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EDENS RAW JUICES	16 Oz
EDEN BREEZE	10.00
APPLE, CELERY, CUCUMBER, LEMON, CILANTRO, CAYENNE, PA CLEANSING & REFRESHING – PERFECT FOR D	
CARROT APPLE	8.65
FATIGUE	8.50
CARROT, APPLE, LEMON. MORNING PICK-ME-UP: ENERGIZE YOUR DAY!	
DETOX	10.00
CARROT, APPLE, BEETS, LEMON . FLUSH OUT TOXINS: NATURALLY REFRESHING.	
CARROT CUCUMBER TWIST	9.50
COOLING & HYDRATING: GREAT FOR SUMMER	DAYS.
ORGANIC SMOOTHIES	16 Oz
AVOCADO ALMOND	9.50
AVOCADO, ALMOND NUT, HONEY, ALMOND MILK RICH & CREAMY: ADD MCT OIL FOR AN EXTRA ENERGY	BOOSTI
PALM COAST IRON SMOOTHIE	9.50
MANGO, BANANA, SPINACH, ALMONDS, HONEY, CINNAMON, A IRON-RICH: IDEAL FOR A NUTRIENT-PACKED BRE	Appendix and the second
STRAWBERRY WALNUTS DELIGHT	10.00
STRAWBERRIES, BANANAS, WALNUTS, ALMOND MILK. SWEET & NUTTY: ADD A SHOT OF PROTEIN FOR JUST S	52
STRESS FREE	10.00
MANGO, PINEAPPLE, SPEARMINT, LIME, AGAVE NECTAR. RELAX & UNWIND: A REFRESHING TROPICAL TREAT.	
CHOCOLATE BANANA SANDBLAST	9.50
BANANA, 100% COCOA, ALMOND MILK, WITH OR WITHOUT SY INDULGENT & SATISFYING: ADD SEA MOSS FOR JUST	
MANGO PISTACHIO	9.00
MANGO, PISTACHIO, COCONUT WATER. EXOTIC & CREAMY: A DELIGHTFUL TROPICAL ESCAPE.	
DALM COAST BLUES	10.00

KALE, BLUEBERRIES, DATES, VANILLA, LEMON, CASHEW, ALMOND MILK.

BRAIN BOOST: PERFECT FOR FOCUS AND CLARITY.

PALM COAST BLUES

ORGANIC ACAI BOWL

ACAI OR ACAI SMOOTHIE BOWL

10.50

BLEND WITH BANANA, COCONUT WATER, SERVED IN A BOWL, AND TOPPED WITH SLICED BANANA, SUNFLOWER SEEDS, BLUEBERRIES, STRAWBERRIES, CHAI SEEDS, AGAVE NECTAR OR RAW HONEY. TOP SELLER: ADD EXTRA TOPPINGS FOR JUST \$2 EACH.

NON-GUILT DESSERTS

VEGAN CHEEZ CAKE

8.65

ALL SLICED DESSERTS SERVED WITH SEASONAL FRUITS.
INDULGE WITHOUT GUILT: THE PERFECT ENDING TO YOUR MEAL

SWEET POTATO BROWNIES

8.65

2.00

RICH & DECADENT: MADE WITH WHOLESOME INGREDIENTS

COFFEE & TEAS

ESPRESSO	4.00
MUSHROOM COFFEE	4.00
HERBAL TEA	4.00

ADD-ONS

SEAMOSS

PROTEIN
MCT OIL
FLAX SEEDS
WHEY PROTEIN
ELECTROLYTES
MACA (BLACK, RED OR YELLOW)
SPIRULINA
ACTIVE PRE WORKOUT
A PROPERTY OF THE PROPERTY OF

ACTIVE PRE WORKOUT 3.00
ACTIVE AMINO ACIDS
BLACK SEED

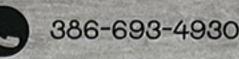
MORINGA
LIONS MANE MUSHROOM
9 IN 1 MUSHROOMS

10.00



MON - SAT : 09:00 AM TO 7:00 PM

9 OLD KINGS RD N, UNIT 1, PALM COAST, FL 32137 (LOCATED INSIDE HERBAL CONNECTIONS HEALTH FOOD STORE)







\$13.99

\$16.50

\$12.50

\$9.50

SUN: CLOSED

BREAKFAST

Eden's Avocado Toast

Two slices of gluten-free toast topped with house-made oreamy avocado, black beans, Juley cherry tomatoes*, & orunchy sprouts.

FAVORITE OATMEAL

Heartwarming oats with oinnamon, banana, and chopped

BREAKFAST QUESADILLAS

Flaxseed tortillas stuffed with hummus, black beans, and oreamy avocado*.

POLENTA BREAKFAST BOWL

Creamy polenta with sautéed Portobello mushrooms, onlons, and tomatoes.

SANDWICHES & WRAPS

 Indicates organic ingredients. Sandwiches served with organic tomato, onion, greens, and your choice of gluten-free bread or wrap (Udi's or Ezekiel, subject to availability)

VEGAN HUMMUS WRAP

BLACK BEAN BURRITO

Homemade hummus, fresh vegetables.

\$16.50

SPRING ROLLS

Rice paper, fresh vegetables.

\$17.50

\$22.00

\$16.50

\$14.99

\$13.99

\$8.50

\$13.50

\$12.99

Onion*, zuochini*, garlio*, black beans* wrapped in a

gluten-free wrap.

KRABLESS KAKE SANDWICH w/Salad

Chickpea* krab cakes on toasted Ezekiel buns, served with house wasabl sauce, sautéed onlons, greens, tomato, and seaweed

BLACK BEAN BURGER w/Salad

Pickles*, sautéed portobello mushrooms*, greens*, Eden avocado*, sautéed onions, on a gluten-free bun or portobello mushroom*.

SPRING ROLLS or VEGGIE WRAP

Organio veggies with tahini or tamari dipping sauce.





SALADS & SOUP

BUILD YOUR OWN SALAD

KALE AVOCADO SALAD

Raw kale*, avocado*, sundried tomato*, olive oil*, balsamic vinegar*, house-made seasoning.

SPINACH SALAD

Topped with sundried tomato, rosemary, green onlons*. and select herbs & spice dressing.

SOUP OF THE DAY - 16 OZ

Daily selection made using the freshest organic Ingredients. Served with Chef's choice of Avocado Soup, Carrot Soup, Cucumber Soup, or Tomato Soup.





