



goodlife

ORGANIC KITCHEN

Superfood Bar & Juicery

smoothie bowls

Add your favorite toppings from the options below!

GOLDEN GLO

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

HAKUNA MATATA

açaí • strawberries • pineapple • banana • ashwagandha

GREEÑA COLADA

pineapple • banana • coconut butter • kale • moringa

BERRY FIRST DATE

açaí • blueberries • banana • dates

JAM SESH

blueberries • strawberries • banana • Valencia peanut butter

ALMOND BUTTA JELLY TIME

strawberries • banana • raw almond butter • cacao

MOTHER OF DRAGONS

pink dragon fruit • strawberries • banana • dates

YOU'RE MY BOY, BLUE

blueberries • blue spirulina • banana • pineapple • raw honey

PUNCH IN THE FACE

100mg caffeine • nitro cold brew coffee • banana • avocado

maca • pure maple syrup • cacao • Valencia peanut butter

greek yogurt parfait

VANILLA BEAN GREEK YOGURT PARFAIT

Choose 3 toppings below at no additional cost

baked oatmeal

Infused with maca + ashwagandha

SUPERFOOD BAKED OATMEAL (GF)

Choose 3 toppings below at no additional cost

smoothies

Add your favorite mix-ins from the options below!

8.95

SWEET CHIA OF MINE

8.95

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

8.95

GOJIING GREEK

8.95

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

8.95

THE HULK

8.95

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

8.95

NITRO BOOST

8.95

100mg caffeine • nitro cold brew • banana • cacao • maca ceylon cinnamon • dates • Valencia peanut butter

10.95

TROPICAL BUZZ

8.95

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

10.95

BERRY NUTTY

10.95

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

10.95

BUSTIN' YO NUTS

10.95

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

10.95

BLUE SPIRULINA BLISS

10.95

banana • avocado • blue spirulina • pure maple syrup vanilla extract • vanilla bone broth keto protein

10.95

GIMME DAT FAT

10.95

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

10.95

TROPIC LIKE IT'S HOT

10.95

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

8.95

kid's menu

Take \$2 off menu price! Children 12 and under.

8OZ SMOOTHIE

12OZ SMOOTHIE BOWL



TOPPING 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

AÇAI • ASHWAGANDHA • AVOCADO • CHLORELLA • COCONUT BUTTER • GOLDEN MILK BLEND • MACA • MATCHA (CEREMONIAL GRADE) • MORINGA WHEATGRASS +1
E3LIVE BLUE MAJIK SPIRULINA • CHOCOLATE OR VANILLA WHEY PROTEIN • HEMP PROTEIN (V) • MULTI COLLAGEN PROTEIN • SUPERGREENS PROTEIN (V) • 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

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

10.95

ANTIOXIDANT

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

10.95

HARVEST ^(V)

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

11.95

PROTEIN + HEALTHY FATS

GUACAMOLE OR HUMMUS +2
BEET AND QUINOA BURGER OR
SWEET POTATO BLACK BEAN BURGER +5

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 • vegan cheese • sunflower seeds • balsamic drizzle

breads n' spreads

Ask about our current bread options!

GUAC N' SEEDS ^(V)

6.95

mild green chile guacamole spread • microgreens • heirloom pumpkin seeds • hemp seeds • sunflower seeds • extra virgin olive oil • sea salt

CHEESY GUACAMOLE ^(V)

7.95

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

BALSAMIC HUMMUS ^(V)

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 ^(V)

6.95

cacao + coconut butter spread • banana • gluten free granola
raw almond butter • coconut flakes

MAKE IT A COMBO

Select any two of the following:

CUP OF SOUP

HALF SANDWICH

HALF SALAD

12.95

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 ^(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 • 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 + ASHWAGANDHA + ELEUTHERO + CINNAMON

benefits: balance, calm + anti-stress

ADD SUPERFOODS + PROTEIN

COCONUT BUTTER • GHEE • GOLDEN MILK BLEND +1

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

25MG LOCAL ORGANIC FULL-SPECTRUM CBD +3

functional latte elixirs

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

CHAI LATTE

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

benefits: antioxidants, immunity + digestion

MATCHA LATTE

matcha (ceremonial grade) • coconut milk powder

benefits: calm, focus + energy

MOCHA LATTE

caffeine free • cacao • reishi • ceylon cinnamon • cardamom

benefits: antioxidants, immunity + mood

GOLDEN MILK LATTE

caffeine free • turmeric • ginger • coconut milk
powder • ceylon cinnamon • cardamom vanilla • Himalayan
salt • black pepper

benefits: anti-inflammatory, antioxidants + energy

BLUE MAJIK 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

loose leaf teas

Ask about our current selections!

HOUSE TEA

organic • handcrafted • small batch • locally-sourced

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 TURMERIC LEMONADE

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



We are proud to serve Vegan (V) and
Gluten-Free (GF) 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.

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

BEE POLLEN

Complete Protein, Immunity, Allergies + Energy

BLUE SPIRULINA (BLUE GREEN ALGAE)

Nature's Multivitamin, Antioxidants + Anti-Inflammatory

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

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

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

PITAYA (PINK DRAGON FRUIT)

Fiber, Antioxidants + Energy

PUMPKIN SEEDS (HEIRLOOM)

Mood, Well-Being, Sleep, Heart + Immunity

PURE MAPLE SYRUP (TIOGA COUNTY)

Antioxidants, Heart + Immunity

RAW HONEY

Enzymes, Energy, Allergies, Antiseptic + Antimicrobial

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 • Dulse Enzymes • Probiotics)

Chlorophyll, Alkalinity, Detoxification, Immunity, Digestion + Energy

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