



(505) 753-6755

Hours:
Monday-Friday
7AM - 3PM

fresh • organic • vegan

Protein Smoothies

Organic fruit blended with Love & Peas protein.

Mixed Berry & flax seed \$6.5

Pineapple & chia seed \$6.5

Banana & Almond \$6 (add organic cacao .50¢)

Strawberry Banana \$6

Pineapple Banana \$6

Green Drink

Organic power greens, apple or pineapple and lemon with our Nature's Harvest whole foods blend.

Nature's Harvest \$8

Overnight Oats

Cinnamon Swirl

Just the right blend of organic oats, flax seeds, cinnamon and our signature Love & Peas.

Topped with banana, berries, walnuts & cacao nibs.
\$6.5

Toast

Your choice of Ezekiel Sprouted Grain bread, Ezekiel Cinnamon Raisin bread or gluten-free bread.

Classic Avocado

Topped with cherry tomatoes, red onion, jalapeño, chili flakes & hemp seeds. **\$5 (half) \$8.5 (full)**

Seeded Hummus

Topped with red onion, sunflower seeds, pumpkin seeds & chili flakes. **\$5 (half) \$8.5 (full)**

Sweet Cinnamon

Topped with raw almond butter, banana, fresh berries & chia seeds. **\$5 (half) \$8.5 (full)**

Lattes

Organic superfoods - too many benefits to list - in a frothy plant-based milk (choice of almond or soy) lightly sweetened with raw agave & topped with cinnamon spice.

Matcha \$6 (12 oz.) \$6.5 (16 oz.)

Turmeric \$5 (12 oz.) \$6 (16 oz.)

Cacao \$5 (12 oz.) \$6 (16 oz.)

Salads

Our salads are made fresh daily with organic ingredients. **NOTE: Add 75¢ for extra dressing.**

The Loaded Bowl (Most Popular!)

Spring mix greens with a variety of veggies, avocado, pepitas, cranberries and our delicious homemade tofu croutons.

Served with a side of our flavorful homemade lemon & garlic tahini dressing. **\$10**

The Southwest Bowl

Spring mix greens with zucchini, red onion, carrots, avocado, quinoa, black beans, tomatoes, jalapeño and sunflower seeds. Served with a side of our flavorful homemade cilantro/parsley & garlic tahini dressing. **\$10**

Khalsa Farms Special

*Mixed kale/spinach/micro-greens topped with a variety of organic veggies, tofu, avocado, walnuts, organic apple & cranberries. Your choice of dressing: cilantro/parsley & garlic tahini or lemon & garlic tahini. **\$12**

*/grown at Khalsa Family Farms

Elixirs

Get Fresh

Our minty green elixir strengthens the digestive system and supports cellular health. Infused with Ionic Minerals, lemon and sea salt. **\$5**

Energize & Go

Featuring guarana, green tea and B vitamins. Lemon, mandarin orange & pineapple flavor. **\$5**

Revive & Thrive

500 mg of glucosamine to help support joint and cartilage health and electrolytes & amino acids to facilitate muscle repair & increase endurance. **\$5**

Be Well

A delicious and refreshing blend of immune boosting ingredients including Vitamin C & D, Zinc, elderberry & echinacea. Infused with lemon and wild blueberries. **\$5**



Why “Blue Zone”?

The term “Blue Zones” refers to geographic areas in which people have low rates of chronic disease and live longer than anywhere else in the world. The five Blue Zones are located in:

1. Icaria (Greece)
2. Ogliastra, Sardinia (Italy)
3. Okinawa (Japan)
4. Nicoya Peninsula (Costa Rica)
5. Loma Linda, California (USA) -among the Seventh-day Adventist population

A number of studies have found that these areas contain extremely high rates of people who live much longer than average. Interestingly, genetics only account for 20-30% of longevity. Therefore, environmental influences, including diet and lifestyle, play a huge role in determining lifespan.

One thing common to Blue Zones is that those who live there primarily eat a 95% plant-based diet.

A number of studies, including one in over half a million people, have shown that avoiding meat and dairy can significantly reduce the risk of death from heart disease, cancer and a number of other chronic diseases. Instead, diets in the Blue Zones are typically rich in the following:

Fruits & Vegetables: Fruit and vegetables are a good source of vitamins and minerals, including folate, vitamin C and potassium. They're an excellent source of dietary fiber, which can help to maintain a healthy gut and prevent digestive problems.

Legumes: Beans and legumes contain antioxidants that help prevent cell damage and fight disease and aging, which is why beans are linked to longevity. The high fiber and other nutrients benefit the digestive system, and may even help to prevent digestive cancers.

Whole Grains: Whole grains are packed with nutrients including protein, fiber, B vitamins, antioxidants, and trace minerals (iron, zinc, copper, and magnesium). A diet rich in whole grains has been shown to reduce the risk of heart disease, type 2 diabetes, obesity, and some forms of cancer.

Nuts & Seeds: Nuts and seeds are a nutritionally rich food, containing most of the vitamins and minerals the body needs. They're one of the main sources of ALA omega-3 fatty acids, offering a range of health benefits from reducing rheumatoid arthritis to protecting against Alzheimer's and dementia.

Our goal at Body Basics Healing Center is that, together, we can create a *Blue Zone* right here in Española, New Mexico!

Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food." ~Genesis 1:29

BLUE ZONE by Body Basics Healing Center
18635 US Hwy 84/285, Española, New Mexico
www.bodybasicshealingcenter.com

Organic foods have more beneficial nutrients, such as antioxidants, and contain fewer pesticides and herbicides than their conventionally-grown counterparts. Ninety-eight percent of the food served at BLUE ZONE is certified organic. We take pride in being one of the few hot spots where you can enjoy fresh and nutritious plant-based food!

Food Allergy Notice:

BLUE ZONE uses some ingredients which are known to cause an allergic reaction in some people. Please notify us upon ordering if you have any food allergies. Thank you!