smoothee bowls
Add your favorite toppings from the options below!

HAKUNA MATATA  8.95
açaí • strawberries • pineapple • banana • ashwagandha

GREEÑA COLADA  8.95
pineapple • banana • coconut butter • kale • moringa

BERRY FIRST DATE  8.95
açaí • blueberries • banana • dates

JAM SESH  8.95
blueberries • strawberries • banana • Valencia peanut butter

ALMOND BUTTA JELLY TIME  10.95
strawberries • banana • raw almond butter • cacao

MOTHER OF DRAGONS  10.95
pink dragon fruit • strawberries • banana • dates

YOU’RE MY BOY, BLUE  10.95
blueberries • blue spirulina • banana • pineapple • raw honey

PUNCH IN THE FACE  10.95
100mg caffeine • nitro cold brew coffee • banana • avocado • maca • pure maple syrup • cacao • Valencia peanut butter

Greek yogurt parfait

VANILLA BEAN GREEK YOGURT PARFAIT  8.95
Choose 3 toppings below at no additional cost, additional toppings $1

Baked oatmeal
Infused with maca + ashwagandha

SUPERFOOD BAKED OATMEAL  8.95
Choose 3 toppings below at no additional cost, additional toppings $1

Smoothies
Add your favorite mix-ins from the options below!

SWEET CHIA OF MINE  8.95
blueberries • strawberries • açaí • 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  8.95
100mg caffeine • nitro cold brew • banana • cacao • maca • ceylon cinnamon • dates • Valencia peanut butter

BERRY NUTTY  10.95
strawberries and/or blueberries • banana • bone broth keto protein (vanilla) • pure maple syrup • Valencia peanut butter

BUSTIN’ YO NUTS  10.95
banana • raw almond butter • cacao • raw honey • hemp protein

BLUE SPIRULINA BLISS  10.95
banana • avocado • blue spirulina • pure maple syrup • vanilla extract • vanilla bone broth keto protein

GIMME DAT FAT  10.95
blueberries • avocado • raw almond butter • coconut butter • raw honey

TROPIC LIKE IT’S HOT  10.95
strawberries • açaí • pink dragon fruit • Valencia peanut butter • triple dark chocolate sauce • raw honey

Kid’s menu
Take $2 off menu price! Children 12 and under.

8OZ SMOOTHIE
12OZ SMOOTHIE BOWL

Toppings Selections
BANANA • BEE POLLEN • CHIA SEEDS • CACAO NIBS • COCONUT FLAKES • FLAX SEEDS • GLUTEN FREE GRANOLA • GOJI BERRIES • HEIRLOOM PUMPKIN SEEDS • HEMP SEEDS • PURE MAPLE SYRUP • RAW HONEY • SUNFLOWER SEEDS
WHIPPED CREAM  +1
BLUEBERRIES • CHOCOLATE COVERED ESPRESSO BEANS • RAW ALMOND BUTTER • RAW HAZELNUT BUTTER • RAW WALNUTS • STRAWBERRIES • TRIPLE DARK CHOCOLATE SAUCE • VALENCIA PEANUT BUTTER  +2

Superfood + Protein Mix-ins
AÇAÍ • ASHWAGANDHA • AVOCADO • CHLORELLA • COCONUT BUTTER • MACA • MATCHA (CEREMONIAL GRADE) • MFKW Moringa WHEATGRASS  +1
BLUE SPIRULINA • CHOCOLATE OR VANILLA WHEY PROTEIN • HEMP PROTEIN  • MULTI COLLAGEN PROTEIN • SUPPERGREENS PROTEIN  • VANILLA BONE BROTH KETO PROTEIN  +2
ADD 25MG LOCAL ORGANIC FULL-SPECTRUM CBD TO ANY SMOOTHIE, SMOOTHIE BOWL OR DRINK  +3
seasonal soups
Ask about our current selections!

CUP/BOWL  6.50/8.50

salads

SUPERCHARGED MASSAGED 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  11.95
mixed greens • black beans • sweet potatoes • beets
vegan cheese • sunflower seeds • balsamic vinaigrette

PROTEIN + HEALTHY FATS
GUACAMOLE OR HUMMUS +2
BEEF AND QUINOA BURGER OR
SWEET POTATO BLACK BEAN BURGER +5

quinoa power bowls

BRONCH BOWL  11.95
sprouted quinoa • pastured scrambled eggs • pastured smoked
bacon • raw smoked cheddar cheese • grassfed ghee

GLO GRAIN BOWL  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  10.95
sprouted quinoa • black beans • sweet potatoes • beets • extra
virgin olive oil • vegan cheese • sunflower seeds • balsamic drizzle

breads n’ spreads
Ask about our current bread options!

GUAC N’ SEEDS  6.95
mild green chile guacamole spread • microgreens • heirloom
pumpkin seeds • hemp seeds • sunflower seeds • extra virgin
olive oil • sea salt

CHEESY GUACAMOLE  7.95
mild green chile guacamole spread • vegan cheese
microgreens • balsamic drizzle • sea salt

BALSAMIC HUMMUS  6.95
lemon garlic hummus spread • beets • sweet potatoes
sunflower seeds • balsamic drizzle • sea salt

CHOCOLATE PB & J PARTY  6.95
cacao + coconut butter spread • banana • strawberries
Valencia peanut butter • raw honey

DARK CHOCOLATE COCONUT CRUNCH  6.95
cacao + coconut butter spread • banana • gluten free granola
raw almond butter • coconut flakes

sandwiches
Served with chips. Ask about our current bread options!

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

BEET & QUINOA BURGER  11.95
housemade burger • lemon garlic hummus • microgreens
balsamic drizzle • add vegan cheese +2

SWEET POTATO BLACK BEAN BURGER  11.95
housemade burger • chipotle vegan mayo • mild green chili
guacamole • mixed greens • add vegan cheese +2

SEEDS & CHEESE  11.95
mild green chile guacamole • lemon garlic hummus
microgreens • vegan cheese • heirloom pumpkin seeds
hemp seeds • sunflower seeds • balsamic drizzle

SIDES
SIDE SALAD OR BREAKFAST POTATOES +1
GUACAMOLE OR HUMMUS +2

cold-pressed juices
Rijuice • Lancaster, PA

ORANGE YOU GLAD  5
mandarin orange • turmeric • apple • lime • lemon

A MILLION BUCKS  5
spinach • kale • apple • lemon

STRAWBERRY SAM  5
strawberry • basil • apple • lemon • lime

RED ROSE  5
red beet • pineapple • apple • carrot • ginger

GOOD MOOD  5
celery • collard greens • kale • swiss chard • cucumber
parsley • lime • apple

1 LITER BOTTLE  12
four sigmatic superfood coffee
Made with 100% organic Arabica beans • light/medium roast

#1 CORDYCEPS + CHAGA
benefits: energy, stamina + performance

#2 LION’S MANE + CHAGA + RHODIOLA
benefits: productivity, focus + creativity

#3 TULSI + ASHWAGANDA + ELEUTHERO + CINNAMON
benefits: balance, calm + anti-stress

ADD SUPERFOODS + PROTEIN
COCONUT BUTTER • GHEE +1
CHOCOLATE OR VANILLA WHEY PROTEIN • HEMP PROTEIN
MULTI COLLAGEN PROTEIN • SUPERGREENS PROTEIN
VANILLA BONE BROTH KETO PROTEIN +2
25MG LOCAL ORGANIC FULL-SPECTRUM CBD +3

loose leaf teas
Ask about our current selections!
LANCASTER FARMACY TEA
organically grown • ethically wildcrafted • Strasburg, PA

superfood specialty drinks
PRESIDENTIAL COFFEE
50mg caffeine • served hot • chaga mocha coffee • coconut butter ghee • keto bone broth protein (vanilla) • pure maple syrup

THE KAAGINATOR
150mg caffeine • served hot or iced • nitro cold brew coffee cacao • vanilla keto bone broth protein • ceylon cinnamon pure maple syrup

NITRO COLD BREW MACA LATTE
150mg caffeine • served hot or iced • nitro cold brew coffee • maca • pure maple syrup

ASHWAGANDHA LAVENDER LATTE
150mg caffeine • served hot or iced • nitro cold brew coffee ashwagandha • lavender simple syrup • pure maple syrup

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

functional latte elixirs
Served hot or iced. Ask about milk + sweetener options!

MATCHA LATTE
matcha (ceremonial grade) • MCT oil • coconut milk powder
benefits: calm, focus + energy

MOCHA LATTE
caffeine free • cacao • reishi • ceylon cinnamon • cardamom
benefits: antioxidants, immunity + mood

BLUE MAWIK LATTE
E3Live blue majic spirulina • bone broth keto protein (vanilla) vanilla extract
benefits: nature’s multivitamin, antioxidants + vitality

MUD\WTR LATTE
masala chai • cacao • ceylon cinnamon • turmeric Himalayan sea salt • chaga • reishi • cordyceps • lion’s mane
benefits: mental, physical + emotional well-being

We are proud to serve Vegan 🟢 and Gluten-Free 🟡 options!*

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 while emphasizing support of small, local farms and vendors.

Ask to see our current list of local vendors!

goodlifeorganickitchen.com

*WHILE WE TAKE STEPS TO MINIMIZE THE RISK OF CROSS CONTAMINATION, WE CANNOT GUARANTEE THAT ANY OF OUR PRODUCTS ARE SAFE TO CONSUME FOR PEOPLE WITH ALLERGIES SUCH AS PEANUT, TREE NUT, SOY, MILK, EGG OR WHEAT ALLERGIES.
<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Benefits and Nutrients</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACAI (BERRY)</td>
<td>Antioxidants, Omega 3s + Energy</td>
</tr>
<tr>
<td>ALMOND BUTTER (TRULY RAW)</td>
<td>Vitamin E, Healthy Fats, Fiber, Protein Rich + Probiotics</td>
</tr>
<tr>
<td>ASHWAGANDHA (HERB)</td>
<td>Stress, Anti-Inflammatory, Energy + Concentration</td>
</tr>
<tr>
<td>BAOBAB</td>
<td>Antioxidants, Fiber, Protein Rich + Blood Sugar</td>
</tr>
<tr>
<td>BEE POLLEN</td>
<td>Complete Protein, Immunity, Allergies + Energy</td>
</tr>
<tr>
<td>BLUE SPIRULINA (BLUE GREEN ALGAE)</td>
<td>Nature's Multivitamin, Antioxidants + Anti-Inflammatory</td>
</tr>
<tr>
<td>BONE BROTH KETO PROTEIN</td>
<td>(Chicken Bone Broth • MCTs • Ashwagandha • Apple Cider Vinegar • Ginger • Reishi) Protein Rich, Healthy Fats, Stress, Metabolism + Energy</td>
</tr>
<tr>
<td>CACAO (RAW)</td>
<td>Antioxidants, Mood, Energy, Healthy Fats + Fiber</td>
</tr>
<tr>
<td>CBD (CANNABIDIOL)</td>
<td>Pain, Anti-Inflammatory, Stress, Sleep + Anxiety</td>
</tr>
<tr>
<td>CEYLON CINNAMON (TRUE CINNAMON)</td>
<td>Antioxidants, Metabolism, Energy + Well-Being</td>
</tr>
<tr>
<td>CHAGA (KING OF MUSHROOMS)</td>
<td>Immunity, Antioxidants, Energy + Well-Being</td>
</tr>
<tr>
<td>CHIA SEEDS</td>
<td>Omega 3s, Heart Health, Energy, Fiber + Protein Rich</td>
</tr>
<tr>
<td>CHLORELLA (BLUE GREEN ALGAE)</td>
<td>Chlorophyll, Immunity + Protein Rich</td>
</tr>
<tr>
<td>COCONUT BUTTER</td>
<td>Healthy Fats, Brain, Energy, Weight + Cholesterol</td>
</tr>
<tr>
<td>CORDYCEPS (MUSHROOM)</td>
<td>Energy, Stamina, Athletic Performance + Antioxidants</td>
</tr>
<tr>
<td>FLAX SEEDS</td>
<td>Omega 3s, Immunity, Protein Rich + Fiber</td>
</tr>
<tr>
<td>GHEE (GRASS FED)</td>
<td>Healthy Fats, Antioxidants, Anti-Inflammatory, Weight + Digestion</td>
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<tr>
<td>GOJI BERRIES</td>
<td>Antioxidants, Energy, HGH + Libido</td>
</tr>
<tr>
<td>GOLDEN BERRIES (INCAN BERRIES)</td>
<td>Antioxidants, Anti-Inflammatory + Bioflavonoids</td>
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<tr>
<td>HEMP PROTEIN</td>
<td>Protein Rich, Healthy Fats, Fiber, Muscles + Heart</td>
</tr>
<tr>
<td>HEMP SEEDS</td>
<td>Protein Rich, Immunity, Heart + Omega 3s</td>
</tr>
<tr>
<td>LION’S MANE (MUSHROOM)</td>
<td>Memory, Concentration + Focus</td>
</tr>
<tr>
<td>MACA (ROOT)</td>
<td>Hormone Balance, Energy, Athletic Performance + Libido</td>
</tr>
<tr>
<td>MATCHA GREEN TEA (CEREMONIAL GRADE)</td>
<td>Chlorophyll, Antioxidants, Energy, Calm + Mind</td>
</tr>
<tr>
<td>MORINGA (LEAF)</td>
<td>Detoxification, Energy, Immunity, Stress + Vision</td>
</tr>
<tr>
<td>MULTI-COLLAGEN PROTEIN (TASTELESS, ODORLESS)</td>
<td>Protein Rich, Joints, Gut, Skin, Hair + Nails</td>
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<tr>
<td>PITAYA (PINK DRAGON FRUIT)</td>
<td>Fiber, Antioxidants + Energy</td>
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<tr>
<td>PUMPKIN SEEDS (HEIRLOOM)</td>
<td>Mood, Well-Being, Sleep, Heart + Immunity</td>
</tr>
<tr>
<td>PURE MAPLE SYRUP (TIOGA COUNTY)</td>
<td>Antioxidants, Heart + Immunity</td>
</tr>
<tr>
<td>RAW HONEY</td>
<td>Enzymes, Energy, Allergies, Antiseptic + Antimicrobial</td>
</tr>
<tr>
<td>REISHI (QUEEN OF MUSHROOMS)</td>
<td>Stress, Sleep, Relaxation + Calm</td>
</tr>
<tr>
<td>RHODIOLA (HERB)</td>
<td>Stress, Energy, Anxiety + Brain</td>
</tr>
<tr>
<td>SCHISANDRA</td>
<td>Antioxidants, Stress, Immunity, Blood Sugar + Anti-Aging</td>
</tr>
<tr>
<td>SUNFLOWER SEEDS</td>
<td>Antioxidants, Healthy Fats, Fiber + Protein Rich</td>
</tr>
<tr>
<td>SUPERGREENS PROTEIN</td>
<td>(Pea Protein • Hemp Seed Protein • Almond Protein • Pumpkin Protein • Spirulina Chlorophyll • Wheat Grass • Alfalfa • Kale • Spinach • Parsley Broccoli • Kelp • Dulse Enzymes • Probiotics) Chlorophyll, Alkalinity, Detoxification, Immunity, Digestion + Energy</td>
</tr>
<tr>
<td>TULSI (HOLY BASIL)</td>
<td>Mood, Digestion + Energy</td>
</tr>
<tr>
<td>TURKEY TAIL (MUSHROOM)</td>
<td>Immunity, Antioxidants + Gut</td>
</tr>
<tr>
<td>WALNUTS</td>
<td>Antioxidants, Anti-Inflammatory, Healthy Fats, Protein Rich + Fiber</td>
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