



# PARAVIDAWellness

## ON WHEELS

REAL FOOD FOR *life*

### Our Favorites

**CHICKEN SALAD WRAP or SANDWICH** **\$9.99**  
keto chicken salad, GF wrap or keto bun w/  
spring mix  
CAL 300 FAT 18 CARBS 21 PROTEIN 14

**VEGAN LOADED NACHOS** **\$10.99**  
siete chips, wfpb "queso", pico, jalapeños, green  
onions, black olives & black beans  
CAL 420 FAT 26 CARBS 45 PROTEIN 11

# LET FOOD BE THY MEDICINE

### Merchandise

**COOLER BAG - SMALL** **\$8**  
**COOLER BAG - LARGE** **\$12**

### Made to Order

**ROASTED TURKEY WRAP or SANDWICH** **\$10.99**  
slow roasted turkey breast, GF wrap or keto bun,  
spring mix, carrot & cucumber  
CAL 390 FAT 14 CARBS 38 PROTEIN 23

**GRILLED CHEESE** **\$8.99**  
dairy free cheese on GF bread  
CAL 400 FAT 17 CARBS 56 PROTEIN 8

**add sliced tomato, cucumber, spinach & arugula** **\$1.99**

**VEGGIE WRAP** **\$9.99**  
spinach, hummus, carrot, cucumber, radish &  
pepperoncini peppers  
CAL 330 FAT 14 CARBS 44 PROTEIN 10

**VEGGIE BURGER** **\$9.99**  
on sweet potato bun w/ arugula, carrots &  
celery sticks  
CAL 390 FAT 18 CARBS 56 PROTEIN 19

**SPINACH, MUSHROOM & ONION QUESADILLA** **\$7.99**  
w/ pico  
CAL 240 FAT 9 CARBS 34 PROTEIN 9

**TOMATO BASIL SOUP** **\$5.99**  
CAL 90 FAT 2.5 CARBS 16 PROTEIN 4  
**add 1/2 grilled cheese** **\$3.99**

**COLASSAL CAESAR SALAD** **\$8.99**  
w/ GF croutons & dairy free caesar dressing  
CAL 420 FAT 18 CARBS 52 PROTEIN 19  
**add chicken** **\$4.99**

**TURKEY BURGER** **\$10.99**  
on keto bun w/ lettuce & tomato  
CAL 380 FAT 21 CARBS 25 PROTEIN 38

### Breakfast

**AVOCADO TOAST** **\$8.99**  
w/ sliced radishes & arugula  
CAL 240 FAT 13 CARBS 31 PROTEIN 6  
**add fried or scrambled egg** **\$1.99**  
CAL 340 FAT 20 CARBS 32 PROTEIN 12

**CALI AVO TOAST** **\$8.99**  
w/ sliced cucumbers, radishes, hemp seeds & sprouts  
CAL 330 FAT 19 CARBS 35 PROTEIN 11  
**add fried or scrambled egg** **\$1.99**  
CAL 420 FAT 26 CARBS 36 PROTEIN 18

**BREAKFAST BURRITO** **\$6.99**  
scrambled eggs, chicken sausage & pico  
CAL 380 FAT 21 CARBS 25 PROTEIN 21

**CHIA PUDDING PARFAIT** **\$4.99**  
w/ fresh fruit & GF granola  
CAL 230 FAT 10 CARBS 29 PROTEIN 6

**OVERNIGHT OATS** **\$4.99**  
w/ fruit  
CAL 200 FAT 4.5 CARBS 34 PROTEIN 6

**TROPICAL OVERNIGHT OATS** **\$4.99**  
w/ mango, pineapple & coconut flakes  
CAL 270 FAT 10 CARBS 39 PROTEIN 7

# NO GLUTEN NO PROCESSED SUGAR NO DAIRY

# TO DRINK

## Smoothies

### THE WAKE UP \$6.99 / \$8.99

cold brew coffee, almond milk, raw cacao powder, honey, banana

### GREEN PROTEIN \$7.99 / \$9.99

banana, almond milk, hemp seeds, raw cacao powder, peanut butter, dates

### GREEN IRON \$7.99 / \$9.99

pineapple, mango, spirulina, coconut water

### PB&J \$7.99 / \$9.99

banana, strawberry, dates, peanut butter, almond milk, vanilla pea protein

### TRUE GREEN \$7.99 / \$9.99

coconut water, cucumber, celery, green apple, kale, spinach

### ISLAND BREEZE \$7.99 / \$9.99

coconut water, kale, pineapple, coconut oil, banana

## Fresh Made Juices – 12 oz

### THE REFRESHER \$8.99

coconut water, cucumber, celery, green apple, lemon

### THE RECHARGE \$8.99

beet, carrot, ginger, lemon

### THE REBOOT \$8.99

celery, green apple, lemon, ginger, turmeric

## Coffee & Tea

served with oat, almond or coconut milk

### MATCHA LATTE iced or hot \$5.99

### CHAGA REISHI LATTE iced or hot \$5.99

### HOT CACAO \$5.99

### ICED COLD BREW \$5.99

### ICED GREEN TEA \$5.99

**CHANGE YOUR FOOD  
CHANGE YOUR LIFE**

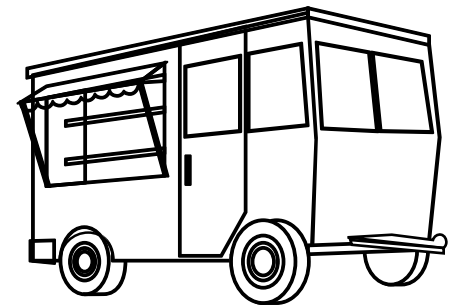
Visit Our Website



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**GLUTEN, DAIRY,  
PROCESSED SUGAR FREE**

ALL MEATS ARE HORMONE & ANTI-BIOTIC FREE, ALL NATURAL, ORGANIC AND/OR GRASS-FED  
EGGS ARE PASTURE RAISED  
TORTILLAS, WRAPS & BREAD ARE  
ALWAYS GLUTEN FREE

  @PARAVIDAWELLNESS

PARAVIDAWELLNESS.COM

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