

# 100% Organic Food

## Signature Salads

### Kaia Organic Tossed Salad

mesclun greens, feta cheese, chick peas, cucumbers, tomatoes \$6.99

### Kaia Organic Sprout Salad

mesclun greens, cucumber, carrot, sprouts, avocado \$6.99

### Organic Pick-It Salad

pick your green: mesclun or spinach, then tell us what you like in it...  
chick peas . hummus . red beets . shredded carrot . sliced cucumber  
sliced apple . raisins . feta cheese . grape tomatoes . red onion . olives .  
avocado . sunflower seeds . egg \$9.99/lb

#### Choice of Dressing:

lemon mustard    carrot & ginger    mimi's garlic herb  
herb balsamic    green goddess

#### Add On's for Salads or Wraps:

scoop of hummus, almond pate, black bean salad or beet salad \$1.50  
add avocado \$1

## Wraps & More

### Spicy Almond Nori Roll

almond pate, carrot, cucumber, avocado, sprouts, nori \$5.50

### Avocado Wrap

avocado, cucumber, carrot, mesclun greens & wrap \$6.50

### Hummus Wrap

hummus, cucumber, carrot, sprouts & wrap \$7.00

### Black Bean Wrap

black bean salad, feta cheese, cucumber, carrot & wrap \$6.50

### "Freestyle" Wrap

4 items for \$7.50  
select additional items from our salad ingredients \$0.50

#### Choice of Wrap:

whole wheat . gluten free . sprouted grain

### PB & J

organic peanut butter, strawberry jam, sprouted grain bread \$3.99  
\* almond butter available add \$1

### Wrap & Juice Combo

wrap of choice & 12oz everyday remedy juice \$11.99

Please ask for daily selections and how to receive  
faxes or emails for weekly menu updates. We also  
offer Corporate Lunches and Delivery!

**Visit [kaiayoga.com](http://kaiayoga.com) for more information!**

## Kaia Pure Cleanse

Order at the Cafe or [info@kaiayoga.com](mailto:info@kaiayoga.com)

The Kaia Pure Juice Cleanse is a system designed specifically for Kaia Yoga. The cleanse comes with 8 juices per day. The juices are designed to wake you up in the morning, give you the vitamins you need and sustain you throughout the day. As the day progresses, juice combinations focus on different parts of your body such as liver, circulation or digestive system. There are even juices designed to steady your mood as daily stresses or hunger begin to wear on you. Each day finishes with a juice designed to calm and relax the body, preparing you for a restful sleep. The Kaia Pure Cleanse is offered in one, two or three day formats.

## New Natural Food Co-Op

<http://coop.greenwichyoga.com>  
203.532.0660

Kaia Yoga Natural Food Coop has one simple goal - to make healthy living accessible, easy and affordable for the local community.

### We specialize In

Fresh, organic fruits vegetables, organic dairy and soy products, healthy snacks, beverages, packaged and frozen goods, vitamins and supplements, home goods for your baby, pet and household.

**kaiacafé**  
organic juice bar

life more pure.

328 Pemberwick Road  
Greenwich, CT 06831  
Cafe Hours: 8:00am - 6:00pm

1200 Post Road East  
Westport, CT 06880  
Cafe Hours: 6:00am - 4:00pm

203.532.0660  
[info@kaiayoga.com](mailto:info@kaiayoga.com)

## 100% Organic Smoothies

### Basic Smoothies

12 oz \$4 16 oz \$6

Banana, 1 fruit, 1 boost, plus base

Base: apple, rice, soy, or milk

Add \$.50 for coconut juice, orange juice, pomegranate juice, or hemp milk

Add \$1.<sup>00</sup> for kaia almond milk or coconut water

Fruit options: blueberry, strawberry, mango, pineapple, banana

### Signature Smoothies

12 oz \$6 16 oz \$8

#### Acai Colada

this yummy combo is packed with the powerful antioxidant acai, banana, pineapple, vanilla spirutein, coconut juice

#### Asana

great post-yoga drink, helps with inflammation, muscle rejuvenation, replenishing the body. rasperry ultima electrolyte, hemp oil, hemp protein powder, multi vitamin powder, strawberries, banana, base\*

#### Banana Split

bananas, peanut butter, raw cacao, whey protein powder, vanilla soy milk (Add .50 cents for Almond Butter)

#### Goddess

designed to support the female system, a great drink anytime or right before your moon cycle. dong quai, ginger, essential woman oil, bananas, strawberries, blueberries, base\*

#### Green Vibrance

blueberries, strawberries, banana, green vibrance powder, vanilla spirutein, base\*

#### Nut Berry

blueberries, peanut butter, wheat germ, banana, honey, base\* (Add .50 cents for Almond Butter)

#### Orange Essence

mango, strawberries, banana, orange juice

#### Pomegranate Power

pomegranate juice, strawberries, flax meal, low fat yogurt, agave nectar, orange juice

#### Rejuvenation

this protein packed combo is great after workout or anytime of day. hemp or whey protein powder, 2 frozen fruits, banana, base\*

#### Thirst Quencher

pineapple, lemon, strawberries, aloe vera, vitamin C powder, apple juice

#### Ultimate Cleanse

supports the normal function of digestion. banana, pineapple, aloe vera, flax oil, base\*

Wheatgrass Shots 1oz shot \$2.<sup>50</sup> 2oz shot \$4.<sup>50</sup>

E 3 Live Shots 1oz shot \$2.<sup>50</sup>

## 100% Organic Juices

### Pure

12 oz \$4 16 oz \$6

Carrot Apple

Orange Cucumber

### Customize Your Juice

Choose a pure base above. Then add your boost below.

#### + Boosts \$.50 ea

Beet, Carrot, Celery, Cilantro, Cucumber, Lemon, Mint, Parsley

Frozen Fruit: Banana, Blueberry, Mango, Pineapple, Strawberry

Aloe Vera - heals skin & stomach irritation

Cocoa - boosts mood, lowers anxiety, healthy chocolate

Cayenne - cleansing and revitalizing for respiration

Chlorella - detoxifying, cleansing

Garlic - promotes circulation, immune support and lowers cholesterol

Ginger - great for nausea and indigestion

Mesquite - helps balance blood sugar levels

Peanut Butter - provides more yummy protein

Raw Honey - sweetens and soothes

Spirulina - complete protein, vitamin B-complex, vitamin E and minerals

Wheat Germ - increases vitality and stamina, packed with vitamin B-complex

#### + Super Boosts \$1 ea

Apple, Broccoli, Cabbage, Grapefruit, Kale, Kiwi, Lime, Pineapple, Spinach, Zucchini

Acai - rich in antioxidants

Almond Butter - provides yummy protein

B12- helps your body make healthy red blood cells

Camu - energizing, mood lifting, strengthens immune function

Dong Quai - relieves menstrual symptoms

Echinacea - immune support

Essential Women Oil - hormonal harmony and essential omega's

Flax Oil - antioxidants, plant estrogens, endless benefits

Flax Meal - rich in fiber, antioxidants, omega 3's

Golden Seal - cleansing and immune support

Goji - supports a strong metabolism, alleviates morning sickness

Green Tea Extract - great antioxidant and burns fat

Green Vibrance - daily greens, vitamins and minerals

Hemp Oil - "Nature's most perfectly balanced oil", high in protein, vitamins, minerals

Hemp Protein Powder - (Vanilla Spice, Plain)

Maco- enhances endocrine function

MSM - joint health, helps block histamines

Multi Vitamin Powder - contain nutrients necessary for optimum health

Probiotic - aids in maintaining balance of flora in tummy

Spirutein Protein Powder - all-natural, high protein energy meal (vanilla)

Ultima Electrolyte Replenisher - (raspberry)

## 100% Organic Juice Remedies

12 oz \$6 16 oz \$8

#### Cold Cure

green apple, double ginger, cayenne, lemon (served hot or cold)

#### Daily Greens

kale, parsley, celery, cucumber (add 1oz wheatgrass for \$1)

#### Immune Boost

carrot, ginger, apple, vitamin C powder, echinacea, golden seal, garlic

#### Liquid Lozenge

orange, lemon, ginger, honey (served hot or cold)

#### Prana Boost

carrot, beet, kale, apple, celery

#### Tummy Tuner

carrot, apple, ginger, probiotic, aloe vera

## 100% Organic Hot Drinks

Coffee regular/decaf\* Sm \$1.<sup>75</sup> M \$2.<sup>25</sup> L \$2.<sup>75</sup>

Espresso Single \$2 Double \$3

Cappuccino\* Sm \$3.<sup>75</sup> M \$4.<sup>25</sup> L \$4.<sup>75</sup>

Latte\* Sm \$3.<sup>75</sup> M \$4.<sup>25</sup> L \$4.<sup>75</sup>

Shots of Syrup (Vanilla, Carmel, Hazelnut, Amaretto) \$.50

Chai Tea Latte\* Sm \$4 M \$4.<sup>50</sup> L \$4.<sup>95</sup>

Matcha Green Tea Latte\* Sm \$4.<sup>50</sup> M \$4.<sup>75</sup> L \$4.<sup>95</sup>

Honey, Lemon, Ginger Sm \$4 M \$4.<sup>50</sup> L \$5

Hot Chocolate\* Sm \$3.<sup>50</sup> M \$4 L \$4.<sup>50</sup>

Pressed Coffee 2 Cup \$4 4 Cup \$6

Loose Leaf Tea Sm \$2 M \$2.<sup>50</sup> L \$3

Pot of Tea 2 Cup \$3.<sup>50</sup> 4 Cup \$5.<sup>50</sup>

Teas listed below

Base: rice, soy, milk \*(add .50 cents for hemp milk)

## 100% Organic Teas

Egyptian Chamomile

DeCaff Green

Earl Grey

Peppermint

Matcha (add \$1)

Ginger

A Fruit Medley  
apple & apricot (tisane)

Ancient Tree Tea  
jasmine green tea

Blossom  
hibiscus & oolong

Burrough's Brew  
coconut & black tea

Chai Tea

Cake Walk  
white tea & ginger

Egyptian Chamomile

Fiji Green Tea  
with wild pineapple & papaya

Cheeky Peach  
black tea, peach, cinnamon, clove, cardamom

City Harvest Green  
jasmine apple & green tea

G'Day Mate  
mint & yerba mate

Iridesence  
indian black tea & mint