



goodlife
ORGANIC KITCHEN

Superfood Bar & Juicery



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HEALTH = WEALTH

We make it our priority to find the healthiest ingredients from the best sources. That means we strive to source as close to **100% ORGANIC** as possible. All of our food scraps are composted for use by Blended Acres Homestead in Exeter, PA.

smoothies

STEP 1: PICK YOUR BLEND

SWEET CHIA OF MINE 8.95

blueberries • strawberries • açai • chia seeds • pure maple syrup

GOJIING GREEK 8.95

strawberries • banana • goji berries • vanilla bean Greek yogurt • hemp seeds

THE HULK 8.95

kale • banana • matcha (ceremonial grade) • MCT oil • coconut milk powder • moringa • dates • vanilla extract

NITRO BOOST (100mg caffeine) 8.95

nitro cold brew • banana • cacao • maca • ceylon cinnamon • dates • Valencia peanut butter

TROPICAL BUZZ 8.95

pineapple • banana • coconut butter • MCT oil • bee pollen • turmeric • ginger

BERRY NUTTY 9.95

strawberries and/or blueberries • banana • bone broth keto protein (vanilla) • pure maple syrup • Valencia peanut butter

BUSTIN' YO NUTS 9.95

banana • raw almond butter • cacao • raw honey • hemp protein

BLUE SPIRULINA BLISS 9.95

banana • avocado • E3Live blue majik spirulina • bone broth keto protein (vanilla) • pure maple syrup • vanilla extract

GIMME DAT FAT 9.95

blueberries • avocado • raw almond butter • coconut butter • raw honey

TROPIC LIKE IT'S HOT 9.95

strawberries • açai • pink dragon fruit • Valencia peanut butter • triple dark chocolate sauce • raw honey

STEP 2: CHOOSE YOUR MILK

ALMOND • OAT (GF) • BANANA

STEP 3: ADD SOME SUPERFOODS

AÇAI • ASHWAGANDHA • AVOCADO • BEE POLLEN • CACAO • CHIA SEEDS • CHLORELLA • COCONUT BUTTER • FLAX SEEDS • GOJI BERRIES • GOLDEN MILK BLEND • HEMP SEEDS • MACA • MATCHA (CEREMONIAL GRADE) • MORINGA • WHEATGRASS +1

E3LIVE BLUE MAJIK SPIRULINA • RAW ALMOND BUTTER • RAW HAZLENUT BUTTER • VALENCIA PEANUT BUTTER +2

STEP 4: PROTEIN BAR

CHOCOLATE OR VANILLA WHEY PROTEIN • HEMP PROTEIN (V) • MULTI COLLAGEN PROTEIN • SUPERGREENS PROTEIN (V) • VANILLA BONE BROTH KETO PROTEIN +2

PEANUT BUTTER CUP WHEY PROTEIN +3

25MG STICKY BUD ORGANICS FULL-SPECTRUM CBD (LOCAL) +3

smoothie shakes

Fox Meadows Creamery • Ephrata, PA

CHOCOLATE PB BANANA 8.95

peanut butter cup ice cream blended with banana, Valencia peanut butter + cacao nibs

BERRY CRUNCH 8.95

Madagascan vanilla ice cream blended with blueberries, açai + gluten free granola

STRAWBERRY BANANA 8.95

Madagascan vanilla ice cream blended with strawberries, banana + raw honey

ADD WHIPPED CREAM (LOCAL) +1

smoothie bowls

STEP 1: PICK YOUR BLEND

GOLDEN GLO 8.95

pineapple • banana • chia seeds • MCT oil • coconut milk powder • turmeric • ginger

HAKUNA MATATA 8.95

açai • strawberries • pineapple • banana • ashwagandha

GREENA COLADA 8.95

pineapple • banana • coconut butter • kale • moringa

MOTHER OF DRAGONS 8.95

pink dragon fruit • strawberries • banana • dates

YOU'RE MY BOY, BLUE 8.95

blueberries • E3Live blue majik spirulina • banana • pineapple • raw honey

PUNCH IN THE FACE (100mg caffeine) 8.95

nitro cold brew coffee • banana • avocado • maca • pure maple syrup • cacao • Valencia peanut butter

ALMOND BUTTA JELLY TIME 8.95

strawberries • banana • raw almond butter • cacao

BERRY FIRST DATE 8.95

açai • blueberries • banana • dates

JAM SESH 8.95

blueberries • strawberries • banana • Valencia peanut butter

STEP 2: CHOOSE YOUR MILK

ALMOND • OAT (GF) • BANANA

STEP 3: SELECT TOPPINGS

BANANA • CHIA SEEDS • COCONUT FLAKES • FLAX SEEDS • HEMP SEEDS • SUNFLOWER SEEDS +.75

BEE POLLEN • CACAO NIBS • COOKIE DOUGH • GLUTEN FREE GRANOLA • GOJI BERRIES • HEIRLOOM PUMPKIN SEEDS • PURE MAPLE SYRUP • RAW HONEY • WHIPPED CREAM (LOCAL) +1

CHOCOLATE COVERED ESPRESSO BEANS • RAW WALNUTS • STRAWBERRIES • VALENCIA PEANUT BUTTER +1.50

BLUEBERRIES • RAW ALMOND BUTTER • RAW HAZLENUT BUTTER • TRIPLE DARK CHOCOLATE SAUCE +2

STEP 4: ADD SOME SUPERFOODS

AÇAI • ASHWAGANDHA • AVOCADO • COCONUT BUTTER • CHLORELLA • GOLDEN MILK BLEND • MACA • MATCHA (CEREMONIAL GRADE) • MORINGA • WHEATGRASS +1

E3LIVE BLUE MAJIK SPIRULINA +2

STEP 5: PROTEIN BAR

CHOCOLATE OR VANILLA WHEY PROTEIN • HEMP PROTEIN (V) • MULTI COLLAGEN PROTEIN • SUPERGREENS PROTEIN (V) • VANILLA BONE BROTH KETO PROTEIN +2

PEANUT BUTTER CUP WHEY PROTEIN +3

25MG STICKY BUD ORGANICS FULL-SPECTRUM CBD (LOCAL) +3

cookie dough

Taylor Chip • Lancaster, PA

EDIBLE CHOCOLATE CHIP COOKIE DOUGH 8.95

Choose 3 toppings from list below

baked oatmeal

Infused with maca + ashwaganda

SUPERFOOD BAKED OATMEAL ^{GF} 8.95

Choose 3 toppings from list below

greek yogurt parfait

Wholesome Dairy Farms • Douglassville, PA

VANILLA BEAN GREEK YOGURT PARFAIT 8.95

Choose 3 toppings from list below

TOPPINGS

BANANA • BEE POLLEN • BLUEBERRIES • CACAO NIBS • CEYLON CINNAMON • CHIA SEEDS • CHOCOLATE COVERED ESPRESSO BEANS • COCONUT FLAKES • FLAX SEEDS • GLUTEN FREE GRANOLA • GOJI BERRIES • HEIRLOOM PUMPKIN SEEDS • HEMP SEEDS • PURE MAPLE SYRUP • RAW ALMOND BUTTER • RAW HAZLENUIT BUTTER • RAW HONEY • RAW WALNUTS • STRAWBERRIES • SUNFLOWER SEEDS • VALENCIA PEANUT BUTTER • VANILLA BEAN GREEK YOGURT • WHIPPED CREAM (LOCAL)

ADDITIONAL TOPPINGS +1

french toast

Daily Loaf • Hamburg, PA

SOURDOUGH MILK BREAD FRENCH TOAST 4.50

1 slice baked with ghee • served with pure maple syrup

STEP 1: SELECT TOPPINGS

BANANA • BEE POLLEN • CACAO NIBS • CEYLON CINNAMON • CHIA SEEDS • COCONUT FLAKES • FLAX SEEDS • GLUTEN FREE GRANOLA • GOJI BERRIES • HEIRLOOM PUMPKIN SEEDS • HEMP SEEDS • SUNFLOWER SEEDS +.50

BLUEBERRIES • CHOCOLATE COVERED ESPRESSO BEANS • COOKIE DOUGH • PURE MAPLE SYRUP (EXTRA) • RAW ALMOND BUTTER • RAW HAZLENUIT BUTTER • RAW HONEY • RAW WALNUTS • STRAWBERRIES • VALENCIA PEANUT BUTTER • VANILLA BEAN GREEK YOGURT • WHIPPED CREAM (LOCAL) +1

bread n' spreads

Daily Loaf • Hamburg, PA

STEP 1: PICK YOUR BREAD

COUNTRY FRENCH SOURDOUGH ^V • MULTIGRAIN SOURDOUGH ^V

GLUTEN FREE BREAD ^V +.75

STEP 2: PICK YOUR SPREAD

GUAC N' SEEDS ^V 6.95

mild green chile guacamole spread topped with microgreens, heirloom pumpkin seeds, hemp seeds, sunflower seeds, extra virgin olive oil and sea salt

CHEESY GUACAMOLE ^V 7.95

mild green chile guacamole spread topped with Miyoko's Creamery vegan cheese, microgreens, balsamic drizzle and sea salt

BALSAMIC HUMMUS ^V 6.95

lemon garlic hummus spread topped with beets, sweet potatoes, sunflower seeds, balsamic drizzle and sea salt

CHOCOLATE PB & J PARTY 6.95

cacao + coconut butter spread topped with banana, strawberries, Valencia peanut butter and raw honey

DARK CHOCOLATE COCONUT CRUNCH ^V 6.95

cacao + coconut butter spread topped with banana, gluten free granola, raw almond butter and coconut flakes

^{GF} GLUTEN FREE | ^V VEGAN



Need spice in your life? Locally sourced hot sauce available!

quinoa power bowls

BRUNCH BOWL ^{GF} 11.95

sprouted quinoa • pastured scrambled eggs • pastured smoked bacon • raw smoked cheddar cheese • grassfed ghee

GLO GRAIN BOWL ^{GF} ^V 10.95

sprouted quinoa • black beans • hemp seeds • heirloom pumpkin seeds • mild green chile guacamole • lemon garlic hummus • microgreens • kale • lemon juice • extra virgin olive oil

HARVEST BOWL ^{GF} ^V 10.95

sprouted quinoa • black beans • sweet potatoes • beets • extra virgin olive oil • Miyoko's Creamery vegan cheese • sunflower seeds • balsamic drizzle

sandwiches

Daily Loaf • Hamburg, PA

STEP 1: PICK YOUR BREAD

COUNTRY FRENCH SOURDOUGH ^V • MULTIGRAIN SOURDOUGH ^V

GLUTEN FREE BREAD ^V +1.50

STEP 2: PICK YOUR SANDWICH

Add Guacamole or Hummus +2

THE B.L.E. 11.95

pastured smoked bacon • pastured scrambled eggs • mixed greens • mild green chile guacamole • mayo

BACON, EGG & CHEESE 11.95

pastured smoked bacon • pastured scrambled eggs • raw smoked cheddar • grassfed ghee

SMOKY N' SPICY EGG & CHEESE 10.95

pastured scrambled eggs • raw smoked cheddar • smoked onion jam • sriracha mayo add bacon +3

BACON ME CRAZY 11.95

pastured smoked bacon • Valencia peanut butter • triple dark chocolate sauce • banana • strawberries • raw honey drizzle

BEET & QUINOA BURGER ^V 11.95

housemade burger • lemon garlic hummus • microgreens • balsamic drizzle add vegan cheese +2

SWEET POTATO & BLACK BEAN BURGER ^V 11.95

housemade burger • chipotle vegan mayo • mild green chili guacamole • mixed greens add vegan cheese +2

SEEDS & CHEESE ^V 11.95

mild green chile guacamole • lemon garlic hummus • microgreens • Miyoko's Creamery vegan cheese • heirloom pumpkin seeds • hemp seeds • sunflower seeds • balsamic drizzle

STEP 3: PICK YOUR SIDE

SERVED WITH CHIPS • SIDE SALAD OR BREAKFAST POTATOES +1

salads

Half Salad \$5.95

STEP 1: CHOOSE YOUR SALAD

SUPERCHARGED MASSESSED KALE 10.95

kale • extra virgin olive oil • lemon juice • goji berries • raw walnuts • bee pollen • heirloom pumpkin seeds • hemp seeds • lightly seasoned

ANTIOXIDANT 10.95

mixed greens • raw walnuts • sunflower seeds • strawberries • blueberries • pomegranate honey vinaigrette

HARVEST ^V 11.95

mixed greens • black beans • sweet potatoes • beets • Miyoko's Creamery vegan cheese • sunflower seeds • balsamic vinaigrette

STEP 2: ADD SOME PROTEIN OR HEALTHY FATS

GUACAMOLE • HUMMUS +2

BEET & QUINOA BURGER ^{GF} ^V • SWEET POTATO & BLACK BEAN BURGER ^{GF} ^V +5

seasonal soups



8oz 4.50

12oz 6.50

16oz 8.50

cold-pressed juices

Rijuce • Lancaster, PA

ORANGE YOU GLAD

mandarin orange • turmeric • apple • lime • lemon

A MILLION BUCKS

spinach • kale • apple • lemon

STRAWBERRY SAM

strawberry • basil • apple • lemon • lime

RED ROSE

red beet • pineapple • apple • carrot • ginger

GOOD MOOD

celery • collard greens • kale • swiss chard • cucumber • parsley • lime • apple

10 oz bottle 5 1 liter bottle 12

Wildcrafter superfood coffee

The First Certified Recyclable K-Cup in the US

Organic • Botanically Infused

STEP 1: PICK YOUR BLEND

#1 INNER WARRIOR 3

100% organic, fair trade Arabica coffee • maca • rhodiola • lion's mane mushroom

benefit: sustainable energy

#2 CREATIVE GENIUS 3

100% organic, fair trade Arabica coffee • ashwagandha • bacopa

benefit: enhanced focus

#3 IMMUNE SHIELD 3

100% organic, fair trade Arabica coffee • elderberry • astragalus • reishi mushroom

benefit: immune defense

#4 SPIRITUAL CHILL (DECAF) 3

100% organic, fair trade Arabica coffee • holy basil • chamomile • passionflower

benefit: finding calm

STEP 2: ADD SOME SUPERFOODS

COCONUT BUTTER • GHEE • GOLDEN MILK BLEND +1

STEP 3: PROTEIN BAR

CHOCOLATE OR VANILLA WHEY PROTEIN • HEMP PROTEIN (V) • MULTI COLLAGEN PROTEIN • SUPERGREENS PROTEIN (V) • VANILLA BONE BROTH KETO PROTEIN +2

PEANUT BUTTER CUP WHEY PROTEIN +3

25MG STICKY BUD ORGANICS FULL-SPECTRUM CBD (LOCAL) +3

loose leaf teas

Ask about our current selections!

AKRON HOUSE TEA 3

organic • handcrafted • small batch • Temple, PA

LANCASTER FARMACY TEA 3

organically grown • ethically wildcrafted • Strasburg, PA

25MG STICKY BUD ORGANICS FULL-SPECTRUM CBD (LOCAL) +3

superfood specialty drinks

PRESIDENTIAL COFFEE (50mg caffeine) 6

served hot • chaga mocha coffee • coconut butter • ghee • keto bone broth protein (vanilla) • pure maple syrup

Named after Courtnie Nein, President of Good Life Companies, and consumed daily, this superfood drink clears brain fog and enhances mood to tackle anything in your way.

KAAGINATOR (150mg caffeine) 6*

served iced • nitro cold brew coffee • cacao • keto bone broth protein (vanilla) • ceylon cinnamon • pure maple syrup • choice of milk

Named after Craig Kaag, founder of the IM Able Foundation, this superfood drink will give you the fuel you need to overcome any obstacle. *20% of proceeds are donated to the IM Able Foundation

NITRO COLD BREW MACA LATTE (150mg caffeine) 6

served iced • nitro cold brew coffee • maca • pure maple syrup • choice of milk

ASHWAGANDHA LAVENDER COLD BREW LATTE 6 (150mg caffeine)

served iced • nitro cold brew coffee • ashwagandha • lavender simple syrup • pure maple syrup • choice of milk

SPICY TURMERIC LEMONADE 5

served hot or iced • turmeric cayenne simple syrup • lemon juice • pure maple syrup purified water

25MG STICKY BUD ORGANICS FULL-SPECTRUM CBD (LOCAL) +3

functional latte elixirs

*Served hot or iced

STEP 1: CHOOSE YOUR MILK + SWEETENER

ALMOND • OAT (GF) • BANANA

PURE MAPLE SYRUP • RAW HONEY

STEP 2: PICK YOUR BLEND

MATCHA 6

matcha (ceremonial grade) • MCT oil • coconut milk powder

benefits: calm • focus • energy

MUD\WTR 6

masala chai • cacao • ceylon cinnamon • turmeric • Himalayan sea salt • chaga • reishi • cordyceps • lion's mane

benefits: mental • physical • emotional well-being

GOLDEN MILK (caffeine free) 6

turmeric • ginger • MCT oil • coconut milk powder • ceylon cinnamon • cardamom • vanilla • Himalayan salt • black pepper

benefits: anti-inflammatory • antioxidants • energy

BLUE MAJIK 6

E3Live blue majik spirulina • bone broth keto protein (vanilla) • vanilla extract

benefits: nature's multivitamin • antioxidants • vitality

FOUR SIGMATIC MUSHROOM CHAI (caffeine free) 6

turkey tail • reishi • ceylon cinnamon • cardamom • ginger • clove • coconut milk powder

benefits: antioxidants • immunity • digestion

MUSHROOM MOCHA 6

cacao • MCT oil • coconut milk powder • Arabica bean coffee • maca • mesquite powder • reishi • lion's mane • chaga

benefits: antioxidants • immunity • mood

25MG STICKY BUD ORGANICS FULL-SPECTRUM CBD (LOCAL) +3

our local vendors

Akron House Tea
Barefoot Botanicals
Breakaway Farms
Conebella Farm
Daily Loaf Bakery
Earth Fed Muscle
Epic Acre Farm
Fox Meadows Creamery
Front Porch Baking Co.
Goose Lane Egg Farm
Half Dozen Cafe

Lancaster Farmacy
Lancaster Farm Fresh Co-op
Natural by Nature
Patterson Farms
Rijuce
Small Batch Kitchen
Sticky Bud Organics
Swarmbustin' Honey
Swartz Farm
Taylor Chip
Wholesome Dairy Farms



Superfood Bar & Juicery

superfood ingredients reference guide

ACAI (BERRY)

Antioxidants + Omega 3s + Energy

ALMOND BUTTER (TRULY RAW)

Vitamin E + Healthy Fats + Fiber + Protein Rich + Probiotics

ASHWAGANDHA (HERB)

Stress + Anti-Inflammatory + Energy + Concentration

BAOBAB

Antioxidants + Fiber + Protein Rich + Blood Sugar

BONE BROTH KETO PROTEIN

(Chicken Bone Broth • MCTs • Ashwagandha • Apple Cider Vinegar • Ginger • Reishi)

Protein Rich + Healthy Fats + Stress + Metabolism + Energy

CACAO (RAW)

Antioxidants + Mood + Energy + Healthy Fats + Fiber

CBD (CANNABIDIOL)

Pain + Anti-Inflammatory + Stress + Sleep + Anxiety

CEYLON CINNAMON (TRUE CINNAMON)

Antioxidants + Metabolism + Energy + Well-Being

CHAGA (KING OF MUSHROOMS)

Immunity + Antioxidants + Energy + Well-Being

CHIA SEEDS

Omega 3s + Heart Health + Energy + Fiber + Protein Rich

CHLORELLA (BLUE GREEN ALGAE)

Chlorophyll + Immunity + Protein Rich

COCONUT BUTTER

Healthy Fats + Brain + Energy + Weight + Cholesterol

CORDYCEPS (MUSHROOM)

Energy + Stamina + Athletic Performance + Antioxidants

E3LIVE BLUE MAJIC SPIRULINA (BLUE GREEN ALGAE)

Nature's Multivitamin + Antioxidants + Anti-Inflammatory

FLAX SEEDS

Omega 3s • Immunity + Protein Rich + Fiber

GHEE (GRASS FED)

Healthy Fats + Antioxidants + Anti-Inflammatory + Weight + Digestion

GOJI BERRIES

Antioxidants + Energy + HGH + Libido

GOLDEN BERRIES (INCAN BERRIES)

Antioxidants + Anti-Inflammatory + Bioflavonoids

GOLDEN MILK BLEND

(Coconut Milk Powder • MCT Oil • Turmeric • Ceylon Cinnamon • Ginger • Cardamom • Black Pepper • Vanilla • Himalayan Salt)

Anti-Inflammatory + Antioxidants + Joints + Digestion + Stress

HEMP PROTEIN

Protein Rich + Healthy Fats + Fiber + Muscles + Heart

HEMP SEEDS

Protein Rich + Immunity + Heart + Omega 3s

LION'S MANE (MUSHROOM)

Memory + Concentration + Focus

MACA (ROOT)

Hormone Balance + Energy + Athletic Performance + Libido

MATCHA GREEN TEA (CEREMONIAL GRADE)

Chlorophyll + Antioxidants + Energy + Calm + Mind

MORINGA (LEAF)

Detoxification + Energy + Immunity + Stress + Vision

MULTI-COLLAGEN PROTEIN (TASTELESS, ODORLESS)

Protein Rich + Joints + Gut + Skin + Hair + Nails

PATTERSON FARMS MAPLE SYRUP (TIOGA COUNTY)

Antioxidants + Heart + Immunity

PITAYA (PINK DRAGON FRUIT)

Fiber + Antioxidants + Energy

PUMPKIN SEEDS (HEIRLOOM)

Mood + Well-Being + Sleep + Heart + Immunity

REISHI (QUEEN OF MUSHROOMS)

Stress + Sleep + Relaxation + Calm

RHODIOLA (HERB)

Stress + Energy + Anxiety + Brain

SCHISANDRA

Antioxidants + Stress + Immunity + Blood Sugar + Anti-Aging

SUNFLOWER SEEDS

Antioxidants + Healthy Fats + Fiber + Protein Rich

SUPERGREENS PROTEIN

(Pea Protein • Hemp Seed Protein • Almond Protein • Pumpkin Protein • Spirulina • Chlorella • Wheat Grass • Alfalfa • Kale • Spinach • Parsley Broccoli • Kelp • Dulce • Enzymes • Probiotics)

Chlorophyll + Alkalinity + Detoxification + Immunity + Digestion + Energy

SWARMBUSTIN' BEE POLLEN (CHESTER COUNTY)

Complete Protein + Immunity + Allergies + Energy

SWARMBUSTIN' TOTALLY RAW HONEY

Enzymes + Energy + Allergies + Antiseptic + Antimicrobial

TULSI (HOLY BASIL)

Mood + Digestion + Energy

TURKEY TAIL (MUSHROOM)

Immunity + Antioxidants + Gut

WALNUTS

Antioxidants + Anti-Inflammatory + Healthy Fats + Protein Rich + Fiber

WHEATGRASS

Chlorophyll + Antioxidants + Anti-Inflammatory + Blood Sugar