



## SEMOSS

SEAMOSS GEL RAW OR ANY FRUIT FLAVOR OF YOUR CHOICE

MARKET PRICE

## SMOOTHIES MIND & BODY

MARKET PRICE

### MUSCLE FLEX

BANANA, NON-FAT FROZEN YOGURT, QUINOA, FLAX SEEDS, SEA MOSS, CINNAMON, LION'S MANE, MUSHROOM, ALMOND BUTTER, HONEY, AND ALMOND MILK.

### BODY ARMOR

BANANA, BLUEBERRIES, AGAVE, SEA MOSS, TAHITI LION'S MANE, MUSHROOM, QUINOA, VEGAN PROTEIN, AND ALMOND MILK.

### BRAINIAC

SPINACH, CALLALOO, BANANA, PINEAPPLE, COCONUT OIL, CINNAMON, TAHITI SEA MOSS, SPIRULINA, AGAVE, LION'S MANE, MUSHROOM, AND APPLE JUICE.

### BODY INSYNC

BANANA, NON-FAT FROZEN YOGURT, OATS, SEA MOSS, BLUEBERRIES, KALE, CHIA SEEDS, QUINOA, LION'S MANE, MUSHROOM, AND ALMOND MILK.

### GUT BUSTER

PINEAPPLE, MANGO, AVOCADO, CARROTS, SEA MOSS WHOLE PSYLLIUM HUSKS, VEGAN PROTEIN, MATCHA, COCONUT OIL, CINNAMON, AND PAPAYA JUICE.

## VEGAN VEGETARIAN

### BLACK BEAN WRAP

MARKET PRICE

LETTUCE, KALE, ONIONS, BELL PEPPERS, BLACK BEANS, SPINACH.

### COCONUT CURRY CHICKPEA WRAP

LETTUCE, ONIONS, BELL PEPPERS, SPINACH.

### MUSHROOM LENTILS WRAP

KALE, ONIONS, BELL PEPPERS, AVOCADO, LENTILS BEAN.

### BLACK BEAN BURGER

MARKET PRICE

LETTUCE, KALE & TOMATO WITH SPECIAL VEGAN SAUCE.

### RAW GLORY

LETTUCE, KALE, SPINASH, CARROTS, TOMATOE, AVOCADO, BANANA PEPPER, BROCCOLI, CAULIFLOWER TOP WITH VINAIGRETTE.

### VEGETARIAN VEGAN PATTIE

LENTIL, CHEACK PEAS PATTIES, SPINACH, MIX VEGGIES, VEGETARIAN MEAT PATTIE.



## CHICKEN MEAL POULTRY

MARKET PRICE

### JERK CHICKEN WRAP

LETTUCE SPINACH KALE BELL PEPPERS AND ONIONS.  
(ADDITION) BEANS AND RICE MAY BE ADDED.

### GRILLED CHICKEN WRAP

LETTUCE SPINACH KALE BELL PEPPERS AND ONIONS.  
(ADDITION) BEANS AND RICE MAY BE ADDED.

### JERK CHICKEN SALAD

AVAILABLE DRESSING: ITALIAN, RANCH, THOUSAND ISLAND.  
INGREDIENTS: JERK CHICKEN, LETTUCE, KALE, CARROTS, BELL PEPPERS, ONIONS, TOMATOES, JERK SAUCE.

### GRILLED CHICKEN SALAD

AVAILABLE DRESSING: ITALIAN, RANCH, THOUSAND ISLAND.  
INGREDIENTS: GRILL CHICKEN, LETTUCE, KALE, CARROTS, BELL PEPPERS, ONIONS, TOMATOES.



## SEA FOODS PESCATARIAN

MARKET PRICE

### SALMON SALAD

LOUISIANA CASIAN BLACKENED SALMON  
INGREDIENTS: LETTUCE, KALE, CARROTS, ONIONS, BELL PEPPERS, TOMATOES.

### SARDINE SALAD

MARKET PRICE

### SARDINE WRAP

# 772-249-5065

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## - MENU -



YOUTH  
IN EVERY  
BOTTLE

1560 SE Floresta drive, Port Saint Lucie, Fl. 34983

# 772-249-5065

[www.ihkem.com](http://www.ihkem.com)



## IHKEM FRESH JUICES

### CUCUMBER AND GINGER

CUCUMBER (WITH PEEL), ORGANIC CANE SUGAR JUICE, LEMON JUICE, GINGER ROOT.

### REBEL

ALMOND MILK, VANILA, SPINACH, APPLE, PINEAPPLE, PLANTAINS, MANGO, OATS.

### SORREL

SORREL, GINGER ROOT, ORGANIC SUGAR CANE JUICE.

### MATUNDA PUNCH

PEACHES, PEARS, GRAPES, PINEAPPLE, CHERRIES, STRAWBERRY, ORANGE, GUAVA, GINGER.

### GINGER AND PINEAPPLE

GINGER, PINEAPPLE, SUGAR CANE JUICE.

### FLAMING ACES

SOURSOP, RAW NARANJILLA, LULO PULP, GUAVA, GINGER ROOT.

### FULL HUNDRED

SEA MOSS (IRISH MOSS), LINSEED (FLAXSEED), NUTMEG, VANILLA, GUM ARABIC, ISINGLASS, RAW PEANUT, OATS, ALMOND MILK, RAW CASHEW, RAW ALMOND, GINSENG, PUMPKIN SEED.

### CARROT AND BEETS

CARROTS, BEETS, VANILLA ALMOND MILK, SUGAR CANE JUICE, VANILLA EXTRACT, NUTMEG.

### PARADISE

APPLES, PINEAPPLE, CANTALOE, AVOCADO, CARROT, ALMOND MILK, SUGAR CANE JUICE, OATS, VANILLA.

### GREEN GODDESS

KALE (RAW, FRESH), ORGANIC CANE JUICE, SPINACH (FRESH), CUCUMBER (WITH PEEL), CELERY (RAW), GINGER ROOT.

### OCEAN DELIGHT

SOURSOP, LEMON, JUICE, SEA MOSS (IRISH MOSS), GINGER ROOT, CANE JUICE.



## IHKEM FRUITS SMOOTHIES

MEDIUM/LARGE MARKET PRICE

### STRAWNANA BERRY

STRAWBERRIES, BANANA, NON-FAT FROZEN YOGURT, APPLE JUICE.

### PAPA PINE

PINEAPPLE, STRAWBERRIES, PINEAPPLE SHERBET, PAPAYA JUICE.

### PASSION DELIGHT

PEACH, STRAWBERRIES, PINEAPPLE SHERBET, PASSIONFRUIT JUICE.

### BIG TEASE

PEACH, STRAWBERRIES, BANANA, ORANGE SHERBET, PINEAPPLE SHERBET, PAPAYA JUICE.

### RIDDIM

MANGO, STRAWBERRIES, BANANA, ORANGE SHERBET, PASSION FRUIT JUICE.

### MELLOW MANGO

MANGO, PINEAPPLE SHERBET, NON-FAT FROZEN YOGURT, PAPAYA JUICE.

### PARIS ROMANCE

STRAWBERRIES, BANANA, RASPBERRY SHERBET, NON-FAT FROZEN YOGURT, RASPBERRY JUICE.

### BERRY VERY

BLUEBERRIES, BANANA, RASPBERRY SHERBET, NON-FAT FROZEN YOGURT, APPLE JUICE.

### ISLAND SQUEEZE

PINEAPPLE, STRAWBERRIES, BANANA, PINEAPPLE SHERBET, APPLE JUICE.

### TROPICAL WALK

PINEAPPLE, BANANA, COCONUT, PINEAPPLE SHERBET, NON-FAT FROZEN YOGURT, PAPAYA JUICE.

## IHKEM ENRICHMENTS

ADD ON: \$1.50  
ADD TO ANY SMOOTHIE, OR BOWL!

ALMOND BUTTER, COCONUT OIL, SEA MOSS, TAHINI, QUINOA, LION'S MANE MUSHROOM, PSYLLIUM HUSK, AGAVE, GRANOLA, IMMUNITY, VEGAN PROTEIN, CINNAMON, MOCHA, ASHWAGANDHA, ACAI, PEANUT BUTTER, CAYENNE, COCONUT, GINGER, OATS, RAW PEANUTS, MINT

## IHKEM SUPERFOOD SMOOTHIES

### HOPE GARDEN

FRESH SPINACH, MATCHA GREEN, PINEAPPLE, MANGO, BANANA, SPIRULINA, FLAX SEEDS, KALE, APPLE JUICE.

### TURMERIC REFRESH

FRESH LIME, PEACH, MANGO, CRANBERRIES, TURMERIC, AGAVE, FRESH CARROT JUICE, APPLE JUICE.

## PERFORMANCE SMOOTHIES

### BOOGIE BEAR

BANANA, PEANUT BUTTER, NON-FAT FROZEN YOGURT, ALMOND MILK, CHOCOLATE, VEGAN PROTEIN.

### BOOGIE BEAR WITH LOVE

BANANA, STRAWBERRY, NON-FAT FROZEN YOGURT, CHOCOLATE, VEGAN PROTEIN, CINNAMON, PEANUT BUTTER, ALMOND MILK.

### PACK A PUNCH

PINEAPPLE, BLUEBERRIES, BANANA, RASPBERRY SHERBET, RASPBERRY JUICE, VEGAN PROTEIN.

### BIRTHDAY CAKE

BANANA, PINEAPPLE, PEACH, STRAWBERRY, MANGO, ORANGE SHERBET, PINEAPPLE SHERBET, PASSION FRUIT JUICE, PAPAYA JUICE, BANANA.

### BERRY FLAX

STRAWBERRIES, BLUEBERRIES, BANANA, FLAX SEEDS, VANILLA ALMOND MILK, AGAVE, RASPBERRY JUICE.

### CHUNKU LOO

FRESH KALE, FRESH SPINACH, PINEAPPLE, BANANA, APPLE JUICE, CALLALOO.

### LEVEL UP

PEANUT BUTTER, CINNAMON, RAW HONEY, NON-FAT FROZEN YOGURT, ALMOND MILK, VEGAN PROTEIN.

### LEVEL UP PLUS

PEANUT BUTTER, CINNAMON, RAW HONEY, NON-FAT FROZEN YOGURT, ALMOND MILK, BANANA, VEGAN PROTEIN.

### COFFEE SMOOTHIE

COLUMBIAN COFFEE, FRENCH VANILLA CREAM, MOCHA CREAM, FROZEN NON-FAT YOGURT, HONEY, CINNAMON, ALMOND MILK.

### BANANA COFFEE SMOOTHIE

COLUMBIAN COFFEE, FRENCH VANILLA CREAM, MOCHA CREAM, FROZEN NON-FAT YOGURT, HONEY, CINNAMON, ALMOND MILK, BANANA.

### LINZ WAKE & SHAKE

COLUMBIAN COFFEE, FRENCH VANILLA CREAM, MOCHA CREAM, FROZEN NON-FAT YOGURT, HONEY, CINNAMON, ALMOND MILK, BANANA, PEANUT BUTTER.



## IHKEM SMOOTHIE BOWLS

### HIGH ACAI

ACAI, BANANA, BLUEBERRIES, STRAWBERRIES, AND VANILLA ALMOND MILK, TOPPED WITH FRESH BANANA, FRESH STRAWBERRIES, FRESH BLUEBERRIES, GRANOLA, AND RAW HONEY.

### ACAI MANGO TWIST

ACAI, MANGO, BANANA, PINEAPPLE, COCONUT, AND VANILLA ALMOND MILK, TOPPED WITH FRESH BANANA, FRESH STRAWBERRIES, MANGO, COCONUT, AND RAW HONEY.

### NUTTY IHKEM

ACAI, BANANA, STRAWBERRIES, PEANUT BUTTER, AND PAPAYA JUICE, TOPPED WITH FRESH BANANA, PEANUT BUTTER, GRANOLA, BEE POLLEN, AND RAW HONEY.

### GREEN BLUNT

PINEAPPLE, BANANA, SPINACH, CUCUMBER, MINT, LIME, MATCHA GREEN TEA, PINEAPPLE SHERBET, NON-FAT FROZEN YOGURT, AND APPLE JUICE, TOPPED WITH FRESH BANANA, COCONUT, CRANBERRIES, AND RAW HONEY.



## IHKEM WELLNESS SMOOTHIES

### TROPI-KALE

FRESH KALE, PINEAPPLE, PINEAPPLE SHERBET, NON-FAT FROZEN YOGURT, PAPAYA JUICE.

### YOUTHFUL

FRESH KALE, FRESH SPINACH, PEACH, PINEAPPLE SHERBET, NON-FAT FROZEN YOGURT, APPLE JUICE, PROBIOTIC, MULTI-VITAMIN, FIBER.

### ECO GREEN

MATCHA GREEN TEA, FRESH SPINACH, PINEAPPLE, NON-FAT FROZEN YOGURT, ALMOND MILK, IMMUNITY, MULTI-VITAMIN.

### KEM QUEST

STRAWBERRIES, RASPBERRY SHERBET, APPLE JUICE, IMMUNITY, MULTI-VITAMIN.

## WELLNESS SHOTS

CILANTRO CELERY GINGER CILANTRO CELERY GINGER.

LEMON GINGERSHOT LEMON, GINGER, APPLE JUICE, CAYENNE PEPPER.

TUMERIC SHOT TUMERIC CILANTRO AND GINGER

ULTIMATE GINGER GARLIC TUMERIC CAYENNE PEPPER LEMON HONEY CILANTRO CELERY AND PINNEAPPLE.

## ACAI SMOOTHIES

### ACAI AVANT

ACAI, BANANA, MANGO, COCONUT, HONEY, ALMOND MILK

### KHI ACAI

ACAI, BLUEBERRIES, STRAWBERRY, BANANA, AGAVE, ALMOND MILK

### VEL ACAI

ACAI, BANANA, PEANUT BUTTER, STRAWBERRY, HONEY, PAPAYA JUICE.

### MOE ACAI

ACAI, BANANA, SEA MOSS GEL, PEANUT BUTTER, FLAX SEED, AGAVE, ALMOND MILK.

### MICKEY BLUNT

PINEAPPLE, BANANA, SPINACH, CUCUMBERS, MINT, LIME, PINEAPPLE, SHERBET, NON-FAT FROZEN YOGURT, APPLE JUICE.

### JOSH ACAI

ACAI, MACA, SPIRULLINA, SEA MOSS GEL, MATCHA GREEN TEA, SPINACH, MANGO, BANANA, FLAX SEED, ASHWAGANDHA, HONEY, ALMOND MILK.

