant collard green leaf

\$5.75

### BEET HUMMUS MEZZE

almond butter beet hummus paired with crudité

\$4.75

### SCOOP OF EGG SALAD

eggs, mayonnaise, thyme

\$1.75

### SCOOP OF CHICKEN SALAD

chicken, mayonnaise, thyme

\$2.25

