



Add your choice of superfood to smoothies, juices or the following dishes:

Greek yogurt bowl, amaranth, banana, cocoa nibs, coconut, honey 445

or

Vegan parfait, chia seed, almond milk, coconut, and berries 445

SUPERFOODS AT



Cocina del Mar

COCOA 0.1 oz 79

Raw cacao powder is a natural superfood which is high in nutrients such as iron, magnesium and zinc. It is also a rich source of antioxidants for our heart and contains neurotransmitters which contribute to wellbeing and happiness

ACAI BERRY 0.1 oz 79

Like other berries, acai berries contain antioxidants and fiber. Some proponents call them a superfood, claiming they help various health concerns, including arthritis, weight loss, and high cholesterol.

MATCHA BLUE 0.1 oz 79

Contain a high antioxidants properties, help increase memory, regulate hormonal system, promote a healthier vision. Is caffeine free

LUCUMA 0.1 oz 79

Contains a large amount of insoluble dietary fiber. Lucuma has high levels of polyphenols and carotenoids, antioxidants that can help prevent cancer and heart disease as well as diabetes.

CAMU CAMU 0.1 oz 79

In addition to being a rich source of vitamin C and antioxidants, camu camu has substantial amounts of potassium, calcium, and magnesium, as well as traces of minerals such as zinc, manganese, and copper.

MACA 0.1 oz 79

Reduces adrenal stress, balances hormones antidepressant, improves skin and hair, antioxidant

SPIRULINA 0.1 oz 79

Spirulina is a potent source of nutrients. It contains a powerful plant-based protein called phycocyanin. Research shows this may have antioxidant, pain-relief, anti-inflammatory, and brain-protective properties. Many antioxidants in spirulina have anti-inflammatory effects in the body.